



AUGUST 2023

Heritage Hills Newsletter



Heritage Hills Society Information

Address8 Heritage Hills, Somers, New York 10589
Website.....www.hhsociety.org
TelevisionChannel 21

CONTACT INFORMATION – EMAIL

Societysociety@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

Building9 am to 11 pm
Activities Office.....9 am to 5 pm
Society Office.....9 am to 1 pm
Fine Arts CenterGroup instruction and free time are scheduled
by the Activities Office at 914-276-2908
LibraryMonday 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 PlaceDawn to Dusk

Bus Service – Weekdays Only (except holidays) – 914-276-2877

Goldens Bridge MetroNorth Station Trips

Morning to/from: (out only) 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 12:45 pm

Inbound, hourly 9:10 am to 1:45 pm (last train station pick up 12:45 pm)

To/From Pools 2 thru 5 / Tennis areas

To: 8:45 am (pool 4), hourly, 9:45 am to 1:45 pm

From: Hourly from 9:10 am to 2:10 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

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.

10 A MEN CLUB

By Mike McBride

Wednesdays from 8:30 to 11 am in the Heritage Room

August 2 – Peter Harckham, New York State Senator

August 9 – Gina Arena, New York State Senate Candidate

August 16 – Robert Scorrano, Somers Town Supervisor

August 23 – Jon Mackey – Fire Safety / Lithium Batteries

August 30 – Vito D. Corbo, from Airies Automotive Repairs on Route 100

September 13 – Dr. Frank Turchioe, Chiropractor at Somers Sport and Spine

All adult Heritage Hills residents are welcome. Doors open at 8:30 am and bagels and coffee are available until 9:45 am. At 10 am the meeting starts with the Pledge of Allegiance; then speakers and discussions follow. Come join us to meet your neighbors, ask questions, and find out what is happening in Heritage Hills and around Somers.

* * *

FRIENDS IN THE HILLS

By Deb Ferrara

If you have any questions regarding these events, contact Deb at 914-924-3003 or Mary Ann at 914-318-1227.

A NIGHT OF TRIVIA AND MAKE YOUR OWN ICE CREAM SUNDAE

Friday, August 11, at 7 pm in the Heritage Room (doors open at 6:30)

There will be prizes and a 50/50 raffle. Coffee will be served. BYOB. \$10 per person for members and \$15 per person for non-members.

By August 4, place checks payable to “Friends in the Hills” in our Activities Center mail slot. Eight to a table. Include names and Unit and phone numbers.

MURDER MYSTERY NIGHT!

Friday, September 8, in the Heritage Room (doors open at 6 pm)

A little party never “KILLED” anyone!! Light fare consisting of sandwiches, chips, coffee, and cookies will be served. BYOB. This performance is limited to the first 140 suspects. \$45 per person for members and \$55 per person for guests.

By August 31, place checks payable to “Friends in the Hills” in our Activities Center mail slot (groups must submit their checks together,

HERITAGE HILLS NEWSLETTER COMMITTEE

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

including names and unit and phone numbers). Don't be left out. We need your help to catch the killer.

* * *

HEALTH & SAFETY COMMITTEE

Submitted by Flo Brodley

GIVING YOU THE SHOULDER TREATMENT

Dr. Victor Khabie, Speaker

Wednesday, August 9, at 7 pm in the Heritage Room

Dr. Victor Khabie, Orthopedic Surgeon and Co-chairman of the Department of Orthopedics at Northern Westchester Hospital, will speak about the anatomy of the shoulder and common shoulder injuries, injury prevention, and treatments. This informal, comprehensive presentation will include time for questions.

THE TEN WARNING SIGNS OF ALZHEIMER'S DISEASE

Professor Emerita Tanya Drake, RN, Speaker

Thursday, August 17, at 10:30 am in the Activities Center, Rooms 2/3

One of the causes of dementia is Alzheimer's Disease, a progressive brain disease which results in the loss of brain cells and therefore brain function. Challenges in planning or solving problems, confusion with time or place, and changes in mood and personality are but three of the ten warning signs.

Professor Drake, a volunteer community educator with the Hudson Valley Chapter of the Alzheimer's Association, will speak on the signs

continued on page 4

ON THE COVER

Diane Friedman took this photo of the garden behind her and Lynne Kahn's Condo 29 unit that they purchased four years ago from original owner Vito Piscitelli. They promised Vito they would maintain the garden, which has been flourishing thanks to Diane's tender loving care.

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COMING EVENTS

of dementia, including Alzheimer's Disease, and provide suggestions on what to do if you notice these signs in a friend or a loved one.

* * *



By Joyce Spector

If you have any questions regarding these events, call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com.

MY YIDDISCHE MOMME

A CABARET PERFORMANCE BY PETER MUIR

Saturday, August 19, at 7 pm in the Activities Center

At this event, Peter Muir, PhD, a world-class musician, vocalist, and educator whose performances *Newsday* has praised as "terrific," will explore the unique impact Jewish people and culture have had on American popular song in the period from 1890 to 1923. It will feature the music of composers such as Irving Berlin, Jerome Kern, Richard Rodgers, and George Gershwin.



Light refreshments will be served. Admission is \$15 per person. **No later than August 14**, place your check in our mailbox along with your name, phone number, and email address. Walk-ins will be welcome if space permits.

ARTIE TOBIA PERFORMS JEWISH COMPOSERS AND SINGERS OF THE 70S

Sunday, September 24, at 1 pm in the Activities Center

Artie Tobia is an established recording artist whose influences are readily present in his own catalog of over 100 songs. He has made a career of honoring those who came before him and has demonstrated a versatility to navigate varied genres and connect with his audiences through his soulful delivery and emotional style.

Light refreshments will be served. Admission is \$15 per person. By September 20, place your check in our mailbox along with your name, phone number, and email address.

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INDEPENDENT AND FOREIGN FILM CLUB

By Steve Klepner

AFTER THE WEDDING

Thursday, August 17, at 7 pm in the Heritage Room

In this Danish film with English subtitles, an orphanage manager in India is offered \$4 Million if he attends a wedding in Denmark. The event is a crucial meeting of past and future, throwing him into the most-intense dilemma of his life.

A discussion, facilitated by Rosetta Benson follows the screening. The film is 119 minutes long, so **it will start promptly at 7 pm**. Masks are optional but recommended.



By Michael Lanotte

Friday, August 25

For this **Members Only** trip to the Resorts World Catskills Casino, pick up, outside the Activities Office, a flyer containing all information including payment due date (\$35 per person), bus location, departure/return time, and form to be filled out.

* * *

TRAVEL CLUB

By Elaine Soliman

OKTOBERFEST AT KRUCKER'S!!

Wednesday, October 18, 9:30 am to 6 pm in Pomona, New York

It may be the middle of the Summer, but the Travel Club is thinking Autumn!! Falling leaves, crisp cool air, apple cider, and Oktoberfest! Come join us for a fun-filled day of entertainment, food, fun, music, and dancing at Krucker's in Pomona, New York.

We will have a welcome reception of coffee, tea, buttermilk scones, pancakes, and apple cider. Then we take a little breather before lunch, which will include barley soup, applesauce, choice of sauerbraten with red cabbage or sliced loin of pork with sauerkraut, accompanied by mashed potatoes, brussel sprouts, and carrots. Apple strudel and vanilla ice cream will follow. Beer, wine, and soft drinks will be served from noon to 4 pm.

Throughout the day, we can work off some of the great food with dancing and entertainment. And before leaving at 4 pm we will be served bratwurst sandwiches for the journey home!!! This is certainly an eating fest!

Our bus will leave from / return to Lake Lodge (9:30 am / 6 pm). The price is \$130 per person. **By September 4**, leave in the Club's Activities Center mail slot your check indicating your unit number, phone number, and choice of entrée (Pork or Sauerbraten). To make a reservation, call Pam Arena at 914-276-4295. A flyer is available in the Activities Center.

Cancellation policy of this trip, set by Friendship Tours: There are no refunds once final payment is received unless a substitute is provided.

ALL-AMERICAN VARIETY SHOW; A SALUTE TO OUR VETS!!

Save the date: Tuesday, November 14. Details to follow.

* * *

WELCOME TO HERITAGE HILLS EVENT

By Dorinda Haskel

Saturday, September 9, from 3 to 5 pm in the Heritage Room

Newcomers, as well as residents, are invited to this informational event at which you can meet Society and Condo Board members and learn about our many varied activities. See page 26w for more details.

CONTINUING EDUCATION

Submitted by Rosetta Benson

The following lectures will be presented in person in the Heritage Room. Admission: \$10. Pay at the door.

PARADISE FOUND: THE GARDENS OF MUGHAL, INDIA

Lecture by Stephen Byrns, President,
Untermeyer Gardens Conservancy

Tuesday, September 12, at 1:30 pm

Learn about the major garden complexes built by the first five Mughal emperors (1508 to 1657), when the Mughal empire was the richest in the world. Based on the garden of Eden, no expense was spared in the marble and jewel-encrusted architecture that is a testament to Indian civilization. Part palace, part tomb, part garden, the culmination is the Taj Mahal, on which Untermeyer Gardens in Yonkers is based. As such, Untermeyer Gardens is the finest Indo-Persian garden in the Western Hemisphere.

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



NEW YORK STATE TAKING BOLD STEPS

- VOTING REFORMS

- COUNTERACTING THE IMPACT OF *CITIZENS UNITED*

Lecture by Marina Pino

Tuesday, September 19, at 1:30 pm

Marina Pino, Counsel for Elections & Government at The Brennan Center for Justice, focuses on issues related to election administration, election security, and money in politics.



In this lecture, Pino will explain:

1. How NYS Legislature's enactment of the John R. Lewis Voting Rights Act and other voting reforms puts New York at the forefront of fighting race-based vote suppression, and
2. Why the groundbreaking voluntary small donor public financing program is the nation's best and most robust response to the antidemocratic impact of *Citizens United*.

If you have any questions, call Joyce at 914-815-1185.

* * *

SINGLES CLUB

By the Singles Club Board

PIZZA AND A MOVIE

Tuesday, September 19, at 5 pm in the Heritage Room

Join us for pizza and *Moonstruck*, starring Cher and Nicolas Cage. BYOB. \$15 for members, \$18 for guests. RSVP no later than September 12 and leave your checks in the Club's slot at the Activities Center. If you have any questions, contact Pat Caruso 914-276-2224.

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SOCIETY NEWS

Compiled by Susan Statkowski-Rivalsi

SUMMARY OF PORTIONS OF THE JUNE 21 SOCIETY BOARD OF DIRECTORS MEETING

The full transcript of this meeting's Minutes and a video of the entire meeting can be seen on the Society's website.

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

Also attending: Dave Jacobsen and John Milligan

NEWSLETTER COMMITTEE

New Status: Dom Rubino explained the Society Board has established this Committee as a separate Standing Committee of the Society Board. He stated the Board believes it's a very important part of Heritage Hills – very informational– so it is important enough that it be its own Committee, broken away from the Communications Committee. As a Standing Committee, it reports directly to the Society Board with Board Member Gloria Anderson as its Chair.

WILLOW WOOD GUN CLUB MATTER

[See detailed information in the Council of Condos report on page 8.]

FINANCE & BUDGET, COMMITTEE – BILL HARDEN, CHAIR

Treasurer's Report – Bill Harden

• May Financials:

Income	\$469,767
Expenses	(431,428)
Surplus	\$ 38,338

continued on page 6

THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS FROM HERITAGE HILLS RESIDENTS

EMAIL ADDRESS: HHillsNewsletter@gmail.com.

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.

Narrative 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.



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.

ACTIVITIES COMMITTEE – ANN HARPER, CO-CHAIR

- The Society set a limit of four guests per unit for indoor activities, with the exception of Duplicate Bridge.
- Individual outdoor activity groups should recommend guest limits to the Society Board for approval.

FITNESS CENTER COMMITTEE – ANNETTE BENSEN, CHAIR

New equipment has been installed. Remember all residents are eligible for a free 1/2-hour consultation; call the Fitness Center.

WELCOME TO HERITAGE HILLS EVENT – DORINDA HASKEL

Remember the event will take place on Saturday, September 9, from 3 to 5 pm. All Condo Presidents, Committees, Clubs, and Groups have received an invitation to have a table at the event. Newcomers and old residents are welcome. [See page 4 and 26.]

DIGITAL RECORDS – JAY WRIGHT

We're a bit ahead of our three-month schedule, having audited many boxes of documents. Hopefully we can move forward by August.

I.D. CARD AD HOC COMMITTEE – GENE ARCHER AND DORINDA HASKEL, CO-CHAIRS

- Rather than retrofitting the current system, we're seeking a best-in-class new system with current technology used by residents, Society Board members, property, technology managers, and Prosegur at the Activities Center, Lake Lodge, Park Place, the five pools, Fitness Center and Maintenance Yard. We will meet with possible vendors best suited to meet our needs, and report by next month.
- Residents can offer input by sending an email to society@hhsociety.org.

ALTERNATIVE ENERGY AD HOC COMMITTEE – BRUCE PRINCE, CHAIR

- The Committee met with Sustainable Westchester. The current government bill regarding non-profits allows for them to get a 30% rebate check for expenditures for converting to solar, geothermal, and wind alternative energy sources. It's a ten-year program.
- We're looking at geothermal for Lake Lodge and solar for the two Activities Center buildings and the Maintenance Yard.
- Sustainable Westchester has analyzed the amount of solar that can be installed, and Heritage Management Services is compiling the kilowatt usage for the buildings. To receive solar panels, the main Activities Center building roof would probably need to be replaced. The other roofs are able to do so.

MEADOWLARK PARK COMMITTEE – PATRICIA PLOSS, CHAIR

- Extension of the Warren Street trail is complete. We hope to complete another section of walking trail to connect to former cart paths.
- At Park Place, we've added a few lamps, and we are happy to accept children's books and board games and magazines that are in good condition.

TOWN INFORMATION – BRUCE PRINCE, CHAIR

ParaTransit Summer Free Service: Thanks to Westchester County, this service, provided by Bee-line, will run free of charge from July 1 through September 4 (the usual fare of \$5 each way is waived).

LIBRARY COMMITTEE– DEICA RUIZ, CHAIR

- The HHLibrary is now open on Saturdays from 10 am to 1 pm as well as Monday through Friday from 10 am to 3 pm. We currently have 14 volunteers and substitute volunteers covering the Library.

- We can no longer accept hard-cover donations; we'll advise you when that changes.

OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

- **Pools:** A number of pool heaters have needed replacement this year.
- **Tennis:** The problem of birds targeting Court 7 has been resolved by placing fake owls on the fence top.
- **Pickleball:** More benches have been added.
- **Water Main Breaks:** [See page 7].
- **Speed Humps:** The bigger ones were installed not just to prevent drivers from speeding; they're where folks tend to walk, so they're for pedestrian safety. The ones by Activities Center are smaller as it's not a place where folks tend to walk; rather, they're mainly intended to prevent cars from speeding.
- **Meadowlark Park:**
 - Trails - We hope to have all trail loops completed within the next two or three years.
 - Bicycles - Have been seen using the trails. No vehicles are allowed in the park.
- **E-Bikes:** Should only be used on roads, not on paths.

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POST-MEETING DISCUSSION

- **Security:** A resident thanked Prosegur staff for helping her when she discovered one of her casement windows was falling out of its frame. They were able to get it back into position and locked moments before one of this year's monsoons hit.

* * *

SUMMARY OF PORTIONS OF THE JULY 19 SOCIETY BOARD OF DIRECTORS MEETING

This meeting can be viewed in its entirety on the Society website and daily on Channel 21 at 2 and 7 pm. The full transcript of this meeting's Minutes will be added to the Society's website after they have been approved at the September 20 meeting.

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

Board member absent: Bruce Prince

Also attending: Dave Jacobsen and John Milligan

EXECUTIVE COMMITTEE CHANGE

Dom Rubino announced that Bill Harden retired from the Board, and that as of July 1 Gene Archer assumed the position of Treasurer and Chair of the Finance & Budget Committee.

FINANCE & BUDGET, COMMITTEE – GENE ARCHER, CHAIR

Treasurer's Report – Gene Archer

- **June Financials:**

Income	\$ 482,315.42
Expenses	(490,347.35)
Deficit	(8,031.93)

- **Unanticipated expenses:** John will elaborate on clean-up expenses due to the recent storm.

WILLOW WOOD GUN CLUB MATTER – GLORIA ANDERSON

Carmel's Planning Board approved the Club's application for 14 new shooting stations to begin operation in September. The Somers Land Trust has filed an Article 78 proceeding asking the Supreme Court in Putnam County to overturn that decision. In addition, Condo 22 filed objections to the decision by letter to the Carmel Planning Board. [See more detailed information in the Council of Condos report on page 8.]

ACTIVITIES COMMITTEE – ANN HARPER, CO-CHAIR

Pickleball. The Board approved the Club's Etiquette Rules and its Rule allowing one guest per unit at the outdoor courts.

NEWSLETTER COMMITTEE – GLORIA ANDERSON, CHAIR

The August issue is in production. To submit items, use the email address HHillsNewsletter@gmail.com.

COMMUNICATIONS – ANNETTE BENSEN, CHAIR

Andrew is working on a new scheduler, which will hopefully be up and running soon.

WELCOME TO HERITAGE HILLS EVENT – DORINDA HASKEL

[See pages 4 and 26.]

MEADOWLARK PARK COMMITTEE – PATRICIA PLOSS, CHAIR

- **Trail:** Alan Tepper is updating the map to show this year's extensions of the trails.
- **Book Donations:** Since our Library is not accepting book donations at this time, feel free to leave donations at Park Place.

I.D. CARD AD HOC COMMITTEE – GENE ARCHER, CO CHAIR

Co-Chair Dorinda Haskell and I were very impressed with a recent presentation. We're going to do a trial run with the equipment and then report back to the Board.

POOL COMMITTEE – JOAN SOTTILE

- **Pool 2** was recently closed for a few hours for a paving task.
- **Pool 4** was closed for several days due to a mud slide from two sides due to a rain storm that resulted in the pool having to be drained.
- **Several pools** were closed due to the major water main break.
- **Evening and Weekend issues:** If a closure is necessary after 5 pm on weekdays and on weekends, there may be no email blasts. Thankfully, we have more than one pool.
- **Guards:** We are looking into Head Lifeguards, versus Supervisors, which will be more visible.
- **Rules reminders:** Everyone needs to leave the pool area if there's thunder and/or lightning nearby (to not do so is a safety and liability issue). Do not jump into the pool. Toys are only allowed at pools 1 and 3. Food and snack consumption is not allowed inside the fence.

OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

- **Landscape:** Our current \$717,980 contract for year-round service (including snow removal) is expiring. A three-year contract extension was negotiated. For the next three years – 3% (\$739,519), 3% (\$761,705), and 2% (\$776,939).
- **Weather Impact:** Halfway into July there have been roads covered with mud and debris and a pool filled with mud and debris, sink holes in and alongside roads, trees struck by lightning and trees across roads, sections of asphalt washed away, a walking trail

washed away twice, and hundreds of feet of curb undermined. Westchester Property Group occasionally had to work nights and on July 4 to remedy the situations. The estimated cost for the month of July it will run between \$75,000 and \$100,000, \$50,000 of which relates to replacing a 30" drainage pipe in Condo 12. Storm damage is anticipated in our budget, so some of the expense will be covered by that.

- **Pools:** At Pool 4, it took 3 days to drain the pool and clean it and the pool area of mud and debris. All pools were closed one afternoon due to poor air quality. Some pools had to be closed due to the water main break, since that rendered the bathrooms useless.
- **Water Main Breaks:** It takes time to locate the break, excavate to determine what's needed, then Viola has to slowly re-pressurize the system once the repair is complete. [Regarding notifications, see page 9.]
- **Email Blasts:** Only half of the residents have signed up. Contact the Activities Office to do so.
- **Accessible Parking at Activities Center:** Those who park there without the proper plate or placard will get a gentle reminder notice on their windshield, a record will be kept, and if it happens multiple times, the Somers Police and be invited to ticket repeat offenders. [See page 9.]
- **Fitness Center:** We now have an operable window, and the new air conditioning unit will be installed soon.
- **Paving:** Will take place at a number of locations in September.
- **Storm Water Basins:** Will be cleaned out as weather permits.
- **Federal Employee Retention Tax Credit:** A check in the amount of \$100,842 was received from the United States Treasury Department, since the Society met one of the criteria of the program – reimbursement "if your business activities were shut down, reduced, or suspended as a consequence of the pandemic, and the employer continued to pay qualified wages for all or part of that eligibility period."
- **Departure of Security Supervisor Dave Jacobsen, Promotion of Rob Cassasanta:**
 - **Dave Jacobsen** has been working here 24 years. Hired in 1999, within a year he was Director of Security. Thanks to Dave, we've had two EMTs on the road 24 hours a day, seven days a week year-round. He and his staff have literally personally saved the lives of dozens of residents and helped hundreds of residents. [See page 9.]
 - **Rob Cassasanta**, who will be taking over for Dave, started here in the early 90s, then left, then returned to work parttime from 2008 to 2017. He then became Dave's fulltime assistant, mostly working nights. He's been a volunteer fireman in Peekskill for over 20 years and has over 30 years' experience as an EMT.

SECURITY– DAVE JACOBSEN

Dave thanked the Board, his staff, and the Community for their support. [See Security Call Report on page 8.]

NEXT SOCIETY BOARD MEETING

The Society Board will not meet in August. Its next monthly meeting will be on Wednesday, September 20, at 1:30 pm in the Heritage Room.

POST-MEETING DISCUSSION

- **Repaving:** A resident acknowledged with gratitude the East Hill drainage issue that was recently addressed and then asked about what repaving East Hill Drive would be done. He was advised there will be patching this year and probably major repaving next year.
- **Flood Insurance:** A resident inquired whether the Society has flood insurance. He was advised flood insurance covers damage caused by floods to structures; outdoor damage is not covered by that.
- **Tennis Courts 1 and 2.** A resident inquired whether there are plans to replace those courts. He was advised that the Society was advised last year that they should probably be replaced in the next two years, and prices and options are being investigated.

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MAY AND JUNE SECURITY CALL REPORTS

Dave Jacobsen, Prosecur Security

Our Security staff received and responded to a total of 194 calls in May and 234 calls in June regarding the following matters:

	May	June
Medical	62	79
Security	50	62 (open garage doors, other security concerns)
Fire	8	8 (the majority of which were fire alarms)
Service	58	68 (including 74 lift assists, 21 persons locked out, and 19 welfare checks)
Maintenance	13	8
Car Accidents	1	3 (no injuries)
Parking Violations	2	6 (in handicapped spaces, fire lanes, A roads, or B roads)

* * *

COUNCIL OF CONDOS

By Terry Clifford

Attending the June meeting: Condos 1, 3, 4, 6, 8, 11, 12, 14, 15, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, and 30.

Willow Wood Gun Club

Judy Gallo, President of Condo 21, along with Graeme Cooper, a Heritage Hills neighbor whose property abuts the Gun Club, and Michael Barnhart, President of the Somers Land Trust, which also abuts the Gun Club, spoke on the issues facing all Condos from the Gun Club – mainly lead in the environment causing water contamination on all properties south of the Gun Club.

Judy says the expansion of the fourteen shooting stations above the hill overlooking Heritage Hills plan to be open in September 2023. The Somers Town Supervisor was unable to attend our meeting, but assured Judy the DEC was notified of soil and water testing.

Both Mr. Cooper and Mr. Barnhart have deep concerns for the lead in the environment and noise pollution when the range is operational.

The Somers Land Trust is filing “Article 78” against the Carmel Town Planning Board. This action should require the Carmel Town Planning Board to:

1. Address their lack of proper review of environmental impact.
2. Require the Gun Club to be responsible neighbors.
3. Follow Federal, State and Local Laws.

Judy will attend the Carmel Planning Board sessions to remind them to pursue these goals.

The Somers Land Trust is working with Pace University’s Land Use Law Clinic whose testing has shown lead deposits in the wetlands water leading to our property are ten times above the EPA’s acceptable standards. However, the EPA grandfathered the Gun Club into the New York State wetlands protection law.

When approving the additional fourteen shooting stations, the Town of Carmel failed to perform a SEQR Process (State Environmental Quality Review). If they fail this testing, it will require SEQR to file a Clean Water Act suit citing they put lead and steel pollution into the land. The objective is to have the Gun Club remediate the property, which to our knowledge they cannot afford.

Mr. Cooper has been living in Carmel for 37 years and began tracking gunshot decibel levels and sent that to the Town of Carmel, since the sound levels exceeded its noise ordinances. This action caused the Gun Club to temporarily shut down. However, since the Gun Club membership includes lawyers and political members, the Town of Carmel overturned the shutdown this year.

Due to low membership, Willow Wood intends to host competitions which will exacerbate the noise and environmental issues. It may affect our property values if there is water pollution, contamination, and excessive noise anywhere near or on our property.

Who is responsible for Decks and Patios?

Decks are “Limited Common Property.” Therefore each Condo is responsible for how they manage this issue from an insurance perspective.

CAI (Community Association Institute) is offering a free course for Condo Board Members either online or in person at Lake Lodge on August 9 from 10:20 am until 2:09 pm. Contact Terry Clifford for more information at tcperson3@comcast.net.

We look forward to having all Condos’ representatives at the 7 pm, Wednesday, August 16 meeting in the Activities Center Heritage Room.

* * *

VEOLIA

Submitted by the Society Board

WATER QUALITY

Veolia provided the following responses regarding post-water main break concerns:

Why is the water still cloudy? The cloudiness is due to tiny air bubbles in the water. Like any bubbles, the air rises to the top of the water and goes into the air, clearing up the water. The water in the pipes coming into your house might be under a bit of pressure. This causes

gases (air) that are dissolved in the pressurized water to come out as the water flows into your glass, which is under normal atmospheric pressure. Once the air is released water will clear.

Is the water safe to drink? Veolia continuously performs water quality tests and meets or exceeds safe drinking water regulations.

Can I do laundry? Yes, unless water is discolored, we recommend waiting until the water runs clear.

Should I boil water before using it? No reason to boil water unless instructed to do so.

SIGNING UP FOR ALERTS FROM VEOLIA

If you have an online account but haven't signed up to receive Veolia alerts, go to your account at mywater.veolia.us, click on My Account, then go to *Profiles* and choose *Notification Preferences*. There, you can choose what alerts to receive and how to receive them.

If you don't have an online account, arrange to receive alerts by calling Veolia at 877-426-8969 Monday thru Friday from 8 am to 4:30 pm.

* * *

ANNUAL ART SHOW

By Jack Mattes

Saturday and Sunday, October 14 and 15

Calling all artists! The Art Show at our Activities Center is the place to display your latest paintings, photos, drawings, weavings, needle crafts, woodwork, sculpture whatever visual art forms you enjoy creating. We hope you've been working on your art since our 2022 Show. We look forward to seeing the results and meeting you in person.

This non-juried exhibit is an opportunity to share your work. There is no entry fee, and all artists must reside at Heritage Hills. Our Art Show is produced by Heritage Hills volunteers for residents and their guests to experience the many varied talents of our community's residents.

Volunteers are needed for the Show Committee to assist in planning the show, displaying exhibits, and assisting visitors on the show floor. To volunteer contact mattsjack@yahoo.com.

The Application and Guidelines for participation are on pages 23 and 24 of this Newsletter and will be available at the Activities Office and on the Society website this month (hhsociety.org).

Artwork must have a title and identify the medium used. All artworks must have the ARTIST'S NAME, and PHONE and UNIT NUMBERS on the back or on the bottom. Wire or hanging loops must be securely affixed to the back of Artwork to be hung. Work will be approved by the committee as ready to display, or rejected on day of submission if not.

WE DO NOT ACCEPT:

- Unframed or matte board hanging artwork.
- Artwork in damaged frames.
- Serrated hangers, or string taped to the back.
- Work larger than 36" x 36" (exceptions considered with advance notice).

For additional information contact mattsjack@yahoo.com.

* * *

THANK YOU AND FAREWELL, DAVE JACOBSEN

John Milligan, Property Manager

For most Heritage Hills residents Dave Jacobsen and Heritage Hills Security have been practically synonymous. For many residents, since they moved to Heritage HILLS there has never been a point in time when Dave was not either part of, or director of, Heritage security and EMT services. In fact, Dave has devoted most of his adult life to the well-being of the Heritage Hills community.

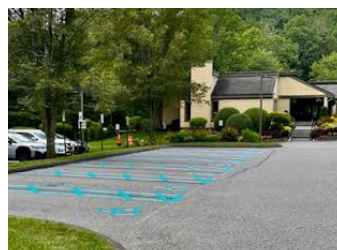
Unfortunate for us, but fortunate for Dave, he has accepted a position as the director of an ambulance service in a neighboring municipality. He will be staying with us through the month of July, until Friday, the 28th. Upon his departure, Rob Casasanta will take over Dave's responsibilities as the Director of Security on an interim basis. Rob has also been part of the Heritage Hills security effort for many years and assumed an assistant position supporting Dave a couple of years ago. Although we will be meeting very shortly with Prosecur to discuss our expectations for a replacement for Dave's position, we have every reason to expect that Rob will meet the very high standard of performance set by Dave.

Please join me in thanking Dave for his many, many years of dedication to the Heritage Hills community and in wishing Dave the very best in his new endeavor.

* * *

PARKING IN OUR LOTS

By Susan Statkowski-Rivalsi



By Michael Ferrara

Thanks to the increased amount of Accessible Parking spaces at the Activities Center, more people will be able to use the facilities there. We now have 14 such spaces around the island closest to the main entrance.

It will be greatly appreciated if drivers parking their cars at the various lots here make sure their car is parked between the lines so that the maximum number of cars can be accommodated.

* * *

HEALTH & SAFETY COMMITTEE

WEEKLY MEETING VENUE CHANGE

By Linda Ludwig, PhD.

Starting in September, the weekly Spousal/Partner Bereavement Group meetings (Thursdays at 12:30 pm), which formerly took place in the Activities Center Game Room, will now take place at Lake Lodge in Room 1. See page 19 of this issue for more details.

* * *

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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.

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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.

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Associate Real Estate Broker

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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

WOMEN'S CLUB

Submitted by Phyllis Bradbury

On June 14, 52 of us enjoyed a wonderful luncheon at Jefferson on the Lake. It was a nice way to say "Hello" to summer.

The Women's Club does not meet in July and August. The next meeting is September 13 at 1:30 pm in the Heritage Room of the Activities Center, and we look forward to seeing members – both old and new.

Our President, Rose, or Membership Chairperson, Alfreda, welcome your questions and we are always open to suggestions or topics for upcoming meetings. Please contact Rose O'Donnell at 914-276-4204 or Alfreda Savarese at 914-617-2007 or leave a comment in the Women's Club box outside the Activities Office.

All Board members wish everyone an enjoyable rest of the summer.



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COMMUNITY THEATRE

Submitted by Bill Hoare

We extend our congratulations to the cast, crew, and director of our recent production of *Harvey*. Their hard work and dedication to doing their very best was evident in its success. We recognize all behind-the-scenes volunteers who handled hospitality, publicity, the box office, reservations, set construction, lighting, and photography. Thank you all.

No show is complete and well received without an audience who acknowledges the group's talents and efforts with their laughter and applause. We thank you! We appreciate your encouraging support and look forward to seeing you at our Fall 2023 production.

* * *

HLibrary COMMITTEE

OUR GROWING FICTION COLLECTION

This month, the Library is adding new novels by prolific authors such as Ann Patchett and Colson Whitehead, whose *Crook Manifesto* is a follow-up to his popular *Harlem Shuffle*. For historical fiction, we are including *The House of Lincoln*, by Nancy Horan, an author new to our collection.

CHILDREN'S BOOK EXCHANGE

Thanks to a generous donation by a Library patron, we have expanded our Children's Book Exchange, which is located by the Library's entrance. Residents can help their children or grandchildren have fun picking out books to swap.

LIBRARY HOURS

The HLibrary is now open Monday through Friday, from 10 am to 3 pm, and Saturdays, from 10 am to 1 pm.

NEW ADDITIONS TO OUR COLLECTION IN AUGUST

To reserve any of the books listed below, please stop by or call the Library at 914-276-7655.

Fiction

Ford, Richard *Be Mine*
Horan, Nancy *The House of Lincoln*
O'Connor, Joseph *My Father's House*
Patchett, Ann *Tom Lake*
Rachman, Tom *The Imposters*
Roberts, Nora *Identity*
Steel, Danielle *Palazzo*
Whitehead, Colson *Crook Manifesto*

Mystery

Burke, James Lee *Flags on the Bayou*
Goodman, Carol *Bones of the Story*
Jewell, Lisa *None of This Is True*
McAllister, Gillian *Just Another Missing Person*
Newman, T. J. *Drowning*
Silva, Daniel *The Collector*

Biography

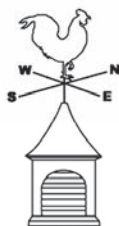
Eig, Jonathan *King: A Life*





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HERITAGE HILLS SOCIETY

2023-2024 BOARD OF DIRECTORS — Effective July 1, 2023

EXECUTIVE COMMITTEE

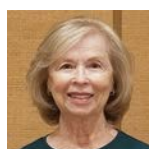


DOM RUBINO, President



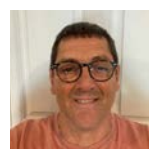
BRUCE PRINCE, 1st Vice President

Chair: Infrastructure/
Maintenance Yard Committee
Member: Library Committee
Meadowlark Park Committee



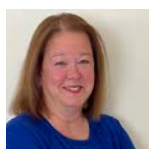
GLORIA ANDERSON, 2nd Vice President

Chair: Legal Committee
Newsletter Committee
Member: Audit Committee
Health & Safety Committee
(Board Representative)
Library Committee



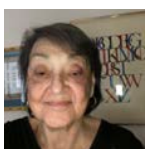
GENE ARCHER, Treasurer

Chair: Finance & Budget Committee
Security Committee
Member: Insurance Committee



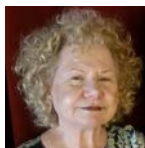
DEICA RUIZ, Secretary

Chair: Library Committee
Member: Finance & Budget Committee
Newsletter Committee



ANNETTE BENSEN

Chair: Communications Committee
Communications Website Subcommittee
Fitness Center Committee
Member: Newsletter Committee



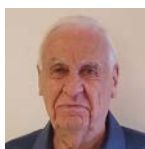
ANN HARPER

Co-Chair: Activities Committee



DORINDA HASKEL

Co-Chair: Activities Committee
Member: Finance & Budget Committee
Pool Committee
(Board Representative)



JACK MATTES

Chair: Audit Committee
Community Affairs Committee
Emergency Preparedness Committee
Member: Pool Committee



KARL MILDE

Member: Landscape Committee
Newsletter Committee



PAT PLOSS

Chair: Landscape Committee
Meadowlark Park Committee
Member: Community Affairs Committee
Finance & Budget Committee



ART SINGER

Member: Infrastructure/
Maintenance Yard Committee



ALAN TEPPER

Chair: Transportation Committee
Member: Digital Records Retention Committee
Emergency Preparedness Committee
Fitness Center Committee
Meadowlark Park Committee



Jay F. Wright

Chair: Digital Records Retention Committee
Member: Community Affairs Committee
Emergency Preparedness Committee



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time
with the
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FAMILY FOCUS SUPER SUMMER

Compiled by Keri Reitman-Schnapper

Our young residents are suited up for summer fun at the pools!



Zana and Norik Osmani.

Photo by Kalterina Osmani



Leo Weinstein.

Photo by Rebecca Weinstein



Billy Kania, ready to swim in his favorite pool, Pool 1.

Photo by Patricia Kania



Lucas, Gabriella, and Victoria Araya.

Photo by Vanessa Araya

DID YOU KNOW?

AIR QUALITY INSTANT INFO

By Susan Statkowski-Rivalsi

To instantly get information on your local outdoor air quality:

- Open the browser on your device (cell phone, laptop, iPad) and type aimow.gov.
- Either type in the zip code or allow the device to know your location.

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* * *

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SOMERS SENIOR SERVICES

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

AUGUST SHOPPING TRIPS

Submitted by Barbara Taberer, Director

Four trips by bus per month per shopper. Two bags per shopper. A \$2 donation per shopper is recommended. Bus pick-ups start at 10 am, with 1 1/2 hours shopping time, and you return home early-to-midafternoon. Bus drivers provide assistance onto and off of the bus using a stepstool and handling mobility devices or using the wheelchair lift. They carry your bags to your door. An aide may accompany the rider. To make your reservations, call 914-232-0807.

MONDAY

August 7 Christmas Tree Store
August 14 Danbury Mall
August 21 Walmart
August 28 Dollar Tree (Mahopac)

FRIDAY

August 4 DeCicco's
August 11 ... ShopRite
August 18 ... ACME (Cortlandt)
August 25 ... Carraluzzi's

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* * *

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PICKLEBALL GROUP

Text by Denise Elliott, photos by Kenneth Perry

LEAGUE PLAY-OFFS



Heritage Hills Pickleball players successfully wrapped up the first of the two 2023 League Tournaments, following the successful one in 2022. Eight teams of eight players played over seven Monday nights before play-offs.

To wrap up the season, a pizza party was held at Lake Lodge to celebrate.



◀ League subcommittee members
Michael Boemio, Chris Kumpan, and
Steve Blunda.

OOPS! The photo on page 16 of the July issue misidentified one of our ACES. Instead of Alan Bergman, it should have indicated Mario Genovesi.

* * *

EAST HILL MEN'S GOLF ASSOCIATION

by Ken Freeman

We're now in "high season" (but hopefully low scores!), and the sun continues to shine on our tournaments. Here are the results for June:

June 6 Stroke Play

A Flight*: Low Gross – Ed Yee
Low Net – 1st Joel Greenspan, 2nd Charlie Barrett

B Flight**: Low Gross – Phil Glazer
Low Net – 1st Charlie Kravetz, 2nd Bob Kenney,
3rd Jack O'Hanlon

June 8 Team Tournament (2 Net Best Balls Net Competition)

1st Place: Team of Ed Yee, Howard Weiner, and Jim Haggerty

2nd Place: Team of Ed Dougherty, Sandy Lieberman, and
Rich O'Brien

3rd Place: Team of Charlie Barrett, Ed Sottile, and Jack O'Hanlon

June 13 Stroke Play

A Flight: Low Gross – Mike Flaherty (shooting par!)
Low Net – 1st Ed Yee, 2nd Bob Slotoroff

B Flight: Low Gross – Charlie Kravetz
Low Net – 1st Ed Sottile, 2nd Al Zaffiro, 3rd Bob Kenney,
4th Vin Marrone

*our better golfers **the rest of us

June 15 Match Play and Stroke Play

A Flight Match: Bob Slotoroff defeated Charlie Barrett

B Flight Matches: Vin Marrone defeated Sandy Lieberman
Ken Freeman defeated Frank Gallo,
Al Zaffiro defeated Phil Glazer
Ed Sottile defeated Howard Weiner
Nick Stanton defeated Jack O'Hanlon
John Mahoney defeated Bob Kenney

A Flight Stroke Play: Low Gross – Mike Flaherty
Low Net – 1st Frank Servidio, 2nd
Bob Briganti, 3rd Ed Yee

June 20 Stroke Play

A Flight: Low Gross – Mike Flaherty
Low Net – 1st Phil Glazer, 2nd Joel Greenspan, 3rd Ed Yee

B Flight: Low Gross – Vin Marrone
Low Net – 1st John Mahoney, 2nd Bob Kenney,
3rd Charlie Kravetz

June 22 Match Play

A Flight: Ed Yee defeated Dan Lanza,
Bob Briganti defeated Bill Glass
Bob Slotoroff defeated Ed Dougherty
Mike Flaherty defeated Frank Servidio

B Flight: Ken Freeman defeated Charlie Kravetz
Ed Sottile defeated Al Zaffiro
Vin Marrone defeated John Mahoney
Rich O'Brien defeated Nick Stanton

June 27 Match Play and Stroke Play

A Flight Match: Mike Flaherty defeated Bob Slotoroff

B Flight Match: (actually played June 30):
Ed Sottile defeated Ken Freeman

A Flight Stroke Play: Low Gross – Joel Greenspan
Low Net – 1st Charlie Barrett, 2nd Phil Glazer

B Flight Stroke Play: Low Gross – Nick Stanton
Low Net – Jack O'Hanlon

June 29 Team Tournament (Scramble 3-Man Teams, Net Scores):

1st – Team of Mike Flaherty, Bob Kenney, and Ed Sottile
2nd – Team of Bob Slotoroff, Charlie Kravetz, and Frank Gallo
3rd – Team of Dan Lanza, Charlie Barrett, and John Mahoney

June 29 pre-Independence Day BBQ putting contest

Dan Lanza eked out victory, with Frank Servidio a close 2nd



At the BBQ, which had 30+ attendees, President Ed Yee welcomed back Club member Ed Dougherty, who recently returned from Florida.

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 at hhsociety.org

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

ARTS & CRAFTS

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

Needlecraft Group: Charitable needlecraft group meets Wednesdays at 12:30 pm in the Activities Center's Game Room. All skill levels are welcome. \$10 annual dues. Proof of vaccination is mandatory. For questions, or to register, call Linda at 914-277-2776 or Ginger at 914-617-9058.

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: Wednesdays 9:30 to 11:30 am in Activities Center's Studio A. Portrait figures, still lifes. Bring your choice of paper, pen, pencil, watercolor, pastel, etc. Models are welcome to pose for 20 minutes (clothed!). No fee, no teacher, but guidance available.

Silk Fabric Painting Class: Fee \$135. Must sign up for a full 4-week session at the Activities Center. Space is limited. For more information, contact Evey at 914-276-0737 or email her at evemusart@comcast.net.

Woodcraft Club: The shop at the Activities Center 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

If you wish to become a Ciao Italia member, Membership Forms are available outside the Activities Office. Watch for flyers and TV notices announcing upcoming events. Ciao Italia membership is open to all Heritage Hills residents.

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

We present four classical concerts each year in May, June, September, and October on Sundays at 3 pm in the Activities Center's 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

Our mission is to educate and entertain with monthly presentations by experts in the fields of art, literature, music, theater, history, and politics on specified Tuesdays at 1:30 pm in the Activities Center's 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 pm. If you are interested, contact Barbara Gangemi at 914-617-9037.

DANCE

Friday Night Social Dance. The first Friday of every month from 7 to 10 pm in the Activities Center's Heritage Room. \$10 per person includes coffee and cake. BYOB. For more information, call Ami at 914-486-9677.

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. Saturday at 9:30 am in Lake Lodge's Upper Level. \$12 per class. To register, 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 or email to register at 718-541-0861 or 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 lam428@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.

FUN & GAMES

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

Friends in the Hills

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 Debe Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.

Mah Jongg: Plays 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 (we are at full capacity and are only taking people for the waitlist at this time. Call Rebecca Fierro at 914-669-5328 for further clarification).

Ping Pong: Plays Thursday at 10 am in the Activities Center's Game Room. Open to all residents. Come hang out and play!

Scrabblers: 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. For more information, just walk in or contact Susan at 914-617-9228 or ciwhitestar@comcast.net.

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's 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.

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 Activities Center's Game Room. 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 traveled 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's Room 1. Fee: \$20 per session. Facilitated by Linda Ludwig, Pay.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's 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 / All Activities / Hikers and Walkers.

INDEPENDENT AND FOREIGN FILM CLUB

Monthly screenings in the Activities Center's 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 and Saturday from 10 am to 1 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. Meets Monday from 9:30 to 11 am in the Activities Center. For information, email Ken Benjamin at kenbenja@aol.com or call 914-617-9817.

RAINBOW CONNECTION CLUB

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 every Tuesday from 10 to 11:30 am in the Activities Center's Room 3, and on Zoom. See a film of a classic Shakespeare play, then read it and join in lively discussions. All are welcome! For more information, call Susan Ray at 914-391-6686 or Margaret Howlett at 973-746-7816.

SINGLES CLUB

If you are interested in joining the club, please contact Olga LaBoy at 914-960-9796 or laboyiolga@yahoo.com. Membership dues are \$12 per year.

SPORTS

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

East Hill Men's Golf Association: 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 Gym.

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 CLUB

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

TRAVEL CLUB

Our mission is 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

We meet the second Wednesday of the month at 1:30 pm, with the exception of January, July, and August. Our regular meetings will resume in September. Information about the Fall events will be in the *Newsletter*. For more information, call our membership chair, 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.



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DEBORAH FERRARA AND MARY ANN WALRATH, CO-CHAIRS, FRIENDS IN THE HILLS CLUB

Text and photo by Shirley Kesselman

Mary Ann Walrath and Deborah Ferrara (or Deb as she is most often called) became good friends quickly seven years ago after meeting at the old Pinnacle restaurant. They had much in common. Both have husbands, two married daughters, and grandchildren—Mary Ann has three, and Deb has four. Although they didn't know each other then, they attended high school in New Rochelle at the same time. Both vacation in Florida during the winter and are members of Ciao Italia. On the other hand, Mary Ann plays pickleball while Deb plays bocce and bowls.



Mary Ann and Deb

Mary Ann and Deb each enjoyed multiple careers.

Early on Mary Ann had been a hairdresser and manicurist. Then she began selling Tupperware and was so successful she became a manager of 15 Tupperware salespeople. She often spoke at training seminars to large attendances. Currently Mary Ann works a few times a month as a teacher's assistant at the Primrose School in Somers.

Deb for many years worked as the principal's secretary at a middle school in New Rochelle. Twenty-three years ago she took up selling real estate and continues to do so part time.

Deb and Mary Ann agreed that although Heritage Hills had many activities to offer, another way to meet new people was missing. The idea for the Friends in the Hills Club came up while they were chatting at the pool. They envisioned a club that offered Heritage Hills residents something new and different. Mary Ann thought up the name. They applied for a new club at the Society Activities Office and were given the go ahead. Now the club's board is comprised of nine persons, each with a specific responsibility.

The first event Friends in the Hills Club held was in December of 2022. *A Night at the Races*, with refreshments provided, attracted 160 Heritage Hills residents. It was a mixed crowd—young and old, single and couples. Mary Ann and Deb had hit upon a good idea.

Bingo turns out to be a popular offering. They've planned a Trivia and Make Your Own Sundae evening, as well as a Murder Mystery party (see page 3 of this issue). They are open to suggestions.

Membership dues are \$10 for the May 1 through December 31 season. Each month's evening event is announced in this newsletter as well as by Society email blast. Generally, members pay \$10 per event while non-members pay \$15. Membership forms are available in Society's Activities Office. Mary Ann and Deb invite all to join the fun.



PICKLEBALL GROUP GRATEFUL TO THE SOCIETY FOR OUR COURTS, GRATEFUL FOR OUR PLAYERS!

By Denise Elliott

It takes three ingredients for the perfect recipe, and Heritage Hills has all three: People – Our pickleball players are simply awesome!

Place – Our community has the best outdoor pickleball courts in the area!

Event – Pickleball play!

Pickleball was popular among Heritage Hills resident players for many years. Some played in our gym, while others played at outdoor courts all over Westchester County and Connecticut. The growing popularity led to a petition being submitted to the Society Board for pickleball courts in Heritage Hills.

Construction was approved in October of 2020, and finally completed in October of 2021! One tennis court was converted into four pickleball courts. The surface meets IPTPA specifications and is kept safe for play by the Maintenance crew.



By Kenneth Perry

Our paddle holders were made by the Woodwork Shop! Last year, the Society added a patio outside the fence with a table, umbrella, chairs, and benches. The large bin they got us is useful for all things pickleball – balls, paddles for lessons, leaf blower, and towels.

The Pickleball Committee is grateful for all three – the courts, the game, and the awesome resident players!

Pickleball is a competitive and social game, and our players here are warm and welcoming. More people join us every week. In addition to lessons and Open Play (indoors and out), we have the League Tournaments



By Denise Elliott

(competitive), Round Robins (meet your neighbors social play), ACES games (competitive), and amazing Social events! If you're interested in joining us, email us at PickleballHH@outlook.com with your name and unit and phone numbers, and we'll keep you updated on all the upcoming events.

AMERICAN RED CROSS AWARD WINNER JACK MATTES

Text and photo by Terry Clifford

The Red Cross began by caring for victims of a war in 1863. National Red Cross societies, including the American Red Cross, were created to aid in the prevention and relief of human suffering. They respond to an emergency every eight minutes.

No other organization does this: not the government, nor other charities. From small house fires to multi-state natural disasters, the American Red Cross volunteers go wherever they are needed, so people can have clean water, safe shelter, and hot meals when they need them the most.

- They respond to more than 60,000 disasters every year.
- Ninety-five percent of the disaster relief workers are volunteers.
- Most disasters they respond to are home fires.

In 2018 the Red Cross was given a grant to provide free smoke alarms to New York State households. Collaborating with a Red Cross representative, Jack Mattes accepted the mantle to inform Heritage Hills households to contact the Red Cross to make an appointment for smoke alarms to be placed in their homes.

In 2022 when COVID restrictions were lifted, Jack again began notifying our residents through our Newsletter, email blasts sent through the Heritage Hills website hhsociety.org, and announcing the program at every Society Board Meeting. According to Red Cross statistics these communication systems resulted in over one thousand smoke alarms placed in Heritage Hills units.

On Saturday, June 10, 2023, the Greater New York City chapter of the Red Cross, which includes the five boroughs of New York City, Long Island, Westchester, and Putnam Counties held a "Volunteer Appreciation" event at its New York City Headquarters. More than thirty volunteers received awards ranging from Disaster Volunteers to Community Awards. Jack Mattes received the Good Neighbor Community Award for the work he accomplished at our Heritage Hills community.



Terry and Jack

If you have not had the new ten-year battery smoke alarms installed within the past few years, contact the Red Cross today to reserve an appointment. Red Cross volunteers arrive on time, place smoke alarms in strategic places within your unit, and advise you of fire safety procedures at no cost to you. (Call 845-673-1198.)

Do you have time to become a Red Cross Volunteer? If so, contact them at www.redcross.org/volunteer.

* * *

MEET YOUR NEIGHBOR PHILIP ("PHIL") DEMASE

Text by Karl Milde, photo by Linda DeMase

Phil DeMase and his wife Linda live in West Hill's Unit 670A with their dog Cooper, who just turned 17.



Having married on May 22, 1993, Phil and Linda recently celebrated their thirtieth anniversary. Their daughter Gianna, born in 1996, recently graduated from New York University's College of Dentistry. Their son Phil, Jr., born a year after Gianna, graduated from Bond University in Gold Coast, Australia, where he received a doctorate in Physical Therapy. Both Gianna and Phil, Jr. studied online at home in 2020 during the COVID 19 pandemic.

As Phil tells it, he's been following his life's calling since he was sixteen. That's when he saw a physical therapist on television rehabilitating a knee injury of a New York Knick.

After graduating Yorktown High School and earning Bachelor of Science degrees in Biology (from State University of New York's New Paltz campus) and in Physical Therapy (from New York University), he worked for five years as a physical therapist, first at Northern Westchester Hospital, and then for a sports medicine clinic in Mt. Kisco.

In 1990 he felt ready to start his own clinic but didn't have the wherewithal. As luck would have it, one of the patients he treated was a wealthy venture capitalist. The man admired Phil's work so much he lent him the funds he needed in return for stock, enabling Phil to start the new business.

Calling it "Somers Physical Therapy," Phil took a three-year lease in the Mill Pond Office Building on Route 100 here in Somers and bought all the necessary equipment. It took time to develop a clientele, but within two years he was able to buy out his angel partner. Along the way, Phil sold a minority interest in his business to Health South and became their Vice President of Operations.

He continued his studies and received a Master of Science degree in Public Health from New York Medical College, specializing in Health Care Management and Policy.

Later on, he formed a business alliance with physical therapy clinics in Mahopac and Brewster, called AON, to share the cost of business and employee health care insurance. Phil was well on his way to living the American Dream.

His clinic, now named AON Somers, has five physical therapists as well as an administrative staff of eight. Phil's wife, Linda, is the Office Manager.

In addition to their Heritage Hills home, Phil and Linda also own a home in Naples, Florida where Phil enjoys playing golf and exercising. He and Linda also enjoy traveling.

* * *

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2023 HERITAGE HILLS ART SHOW EXHIBIT APPLICATION

Show Dates: Saturday, October 14, 10 am to 6 pm Sunday, October 15, 10 am to 4 pm

Submit up to 6 Entries Per Artist from the following media categories:
Ceramics, Drawing, Digital Art, Fiber, Fresh Flower Arranging, Mixed Media,
Needlecraft, Jewelry, Painting, Photography, Printmaking, Sculpture,
Silk Painting, Weaving, Woodcraft

Return Application to Activities Office No Later Than Friday, September 15th


Sales of your artwork must be transacted between buyer & seller.

An Artist Directory will be available for buyers at the show.

Print Clearly - Changes may not be accepted after submission.

Name: _____ Phone: _____ Mobile: _____

Unit Number: _____ E-Mail: _____@_____

CATEGORY (MEDIA)	TITLE	DATE Created	SIZE	PRICE  <i>If For Sale</i>



NFS = Not For Sale, POR = Price on Request

Artwork check-in FRIDAY, OCTOBER 13th, 9 A.M. until Noon. Artwork Placement is at the discretion of those curating the Show.

Artwork Retrieval is Sunday, October 14th between 4 and 5 pm. (Not earlier).

Security is provided for all entries. Heritage Hills Society, Ltd. and/or The Art Show Committee are Not Responsible For Accidental Breakage or Theft of Any Artwork.

I Agree to The Guidelines & Conditions _____ Date: ____/____/2023

Artist's Signature

GUIDELINES FOR 2023 HH ART SHOW

Thank you to all participating artists. We appreciate and respect your work. In return, we ask you to respect our guidelines.

PREPARING YOUR SUBMISSIONS:

- WE DO NOT ACCEPT Hanging Art* that is unframed or on matte board.
 - (Hanging loops or wire must be about ¼ down from top of your frames.)
- WE DO NOT ACCEPT Damaged frames, serrated hangers, string taped to rear of artwork.
- WE DO NOT ACCEPT Wet paint, broken glass, dangerous protrusions, etc.
- WE DO NOT ACCEPT Work larger than 36" wide x 36" high (may be considered with advance notice).

FRIDAY CHECK-IN:

- Bring most artwork through the front entrance of the Heritage Room.
- Bring heavy artwork or stone sculpture through the side door of the Heritage Room - staff will assist you.
- **Obtain a receipt card for each artwork you submit at check-in table.**
(You must show these cards at checkout on Sunday, Oct.15th at 4pm.)
- ALL exhibitors Must Be Residents of Heritage Hills of Westchester.
- ALL artwork must have the ARTIST'S NAME, PHONE and UNIT NUMBER attached to back if hanging; bottom or back for all others).
- Work must be approved by the Show committee as ready to display.

FRIDAY SETUP:

Only members of the installation committee are permitted inside the Heritage Room on the day of setup. Please respect this rule.

SUNDAY CHECKOUT:

DO NOT REMOVE ARTWORK UNTIL SHOW CLOSES AT 4PM SUNDAY. On exit show your receipt card for the artwork you are retrieving.

Sale of Your Art at the ART SHOW

*Art Show Committee members will **NOT** conduct sales.*

- All sales transactions will be handled between the artist and the buyer.
- An artist directory will allow buyers to locate artists name, phone number, and e-mail address.
- Interested buyers will contact the artist, agree on a price and arrange transfer of art .
- Artists may place a "sold" notation on the information card next to their artwork.
- Artists conclude transactions once artwork is removed from the Heritage Room.
- Your receipt cards for each artwork must be shown on exit at 4pm Sunday.

Any Questions? Please contact Activities at 914-276-2636

RAINBOW CONNECTION

Submitted by Joanne Pasquerello

The Rainbow Connection began the summer with our intra member Bocce "tournament." Winners will remain nameless because there were too many to name, as there were as many losers.

The July meeting was the club annual Barbeque. Organizers Nan, Wilma and Joan got the party rolling while Joan and Teresa delivered the best hamburgers and hot dogs around with tasty side dishes provided by each of the members.

Snowbirds have returned and members previously absent from our ranks from illness swelled the ranks and added to the comradery the group has enjoyed from its inception.

We discovered there are a number of actors in our group having belonged to original women's drama clubs as far back as the early sixties, to a current community troupe in Carmel, to our very own Heritage Hills drama club which deserves many kudos for it's wonderful production of *Harvey*.

As we head forward, some members spoke about viewing the Independent and Foreign Film Club's new offering. Having attended a number of the Club's screenings myself, I know firsthand of the Club's excellent selections and professionalism.

August may bring Arlene's famous Trivia offering which left us searching our memories. Mork and Mindy, anyone?

Fall will come sooner than we expect, bringing us Bingo, poetry and fiction readings, Halloween treats, and our much anticipated Holiday party.

Good wishes from the Rainbow Connection to all for an enjoyable rest of the summer.

* * *

CIAO ITALIA Celebrated Its 30th Anniversary

By Ginny Limitone

*Board Members
Ginny Limitone,
Michael Lanotte,
Paul Delcogliano,
Joe Manna,
Debbie Ferrara,
Christine Tegmier,
Vincent Lorenzo*



The Ciao Italia Club is one of the oldest clubs here at Heritage Hills. It celebrated its 30th Anniversary on Friday, June 16, in the Heritage Room, where everyone enjoyed an excellent meal catered by "Ledley" and danced to entertainment provided by "Sounds Familiar Sean & Valerie." A wonderful time was had by all.

* * *

SUMMER

By Ellen Reiss

Summer is now officially here
We've had the longest day of the year

The days now get shorter, there'll be less light
Enjoy the sunsets that begin each night

When we look around the world is green
With the blue sky, the sight is serene

Bright flowers in bloom, in colors galore
Enjoying nature, our spirits do soar

For all this to happen we need rain
If it happens at night I won't complain

Climate change makes the weather extreme
We must do our part to keep the air clean

So let's enjoy our life, it's the best reason
To make the most of this wonderful season

* * *



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WELCOME TO HERITAGE HILLS



New to Heritage Hills?

Here is your chance to learn everything that Heritage Hills has to offer!

When: Saturday, September 9, 2023

Where: Activities Center, Heritage Room

Time: 3:00 p.m. – 5:00 p.m.

Space is limited...Please register below

RSVP by September 1st at:

SOCIETY@HHSOCIETY.ORG

or call 914-276-2908

ALL RESIDENTS ARE WELCOME!

“Welcome to Heritage Hills” RSVP

Name(s) of Attendees: _____

Unit #: _____ Condo # _____

Email Address or Phone #: _____

Number of Attendees: _____

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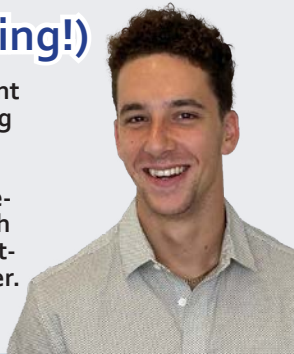
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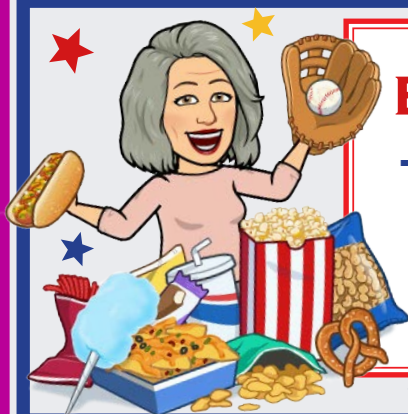
This kid has always had the talent - the one who found the missing sock, won the GoFish game and crushed the competition in the Match Game. Evan knows the secret to making the perfect match and skillfully brings the best rentals and the best tenants together. Got a rental or need a rental? Call Evan today!



HOPE'S HERITAGE HAPPENINGS!



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Submit your short answers to:

hopemazzola@gmail.com

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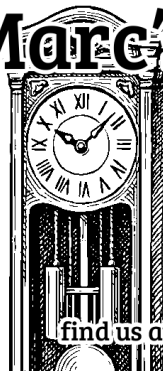


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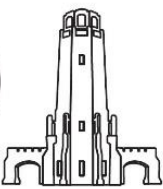
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FIT-BITS

By Mary Tedesco

RICE IT!

If you sprain or twist an ankle or knee, the best self-care regimen is called “R-I-C-E.”

R is for Rest

When you experience pain, it is the body telling you something is wrong. When this happens its best to rest the affected area. If you sprain an ankle or hurt your knee, stop the activity and rest as much as you can for a couple of days.

I is for Ice

To reduce pain and swelling, apply an ice pack to the area for 10 to 15 minutes every few hours for two to three days after the injury.

C is for Compression

Compression means wrap the injured area right away so that you prevent it from swelling. Take an Ace bandage and wrap the area snugly but not so tight that the area above or below turns blue or feels cold.

E is for Elevation

Elevation means to raise the injured part of the body above the level of your heart. For example, for ankle pain, lie down on your back and raise your leg up on a couple of pillows. It is good to do this even when you are not icing.



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THE BOOK SHELF

By Cindy Kennedy

Non-fiction writer David Grann is having quite a year. The movie version of *Killers of the Flower Moon*, his prior blockbuster, is set for release this fall. Grann's latest book, *The Wager*, a riveting seafaring saga, has topped best-seller charts all summer.

Aptly subtitled “A Tale of Shipwreck, Mutiny, and Murder,” *The Wager* centers on the ill-fated mid-18th century ship, HMS *Wager*. A 28-gun war ship, the *Wager* was part of a British squadron on a secret mission to the Chilean coast. Led by Commodore George Anson, aboard the flagship *Centurion*, the fleet set sail in September 1740.

As the convoy sailed southward, the sailors were beset by illness. (To shield ailing seamen from storms, the men were sent belowdecks; hence the term “under the weather.”) When the captain of the *Wager* perished, Commodore Anson promoted David Cheap as its new leader. At first, the officers and sailors respected Captain Cheap, but soon they chafed under his harsh leadership.

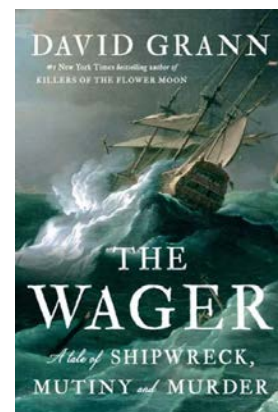
The author is adept at describing the “wooden world of a ship” and the seamen who inhabited it. Onboard the *Wager* was sixteen-year-old John Byron, a midshipman from an aristocratic family. The young midshipman, a keen writer, kept a daily journal of the voyage. (Decades later, the poet Lord Byron—his grandson—would pen forlorn verses about the sea.) Gunner John Bulkeley, a true sailor and an instinctive leader, also wrote a detailed logbook.

Captain Cheap's first test as commander was to navigate the *Wager* around Cape Horn, “the watery graveyard at the end of the Earth.” Pelted by huge waves, the squadron made the northwestern turn around the tip of South America. However, instead of following the fleet westward toward the wide Pacific Ocean, the *Wager* sailed too close to the Patagonian coast and crashed between jutting rocks. The shipwreck's 145 survivors were marooned on a desolate island, where “they built an outpost and tried to re-create naval order. But as their situation deteriorated, the *Wager*'s officers and sailors descended into a Hobbesian state of depravity.”

Against all odds, two factions of the castaways eventually made it back to England. Each group presented a contradictory account of what had happened to the *Wager* and its crew. In 1746, the Admiralty summoned a court martial. Mutiny, after all, was a hanging offense.

“The only impartial witness was the sun,” David Grann notes in *The Wager*'s Preface. “I've tried to present all sides, leaving it to you to render the ultimate verdict—history's judgment.”

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



HOW DOES YOUR GARDEN GROW?

VEGETABLE GARDENING FOR BEGINNERS

By Karl Milde

It may surprise you to learn that, even as a former president of the Garden Club here at Heritage Hills, I've always considered myself a "beginning gardener." That's because there is so much to learn about planting and maintaining a vegetable garden. The variables include changing soil conditions, differences in seeds or seedlings, the necessary amounts of water and sunshine, and much, much more. It's overwhelming.

You can't possibly control everything, but you *can* improve your chances of success, one type of vegetable at a time. Take pole beans, for example. I like them because they provide more produce per square foot of gardening space than does any other vegetable. All you need to remember are ten simple steps:

1. Beans like sunny weather—about eight hours a day—so pick the sunniest spot that you have in your garden.
2. Beans like rich, fertile soil that will hold moisture, so it's best to add compost and even kitchen scraps before "putting your garden to sleep" in the fall.
3. Bean seeds need warmth to germinate, so plant them after Mother's Day, as they may languish or even rot if the night temperature isn't about 45°F. To start your seeds earlier, plant them inside in potting soil and then transplant them after Mother's Day. In the garden, plant two seeds in one-inch deep holes four inches apart.
4. Provide support, as high as six or seven feet. Single vertical poles, poles arranged in an A-frame or teepee configuration, or a vertical screen or arc-shaped trellis all work well!
5. To promote growth below and to encourage bean production, pinch off the tops of your climbing vines when they reach above the supports.
6. Bean vines need lots of water. Don't be afraid to over-water, especially if the leaves are yellowing.
7. Harvest the beans early and often. Look for young, tender beans and then look again. Be thorough. If you keep harvesting, the vines will continue to produce all summer.
8. Bean vines are legumes, so their roots work with bacteria to fix nitrogen in the soil. If you have provided rich, fertile soil (step 2), they'll have all the nutrients they need.
9. To encourage pollination, plant nectar-rich flowers nearby, such as sweet alyssum, calendula, cosmos, zinnias, marigolds, and nasturtiums. Comfrey and borage plants help too.
10. Remove any slugs and black bean aphids that congregate on the vines, especially on fresh new vine growth. Blast away unwanted pests with a water jet; use plastic containers with beer to trap slugs.

That's it! Follow these ten steps and I guarantee you'll have more beans than you can count.



Submitted by Elizabeth Royston

Liptauer spread originated in the region of Liptov in Slovakia, which used to be part of the Austro-Hungarian empire before it fell in 1918. The spread was popular at that time amongst the royal circle and was served with a caviar topping at Court and in noble restaurants in Vienna. Nowadays, this cheese spread is served as a snack in most homes in Austria, Slovenia, and surrounding areas. Austrian Liptauer is made with cottage cheese. In Austria it's known as Topfen, and in Germany as Quark.

You may want to try this with crackers or vegetables – very tasty!

AUSTRIAN LIPTAUER

8 servings

INGREDIENTS

For the spread

7 oz. fresh cottage cheese*	4 tbs. butter, softened
2 tbs. onion, chopped	2 garlic cloves, chopped
2 tsp. Dijon mustard	3 tsp. paprika powder (sweet variety)
1/2 tsp. whole caraway seeds	1/2 tsp. salt
Pinch of ground black pepper	

For the garnish

Bell pepper, sliced or diced small	Pickles, chopped
Capers (optional)	Pink radish slices

PREPARATION

1. Combine cottage cheese and butter in a bowl until smooth (so there are no cottage cheese bits).
2. Clean and rinse the onion and garlic, chop fine, and add to the bowl.
3. Add the remaining spices and salt and mix well.
4. Add the garnish ingredients.

Note

*For the best results, use a cottage cheese that's rich in fat – avoid low-fat cottage cheese! If you can get cottage cheese from a farmer's market, that would be the best option. If you can get 20% fat fresh cottage cheese, such as the Slovakian bryndza sheep cheese, that would be the most suitable choice. Of course, these are hard to get, so 4% to 6% fat contents cottage cheese will have to do. You can also use Mascarpone or other flavorless plain cream cheese variations. In Eastern Europe, sheep cream cheese is still very common, and it lends the Liptauer a certain special flavor.



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RE/MAX CLASSIC REALTY • Somers	<div></div>	\$4.3M
COLDWELL BANKER • Katonah	<div></div>	\$3.2M

Source: OKMLS, 1/1/2023 – 7/9/2023, Condominiums, total volume sold by office, Heritage Hills, city/town Somers

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Special offer applies to purchase of same Miracle-Ear make and model hearing aid. 50% discount applies only when first aid is purchased at regular list price. Valid at participating Miracle-Ear locations only. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Offer valid on Level 5, 4, 3, 2 Solutions. Cash value 1/20 cent. See store for details.

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. **If you are not completely satisfied, the aids may be returned to the store of purchase for a full refund within 45 days of the completion of fitting, in satisfactory condition as determined by Miracle-Ear. Fitting fees may apply. See store for details. †Limited warranty, see store or miracle-ear.com/warranty for details. Not valid on Level 1 Solutions. ††Cleanings and in-office service are always free. See store for details.



MARTHA "MARTI" LOWENFELD

Real Estate Associate Broker Broker, CRS, SRES

Cell: 914-420-1850 Home: 914-277-4350
email: mlowenfeld@houlihanlawrence.com

Total units sold by OneKey/HGAR MLS agents from 1/1/2023 to 7/10/2023

	2023	2022	2021	2020
TOTAL SOLD	55 (\$320,000-\$810,000)	80 (\$276,000-\$785,000)	60 (\$275,000-\$725,000)	46 (\$249,500-\$670,000)

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

1 BEDROOM

FRANKLIN	\$350,000; \$340,000	GUILFORD	\$370,000; \$425,000; \$437,000; \$440,000	RADCLIFFE	\$540,000; \$499,000; \$550,000
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2 BEDROOM

ARMONK	\$640,000; \$429,900; \$530,000; \$590,000	HARVARD	\$720,000; \$730,000; \$739,000	STRATFORD	\$450,000; \$455,000; \$750,000; \$649,000;
COLGATE	\$475,000; \$549,000	KATONAH	\$499,000; \$415,000		\$555,000; \$600,000;
CONCORD	\$450,000	KENT	\$532,500; \$500,000		\$670,000
FAIRVIEW	\$500,000	LINCOLN	\$376,000	STRATFORD II	\$675,000
HAMILTON	\$320,000; \$350,000	PUTNAM	\$439,000	SYRACUSE	\$649,000
HANOVER	\$577,500	RIDGEFIELD	\$455,000	WELLSLEY	\$485,000
		SALEM	\$610,000		

3 BEDROOM

COLUMBIA	\$810,000	JEFFERSON	\$580,000	YORK	\$550,000
CROTON I	\$650,000; \$687,500	SHERMAN I	\$715,000; \$700,000;		
CROTON II	\$680,000; \$680,000; \$760,000		\$612,500; \$740,000; \$730,000; \$754,000		

A GREAT TIME TO SELL

Our low inventory and the number of people looking to live in Heritage still shows that the demand for homes in our community is very high. Most units that are listed and are in good condition receive multiple offers. They go into contract quickly and close when it is convenient for both the seller and buyer. I love what I do and along with many other Realtors have buyers who want to live here. If you or anyone you know is thinking of selling, please do not hesitate to contact me.

I would be happy to provide you with a comparative market analysis (CMA) and answer any questions you have about sales for your particular model. Please feel free to call my cell phone at 914-420-1850 or text or send an email to mlowenfeld@houlihanlawrence.com

**Thank you,
Marti**

Heritage Hills Society, Ltd.
8 Heritage Hills
Somers, NY 10589

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Have your rates gone up?
Call us for a review or comparison**

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~~\$999~~ \$849

Customizable Intro Program Includes:

- One of: Semaglutide, Tirzepatide, Sermorelin, or LipoLean shots
- Blood analysis by our Medical Staff
- Nutritional analysis and 3D body scan from our Functional Nutritionist
- Weight loss machine treatments. May include any of the game-changing Emerald Laser, Ultimate Contour, or Contour Light machines.
- Functional nutrition-only program also available

Call or Text **914-276-2202** for more information!

Use code: Summer Body