



THE OFFICIAL

*Heritage Hills Newsletter*

DECEMBER 2023



*Season's Greetings*



# Heritage Hills Society Information

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

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

Television ..... Channel 21

## CONTACT INFORMATION - EMAIL

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

Activities Office ..... [activities@hhsociety.org](mailto:activities@hhsociety.org)

## CONTACT INFORMATION - TELEPHONE

Security ..... 914-276-2592

Bus ..... 914-276-2877

Society Office ..... 914-276-2908

Library ..... 914-276-7655

Activities Office ..... 914-276-2636

Fitness Center ..... 914-669-5028

## EMERGENCIES 9-1-1

## Hours of Operation

### Activities Center

Building ..... 9 am to 11 pm

Activities Office ..... 9 am to 5 pm

Society Office ..... 9 am to 1 pm

Fine Arts Center ..... Group instruction and free time are scheduled by the Activities Office at 914-276-2908

Library ..... Monday thru Friday 10 am to 3 pm, Saturday 10 am to 1 pm

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

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

Meadowlark Park ..... Dawn to Dusk

Park Place ..... Dawn to Dusk

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

### Goldens Bridge MetroNorth Station Trips

Morning to/from: (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 o, 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

NYSEG ..... 800-572-1131

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

ConEd ..... 800-752-6633

Verizon ..... 800-922-0204

## SERVICES FOR SENIORS

### TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

Barbara Taberer, Director

#### Hot Lunch

- At Van Tassel House - **Free Transportation Available**

Monday thru Friday a t noon

- Delivered to home-bound, Monday thru Friday

Meals leave Van Tassel House for delivery starting at 11:30 am

Suggested contribution: **\$3** per meal

#### Medical Appointments - Transportation Available

Tuesday thru Thursday, 10 am to 3 pm

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

#### Shopping Trips by Bus

Monday and Fridays at 10 am

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

### OTHER SENIOR SERVICES

#### RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

#### Medicare - 800-633-4227 and [medicare.gov](http://medicare.gov)

#### Medicare Rights Center - 800-333-4114

#### EPIC - 800-332-3742

New York State Senior Prescription Reduction

#### 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 Kobro,, 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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845-208-8151 - [freeman@halstonmedia.com](mailto:freeman@halstonmedia.com) - [HalstonMedia.com](http://HalstonMedia.com)

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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.**

**FOR INFORMATION ABOUT THE HOSTS OF THE BELOW EVENTS, SEE THE ACTIVITIES / CLASSES / CLUBS SECTION OF THIS NEWSLETTER. WHEN GUESTS ARE WELCOME, UP TO FOUR PER UNIT ARE ALLOWED**

## SINGLES CLUB

*By the Singles Club Board*

### HOLIDAY PARTY

**Thursday, December 7, at 6 pm in the Heritage Room**

Celebrate the season! Come join the fun! Dinner will be catered by Ledley, and entertainment music will be provided by Gino Rome. \*BYOB\* \$55 for members and \$58 for guests. Leave checks in the Singles Club mail slot **no later than December 1.**

If you have any questions, call Carol Ambrosini at 914-276-7616.

We hope you will be there!

\* \* \*

## 10 A MEN CLUB

*By Mike McBride*

### WEEKLY MEETING SPEAKERS

**Wednesdays at 10 am in the Heritage Room**

**December 6 - Vanessa Brocco**

Ameriprise - Financial Advice

**December 13 - Jennifer Daddio**

Somers Library Director - More than Books

**December 20 - George Burns**

Westfair Water Treatment Systems

**December 27 - Open Session**

Self introductions to the group

All adult residents are welcome. Women are encouraged to attend. Doors open at 8:30 am (by 8:45 typically 15 people have arrived; by 9:15, about 35). Meeting admission: \$2. Folks walk around and chat between 8:30 and 10 am, when the Pledge of Allegiance is recited. That is followed by speakers and discussions until 11 am. Bagels and coffee are available until 9:45 am.

Come join us to meet your neighbors, ask questions, and find out what is happening in Heritage Hills and around Somers. As always, we respect, welcome, and listen to all.

### HERITAGE HILLS NEWSLETTER COMMITTEE

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

## NEW YEAR'S EVE GALA

**Sunday, December 31, in the Heritage Room**

Watch for email blasts as well as flyers and posters in the Activities Center.



## HOLIDAY EXTRAVAGANZA

*By Jack Mattes*

**Saturday, December 9, from 2 to 4 pm in the Heritage Room**

Children living at Heritage Hills are invited to bring their parents, grandparents, aunts, uncles, and friends to this year's Toys for Tots Holiday Extravaganza. Admission cost is an unwrapped new toy (or toys), which will be distributed to underprivileged children in Westchester County by the United States Marine Corps Reserves.

**We're planning to have:**

- **Games:** Pin the Nose on the Snowman and Ring Toss.
- **Art:** Two different projects.
- **Santa, Mrs. Claus, and an Elf** attending.
- **Refreshments and snacks for young and old**, including Candy Canes, Chanukah Gelt, and Eggnog.

Unable to attend? By December 9, you can leave unwrapped toys in the Toys for Tots collection boxes at the Activities Center and Lake Lodge and/or place a check payable to "Marine Toys for Tots Foundation" in an envelope and bring it to the "TOYS FOR TOTS" mail slot at the Activities Office.

## ON THE COVER

Susan Williams named her image "The First Snow of the Season," and for the banner, Elizabeth Royston photographed one of the holly bushes with berries at the entrance to the Activities Center.

## Table of Contents

Activities/Classes/Clubs .....	12 - 16
Classified .....	38
Columns .....	34 - 35
Coming Events .....	3 - 5
Community News.....	6 - 9
Did you Know? .....	24
Family Focus .....	18
Features .....	26 - 30
Humor .....	32
Poetry .....	32
Sports .....	22



## CIAO ITALIA

### CHRISTMAS DINNER

**Saturday, December 16, in the Heritage Room**  
**Doors Open at 6:30 pm**



Only a few days are left until checks are due for Ciao's Members Only Christmas Dinner. Payment along with the forms are due Friday, December 8. Place your check payable to "Ciao Italia" for \$55 per person in an envelope on which you have written "Christmas Dinner" and leave the envelope in the Club's mail slot outside the Activities Office.

Come and celebrate the Holiday Season with your fellow Ciao Italia Members.

Buon Natale!

\* \* \*



By Joyce Spector

If you have questions regarding the following events, call Alan Tepper at 914-342-3279 or email him at [astepper@gmail.com](mailto:astepper@gmail.com).

### CHANUKAH SING-ALONG AND DELI LUNCHEON

**Sunday, December 10, at 1 pm in the Activities Center**

Enjoy a deli-delicious Chanukah program prepared by Epstein's Delicatessen — your choice of roast beef, turkey, corned beef, pastrami, or tuna fish sandwich served with potato salad, coleslaw, pickle, assorted Dr. Brown's soda, and jelly donut holes for dessert. "Sing-Along" and Menorah lighting will be included in our program.

Admission is \$20 per person. At the Activities Center, look for our flyer, with tear sheet, to make your reservation(s) and luncheon meal selection(s). If you want to sit with friends, place your checks in one envelope. (Maximum seating per table is 10.) **No Walk-ins allowed.**

### TRIVIA CONTEST

**Sunday, January 14, at 1 pm in the Activities Center**

Our Trivia Contest is back! Jewish as well as popular trivia questions will be featured. We are planning tables of six people; each table will play as a group. If you don't have six people, we will assign people to your table. Prizes will be awarded. Light refreshments will be served.

Admission is \$15 per person. **By January 10**, place your checks in our mail slot including your name, phone number, and address. If you want to sit with friends, place your reservations in one envelope. Walk-ins are welcome as space permits.

\* \* \*

## CONTINUING EDUCATION

Submitted by Rosetta Benson

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

### ROBERT & CLARA SCHUMANN THEIR STORY OF LOVE AND MUSIC

**This event**, originally scheduled to take place on December 5, **has been CANCELED.**

### OVER THE RAINBOW

**THE MUSICAL HEART OF HAROLD ARLEN**  
**A piano-vocal music lecture**  
**by Peter Muir**

**Tuesday, December 12, at 1:30 pm**

Harold Arlen (1905-1986) was one of the greatest of American song-writers. The son of an immigrant Cantor, he created some of the most enduring popular songs of the 20th Century, such as: *Stormy Weather*, *Blues in the Night*, *It's Only a Paper Moon*, and above all, *Over the Rainbow* from the *Wizard of Oz* movie (1939), arguably the most beloved popular song of all time. This lecture will cover the entirety of Arlen's career.

If you have any questions, call Linda at 914-617-9328.

\* \* \*



### SOCIETY BOARD MONTHLY MEETING

**Wednesday, December 13,**  
**at 1:30 pm in the Heritage Room**

All unit owners are welcome to attend the meeting in person. It will be broadcast on Channel 21 while in progress and will be rebroadcast daily on that channel at 2 and 7 pm until the next meeting occurs. It can also be viewed on the Society website at [hhsociety.org](http://hhsociety.org); go to Heritage Hills Society, then choose Board Meetings & Documents.

Owners are welcome to raise matters of concern in person at the meeting. Residents who cannot attend may send an email to [society@hhsociety.org](mailto:society@hhsociety.org), call 914-276-2908, or mail them to Society Board, 8 Heritage Hills, Somers, New York 10589. They will be discussed at the end of the meeting. **Provide your name and unit number on written correspondence.**

\* \* \*



## TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, December 15, from 3 to 5 pm in the Heritage Room

Join hosts Ami Stokhamer and Karl Milde, both residents, as they lead open discussions after viewing each of the following insightful, thought-provoking videos:

- *Motivational TED Talks*, by Moritz Schroeder
- *How I climbed a 3,000-foot vertical cliff – without rope*, by Alex Honnold
- *How to Live before you die*, by Steve Jobs

This event is free for all residents. Light refreshments will be served. For further information, call either Ami at 914-486-9677 or Karl at 914-342-3068.

Save the date: January 19, 2024, same time and place, for the next TED Talks event.

\* \* \*

## SOMERS VOLUNTEER FIRE DEPARTMENT'S CANDY CANE RUN

By Keri Reitman Schnapper

Saturday, December 16, at 11:35 am, at the Activities Center Parking Lot

The elves at the Somers Volunteer Fire Department have received official word from the North Pole! Similar to previous years, Santa has been granted permission to use its fire trucks to visit and greet families throughout Somers, including a stop at the Activities Center!



\* \* \*

## INDEPENDENT AND FOREIGN FILM CLUB

By Steve Klepner

### SITA SINGS THE BLUES

Thursday, December 28, PROMPTLY at 7 pm in the Heritage Room

United States. 82 minutes. An animated ancient Indian epic in which the Hindu goddess Sita accompanies her husband Rama to live in exile. In the treacherous woods, a demon king abducts her after hearing about her beauty, but Sita remains devoted. She patiently waits for Rama to rescue her.

A discussion follows the screening. Masks are optional but recommended.

See the ACTIVITIES / CLASSES / CLUBS section of this Newsletter for Club information.

WHEN WALKING ON OUR ROADS, ALWAYS WALK FACING TRAFFIC, SINGLE FILE, HUG THE CURB, AND WEAR BRIGHT CLOTHING



## SOCIETY BOARD NEWS

Compiled by Susan Statkowski-Rivalsi

### SUMMARY OF PORTIONS OF THE NOVEMBER 15 SOCIETY BOARD OF DIRECTORS MEETING

A video of the entire meeting can be seen on the Society Board's website and on Comcast's channel 21 daily at 2 and 7 pm. The full transcript of this meeting's Minutes will be posted on the website after approval at the December 13 Society Board meeting.

**Board members in attendance:** Gloria Anderson, Gene Archer, Ann Harper, Dorinda Haskel, Joe Kelly, Jack Mattes, Patricia Ploss, Bruce Prince, Dom Rubino, Deica Ruiz, Art Singer, Alan Tepper, and Carol Vartuli

**Board members absent:** Karl Milde and Jay Wright

**Also attending:** John Milligan, Heritage Management Service, and Rob Casasanta, Prosecur Security

### FINANCE & BUDGET COMMITTEE - GENE ARCHER, CHAIR TREASURER'S REPORT

• <b>October Financials:</b> Income	\$ 523,282.48
Expenses	(404,980.97)
Surplus	\$ 118,301.51

• **2024 Budget** [will be presented in detail in the January issue of the Newsletter]

• **Buyer's Contribution:** Since it took effect on July 1, we've been averaging ten sales per month. We should be able to use those proceeds to supplement the repairs to Pool #4, which we anticipate will be around \$600,000.

### LEGAL COMMITTEE - GLORIA ANDERSON, CHAIR

**Willow Wood Gun Club:** As of today [11/15], the Court has not rendered a decision on the papers submitted on October 10.

### ACTIVITIES COMMITTEE - ANN HARPER, CHAIR

**New Activities/Clubs:**

- Spanish Conversation will meet once a month for free starting Thursday, December 7, at 11 am at Lake Lodge.
- TED Talks [see page 5]
- Friends of Literature Book Club will meet once a month on Tuesdays from 2 to 3:30 pm. The first session has not yet been scheduled.

### COMMUNICATION COMMITTEE - CAROL VARTULI, CHAIR

- **Communication Focus Groups.** Want to brainstorm about effective, interactive communication in Heritage Hills? Contact me, Carol Vartuli, by phone at 914-342-3929, or email at [Write.now.right@gmail.com](mailto:Write.now.right@gmail.com).
- **Website:** We're still evaluating vendors.

*continued on page 6*

## FITNESS CENTER COMMITTEE – ALAN TEPPER, CHAIR

### October Usage Statistics:

- Gym – 1,074 (averaging 35.8 visits per day)
- Exercise Room – 7,804 (averaging 260.1 visits per day)
- **HVAC:** New air conditioning units and boilers were installed.
- **Shoe Change Request.** During the winter, folks must change from street shoes to avoid salt damage.

## NEWSLETTER COMMITTEE – GLORIA ANDERSON, CHAIR

Halston Media is our new publisher. Unlike our former publisher, Halston Media will be sharing advertising revenue with the Society, which benefits the entire community. See page 9 regarding submitting an article or photos **See page 38 regarding placing regular ads and placing classified ads.**

## COMMUNITY AFFAIRS – JACK MATTES, CHAIR

**Toys for Tots** [see page 3]

## LIBRARY COMMITTEE – DEICA RUIZ, CHAIR

For December we're adding 16 new books including Barbra Streisand's *My Name is Barbara*; mysteries by Baldacci, Patterson, and Connally; and also a new Nora Roberts novel. [See page 14 for hours of operation.]

## SOMERS TOWN UPDATE – BRUCE PRINCE, CHAIR

**Main Entrance Crosswalk/Sidewalk:** Jack Mattes indicated that a discussion from a few years ago regarding a crosswalk from DeCicco's sidewalk to our main entrance on the opposite side of Route 202, and a sidewalk from there to the Heritage 202 strip mall (or possibly all the way to Town Hall), is apparently moving forward. More details to come.

**STOP Signs:** Alan Tepper indicated the possibility of his Condo being granted permission to install two STOP signs on Westridge Drive is being considered by the Town Board. More details to come. [See "Speed Recorders" in the OPERATIONS REPORT, below.]

## SECURITY - ROB CASASANTA, PROSEUR SECURITY

### October Security Call Report:

During the month of October our Security staff received and responded to a total of 263 calls regarding the following matters:

Medical	85
Security	49
Open Garage Doors	36
Burglar Alarms	6 (2 State Police, 4 Somers Police)
Fire Alarms	6 (2 smoke, 4 low battery)
Carbon Dioxide Alarms	0
Service	63 (43 lift assists, 4 persons locked out, and 16 welfare checks)
Maintenance	7
Motor Vehicle Accidents	0
Parking Violations	9 (in handicapped spaces, fire lanes, A roads, or B roads)
Hospital Runs	2*

\* When ambulance staff is stretched thin, without an EMT on board, one of our staff rides in the ambulance.

- **Accessible Parking Spaces:** The 90-day period during which we put courtesy violation notices on cars improperly parked in those spaces has expired. From now on, for vehicles found improperly parked in one of those spaces, we will call law enforcement to ticket the vehicle.

## OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

- **Speed Recorders:** For every vehicle that passes the sign, the recorder collects data, such as the time of day, the speed of the vehicle, the percentage of vehicles exceeding the speed limit. That's the data Alan Tepper's Condo presented to the town when applying for permission for STOP signs.
- **Road Work:** We're wrapping up all paving and road striping work for this year. As for road lines, we'll probably have to do the yellow center lines every three years and the white edge lines every five years. We'll have a street sweeper clean the road edges when the trees have finished shedding their leaves.
- **Lake Lodge Roof Work:** We replaced the roof over Room 3, which leaked every time it rained. Next year we'll replace the larger flat roof.
- **Pools:** Replacement of the equipment at Pool 3 will hopefully take place next spring. We're close to submitting plans to the Department of Health for repairs to Pool 4 and can hopefully make it through next season with what we have [see FINANCE & BUDGET COMMITTEE report, above].
- **Verizon:** The company has committed to providing a generator if there's a power outage impacting its switching cabinet box at the intersection of West Hill Drive and Warren Street, which provides phone service to the Security Office.

## NEXT SOCIETY BOARD MEETING

The next monthly meeting will be on Wednesday, December 13, at 1:30 pm in the Heritage Room.

\* \* \*

## POST-MEETING DISCUSSION

A resident expressed concern about drivers on West Hill Drive who speed as soon as they reach the top of the S-turns that start at Warren Street. She suggested a STOP sign be installed at that location. It was suggested she have her Condo president contact Alan Tepper, since his Condo was attempting to do get permission from the town to install STOP signs on Westridge Drive (see SOMERS TOWN UPDATE, above). [After the meeting, Robert Casasanta of Proseur Security told her he'd have the Speed Recorder placed there to collect data, as described in the OPERATIONS REPORT, above.]

\* \* \*

## SOCIETY BOARD 2024 MEETING SCHEDULE

Meetings take place in the Heritage Room at 1:30 pm on the third Wednesday of the month except May and October, when the meetings



January and August, when will take place on the fourth Wednesday of the month, and January and August, when there are no meetings. The June 19 meeting is actually two back-to-back meetings — the regular Monthly Meeting as well as the Annual Meeting.

- February 21 . . . . . July 17
- March 20 . . . . . September 18
- April 17 . . . . . October 23
- May 22 . . . . . November 20
- June 19 . . . . . December 18

Unit owners are welcome to attend and can raise matters of concern at the end of the meetings. The meetings can be viewed live on Channel 21 and daily thereafter at 2 and 7 pm until the next meeting occurs. They can also be viewed on the Society website, [hhsociety.org](http://hhsociety.org).



**COUNCIL OF CONDOS**

*By Terry Clifford*

The following Condos attended October's meeting: 1, 3, 4, 5, 6, 7, 8, 11, 12, 14, 15, 16, 17, 19, 20, 21, 22, 25, 27, 29, and 30.

**Heritage Hills Security Director, Robert Casasanta** introduced his team – Lieutenant Paul Cirillo and Desk Officer Vinny Cariddo. Many of our security officers are previously trained police and EMTs. They participate in New York State Security Guard classroom training and undergo extensive background checks. New Heritage Hills Security personnel take an additional forty hours of training specific to our community. Two EMTs patrol the East and West Hill and one dispatcher is on duty twenty-four hours per day, seven days a week. Prosegur, an international company, also provides security for Westchester Medical Center and LaGuardia and Newark Airports.

Heritage Hills Security "Fly Cars" carry a fire extinguisher, defibrillator, oxygen tanks, blood pressure and heartrate monitors, masks, gauze for trauma, and glucose for blood sugar emergencies. They also have stretchers, life support, the ability to administer an EKG, and medications to stabilize an individual. Heritage Hills Security also communicates well with Somers Fire Department and County Emergency Medical Services.

**Safety Tips:**

Provide your unit key to Security so they can get into your unit, especially if you live alone and cannot answer the door. Keys are kept in a Security Office locked cabinet where cameras are used to observe the surroundings.

- Calling 9-1-1 from a land line best helps responders identify the exact location of the emergency. Cell phones must triangulate with a cellphone tower and only give an approximate location in the event the caller loses consciousness. Heritage Security has a radio scanner and hears all Somers Fire and Emergency calls in the dispatch office near the Fitness Center.
- Hardware store fire extinguishers do not last more than ten years and once discharged they are no longer usable.
- Check that your garage is closed before going to bed at night.

- Security will telephone you or knock on your door when they do their rounds if the door is left open. They get at least thirty-three "garage door open" calls a month.

**CPR Class:** Robert, Security Director, and Flo Brodley, Chair of the Health & Safety Committee are organizing a resident CPR class.

**Willow Wood Update:** Graeme Cooper, whose property abuts the Gun Club's gun range, informed the Council that all arguments were filed and completed as of October 10. The argument focused on finding what the Town Planning Board knew about the environmental impact of the Gun Club expansion before making their determination in favor of the Gun Club. Mr. Cooper stated the Club has never picked up any lead shot in the last decade, although they claim to have removed lead shot from the ground.

**Annual Meetings** – What happens at the Annual Meetings. All unit owners are invited; committees and officers make reports on the past years' projects, proposals for the coming year, and votes are counted for the election of Board Members.

**Emergency Contacts for Water and Sewer:** Due to condominium units having water incidents, unit owners are advised to inspect gate and ball valves and have them changed if hard water is damaging them.

**Trash Removal Contracts:** A Condo president will research if a centralization negotiating contracts is feasible.

**Dogs:** Residents must pick up after their dogs and dogs must not be walked behind other residents' units. Poop bags are the responsibility of the resident walking the dog and must be disposed of in their own garbage pails in an appropriate manner.

**Community Association Institute (CAI) Update:** Heritage Hills Library now has pro-bono copies of the CAI publication "New York Association HelpNow Condo/HOA Primer." They are available to all Condo board members.

**Be informed send a representative to attend the Wednesday, December 20 meeting of the Council of Condos in the Activities Center Heritage Room at 7 pm.**



**SAFETY ON OUR ROADS**

*By Susan Korman*

Noting that we've changed the clocks, any walking on our roads poses a greater hazard to our walkers and runners. Walking early in the morning, at dusk, or on rainy days without adequate reflective protection is particularly hazardous.

Once again, my company *See and Be Safe*® would like to provide reflective accessories to any Heritage Hills walker. Products that we have produced for the past 30+ years are made with 3M Scotchlite, composed of glass prisms that reflect light from headlights.

We are happy to share — free — inventory we have to any of our neighbors requesting them. Contact Karen Korman at 646-251-9155.



## WEDDING RING FOUND

By Robert Casasanta, Prosecur Security

During the summer, a wedding ring with an inscription on the inside, found at one of the pools on the West Hill, was turned into the Security Office. No one has claimed it. If you lost your inscribed wedding ring, call the Security Office at 914-276-2592 and provide the inscription.

\* \* \*



## COMMUNITY THEATRE

Submitted by Muriel Millstein Weiss

In addition to *God's Favorite* we want to thank our favorites – our supporters and fans, and our director, cast, crew, and maintenance staff for helping to make our production a huge success. Platitudes go to the author Neil Simon. Your ongoing enthusiasm spurs us on, and we look forward to welcoming you at our next main stage performance in June 2024.

Thank You! Heritage Hills Community Theatre Board

\* \* \*

## MUSICAL NOTES FROM THE CONCERT SOCIETY



*The best classical music value in Westchester and beyond!*

By Teddi Meltzer

Did you forget something? What was that? Was it someone on your gift list? Oh yes, it was YOU! You forgot to give yourself the gift of FOUR wonderful concerts in our 2024 Concert Society season. And you forgot that you receive a **bonus guest ticket** if you subscribe before December 31. How could you have forgotten something so important, so exciting, and so musical?

Artists for 2024 include a winds trio, a violinist, a cello and guitar duo, and a pianist. Run quick like a bunny to the Activities Center to pick up our 2024 Concert Society Subscription Form. If you have any questions, call Raina Lefkowitz at 914-262-4407.



\* \* \*

## TRAVEL CLUB

By Elaine Soliman

The Travel Club extends its thanks to all who have supported the Club over the years. We hope we have created some wonderful travel memories for you. We wish all of you a joyous Holiday Season and a Happy, Healthy 2024, during which we'll offer new adventures for your enjoyment.

## Library



### MYSTERIES

Winter is a cozy time to curl up with a mystery novel. This month the Library is adding several mysteries by popular authors including David Baldacci, Patricia Cornwell, and Nita Prose. In the mix is Lisa Unger's seasonal murder mystery, *Christmas Presents*.

### BOOK REVIEW

On page 35 in the COLUMNS section, there is Cindy Kennedy's review of *Chenneville*, by Paulette Jiles. The novel was added to our collection last month.

### NEW ADDITIONS TO OUR COLLECTION IN DECEMBER

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

#### Fiction

- Auster, Paul . . . . . *Baumgartner*
- Cunningham, Michael . . . . . *Day*
- Lethem, Jonathan. . . . . *Brooklyn Crime Novel*
- Mitchard, Jacquelyn . . . . . *A Very Inconvenient Scandal*
- Phillips, Jayne Anne . . . . . *Night Watch*
- Roberts, Nora . . . . . *Inheritance*

#### Mystery

- Baldacci, David . . . . . *The Edge*
- Connelly, Michael. . . . . *Resurrection Walk*
- Cornwell, Patricia . . . . . *Unnatural Death*
- Evanovich, Janet . . . . . *Dirty Thirty*
- Gerritsen, Tess. . . . . *The Spy Coast*
- Macmillan, Gilly . . . . . *The Manor House*
- Patterson, James and Lupica, Michael . . . . . *12 Months to Live*
- Prose, Nita . . . . . *The Mystery Guest*
- Unger, Lisa . . . . . *Christmas Presents*

#### Non-Fiction

- Streisand, Barbra . . . . . *My Name Is Barbra*

\* \* \*

## WOMEN'S CLUB

Submitted by Phyllis Bradbury

The Women's Club Board has once again had the pleasure of decorating the Christmas tree in the lobby of the Activities Center. We hope you enjoy the tree as much as we enjoy putting it up.

A reminder that Club dues for January thru December 2024 are due and are just \$12 for the year to renew your membership or become a member. Application forms are available in the Activities Center



or, if you prefer, you can put on a sheet of paper your information: Full name, unit number, home telephone and cell phone numbers, and email address. Include that information with a check in an envelope and place in the Women's Club Activities Center mail slot. For more membership information, call Alfreda Savarese, Membership Chair, at 914-617-2007.

Reminder: Our next meeting will be held in February in the Heritage Room in the Activities Center. Flyers will be available in the Activities Center as soon as future programs are finalized. We are looking forward to a successful 2024.

Happy, healthy Holidays to you and yours.



Photo by Cheryl Milde

## THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS FROM HERITAGE HILLS RESIDENTS OUR DEADLINE IS THE 6TH OF THE MONTH.

Authors' names will be indicated. We cannot guarantee that every item will be used, and all submissions are subject to being edited for format, length, acceptability of language, and suitability of content. Submissions should be in email attachment format (preferably Word) or by hand or mail to the Heritage Hills Activities Office or Society Office at 8 Heritage Hills, Somers, NY 10589.



EMAIL ADDRESS: [HeritageHillsNewsletters@gmail.com](mailto:HeritageHillsNewsletters@gmail.com).

### When Submitting Photos:

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

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

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



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## GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

Phone: 914-276-2636 or go to Activities at [hhsociety.org](http://hhsociety.org)

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

### 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.

**Learn to Bead with Allison:** Join us on Mondays at 10 am in Room B for our beading class. Each class is \$25 including materials fee. You go home with a piece of jewelry that you made for yourself or for a special someone. Come and join the fun. Contact Allison Rubin at 914-629-3655 or [ahrubin521@yahoo.com](mailto:ahrubin521@yahoo.com) to enroll or for more information.

**Needlecraft Group:** Charitable needlecraft group meets Wednesdays at 12:30 pm in the Game Room. All skill levels welcome. \$10 annual dues. Proof of vaccination is required. 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 from 9:30 to 11:30 am in Activities Center's Studio A. Portraits, 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 [evymusart@comcast.net](mailto:evymusart@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 \$90 per person or \$26 per person per concert at the door. 2024 Subscription Forms are available at the Activities Center. If you have any 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 CLASSES

**Tai Chi & Chi Gong with Master Ellen.** Mondays 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 [heritagehillstaichi2@gmail.com](mailto:heritagehillstaichi2@gmail.com).

**Vinyasa Yoga with Joe.** Saturdays at 9 am in Lake Lodge's Upper Level. \$12 per class. To register, email Joe Ferrari at [josephferrari@me.com](mailto:josephferrari@me.com).

**Linda's Lake Lodge Classes:** Body Conditioning: Tuesdays and Thursdays at 8:30 am, Dance & Sweat: Tuesdays at 9:30 am, Barre Pilates: Thursdays at 9:30 am, NEW Sports Conditioning: Sundays at 9 am. All classes are \$10 per class. Register at the start of the month for the classes you plan to attend. Contact Linda Zeiss instructor at [Labzeiss@gmail.com](mailto:Labzeiss@gmail.com) or 718-541-0861.

**Gentle Yoga with Lisa.** Mondays at 11:30 am and Fridays at 10 am in Lake Lodge's 2nd floor. \$12 for a 75-minute class. [Lisaathomas@optonline.net](mailto: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. Resistance bands and weights available. No mats needed. Tuesdays and Thursdays from 9:30 to 10:30 am in the Gym. Fee: \$10 per class. Try the first class for free! \*Class is also available on Zoom. Email Lori at [lamb428@optonline.net](mailto:lamb428@optonline.net).

**Chair Yoga with Satish:** Chair Yoga aimed at toning the entire body and increasing flexibility. Breathing and meditation for relaxation and mind-body connection. Live music. Practice every Tuesdays from 10 to 11:15 am in Lake Lodge with Satish Gambhir, Registered Yoga (500-RYT) and acupressure teacher with over 20 years of experience. \$10 per class. Call or email to register at 914-646-0887 or [Satishgambhir@gmail.com](mailto:Satishgambhir@gmail.com).



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

Getting Back on Track (15-15-15) with Theresa: Fridays at 10:50 am at the Fitness Center and on Zoom. Light cardio and balance, functional strength and stretch, and restorative breathing and relaxation. Great class to begin or continue your fitness journey. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**Move and Groove with Theresa:** Tuesdays at 12:30 pm in the Fitness Center and on Zoom. Easy-to-learn and easy-to-follow Beginner Line Dances to ALL music genres. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**Zumba Gold with Theresa.** Fridays at 10 am in the Fitness Center and on Zoom, and Saturdays at 10 am on Zoom only. Fun, easy to follow, low impact dance fitness class. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

## FAMILY NETWORK GROUP

Arranges organized family-oriented gatherings, days and evenings, several times a year. Go to [Facebook.com](https://www.facebook.com) to join the group "Heritage Hills Family Network" or email [keri.reitman@gmail.com](mailto:keri.reitman@gmail.com).

## FRENCH CONVERSATION GROUP

Meets the 2nd and 4th 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, contact Carole Ellis 914-260-9182 or [carellis14@yahoo.com](mailto:carellis14@yahoo.com).

## 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 Club.** 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](mailto:Friendsinthehills@aol.com) with any questions or contact Debe Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.

**Mah Jongg:** Mondays at noon in Lake Lodge and Wednesdays at noon in the Activities Center (space is available—contact Sue Furino 914-617-9110); Fridays at 1 pm in Lake Lodge (contact Olga LaBoy at 914-276-2646); Tuesdays and Thursdays 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 Thursdays 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 Thursdays from 1 to 3 pm in Room 2 in the Activities Center. All level players, including newbies, are welcome. For more information, just walk in or contact Susan at 914-617-9228 or [ciwhitestar@comcast.net](mailto: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](mailto: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](mailto:hhgardenclubsecretary@gmail.com). If you would prefer to speak by phone, call Club President Joanne Meder at 914-318-5808 and leave a message.

## HEALTH & SAFETY COMMITTEE

Blood Pressure Screenings With a Smile: Nurse Ellie Eidam offers screenings and good advice on the second Friday of the month from 9 to 11 am in the 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](mailto:elliebob1@gmail.com) or 914-617-2109 for more information.

**Alzheimer's/Dementia Caregivers Support Group:** Caring for someone with Alzheimer's/Dementia is a difficult and painful challenge. A support group can help. Meetings take place the first Thursday of the month at 12:30 pm in Lake Lodge's Room 1. Fee: \$20 per session. Facilitated by Linda Ludwig, Ph.D. To register, call 914-617-9328 or email [ludwiglr@aol.com](mailto:ludwiglr@aol.com).

**Spousal/Partner Bereavement Group:** A support group that provides an opportunity to be with others who have lost a spouse or partner. Meetings take place 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](mailto: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](http://hhsociety.org) / Activities / All Activities / Hikers and Walkers.

## INDEPENDENT AND FOREIGN FILM CLUB

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

*continued on page 14*

# ACTIVITIES/CLASSES/CLUBS

## INDEPENDENT AND FOREIGN FILM CLUB

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

## LIBRARY

Open Monday through Friday from 10 am to 3 pm and Saturdays from 10 am to 1 pm. For information on the collection, visit the Heritage Hills Library webpage at [hhsociety.org](http://hhsociety.org) or call 914-276-7655.

## MORNING DISCUSSION GROUP

Discussion group on current event topics. Meets Mondays from 9:30 to 11 am in the Activities Center. For information, email Ken Benjamin at [kenbenja@aol.com](mailto: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, contact Pat Caruso at 914-276-2224 or [carusop515@comcast.net](mailto:carusop515@comcast.net). Membership dues are \$12 per year.

## SPORTS

**Bocce Group:** April through October: Wednesdays and Saturdays 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](mailto: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](mailto:PickleballHH@Outlook.com). See you on the courts!

**Shuffleboard Group:** October through March in the Gym on Wednesdays from 1 to 3 pm, and on Saturdays from 9:30 am to noon.

**Tennis Group:** All Tennis reservations are now made via [www.playtomic.io](http://www.playtomic.io), or you can download the playtomic app, which offers many additional features. Once on the playtomic website, type "Heritage Hills" and click on "tennis" as the sport choice. For general information about the tennis group, call 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

The Women's Club meets the second Wednesday of the month, except for January, July, and August. This year, 2023, we are not having a meeting in December. The Board meets the first Tuesday of the month in the Activities Center. We welcome new members! Annual membership dues are \$12. Flyers will be available for 2024 memberships. Insert your check in an envelope; include your name, unit number, and phone number and put it in the Women's Club mail slot. For membership information, call Membership Chairperson Alfreda Savarese at 914-617-2007. See the COMING EVENTS section of this Newsletter for specific upcoming event details.

## WRITERS WORKSHOP CLASS

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



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74 Mitchell Road, Somers	\$692,000
12 Summit Circle, Somers	\$653,500
563B Heritage Hills, Somers	\$612,500
50 Maple Wood Drive, Brewster	\$600,000
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484E Heritage Hills, Somers	\$455,000
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# WILLIAM RAVEIS

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Data Source: ONEKEY 2023. Information deemed reliable but not guaranteed

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# HALLOWEEN TRUNK OR TREAT

*By Dawn Martino*

On Sunday, October 29, Heritage Hills hosted its first annual Trunk or Treat event at the Activities Center. Unfortunately, the weather didn't cooperate, so instead of taking place in the parking lot, we moved the entire event inside, where we had 13 candy-filled tables decorated by creative residents in lieu of trunks. The Archer family and the Scuderi family took home "Best Decorated Trunk" awards, with prizes sponsored by The Somers Pharmacy.

There was a spooky photo opportunity for all to enjoy, as seen here, candy was collected, games were played, and there was even a tattoo station! Yummy snacks and water were sponsored by Kiel Weston of Weston Builders, and decorated sugar cookies that were as delicious as they were beautiful to look at were sponsored by Rosalie Kerwin of Lulu's Bake Shop. Fun Halloween music rounded out the day, and a great time was had by all. Thank you to the Society Board for approving the event, and thank you, again, to the sponsors who helped make the event such a success: The Somers Pharmacy, Weston Builders, and Lulu's Bake Shop.

We look forward to making this event bigger and even better next year, so start working on your trunk decorating ideas and themes!



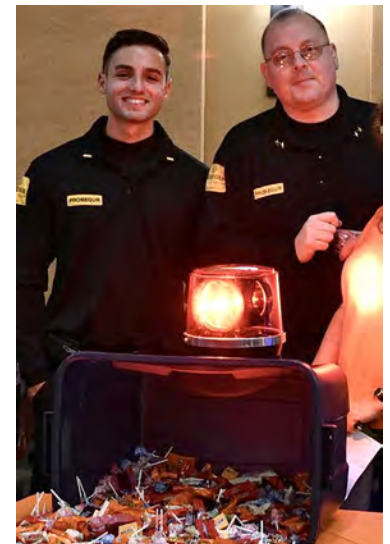
*Lucas and Cristian Dang,  
photo by Samantha Dang*



*Gabriella, Victoria, and Lucas Anaya,  
photo by Vanessa Anaya*



*Rocco and Bruno Palermo,  
photo by Aunt Cheryl Palermo*



*Prosegur Security's "Trunk" Treats,  
photo by Gene Archer*



*"Trunk" Treats,  
photo by Gene Archer*



*"Trunk" Treats,  
photo by Gene Archer*





**RESIDENT ART SHOW**  
*Text by Terry Clifford, photos by Terry Clifford and Joanne Meder*

The 2023 Resident Art Show was a great success. Over 200 pieces of art were displayed in the Activities Center Heritage Room, and more than 500 residents, friends, relatives, and artists came to enjoy the enormous displays, as well as view jewelry, woven materials, and sketch artists demonstrations.

The array of artwork included: photos; oil, watercolor, and silk paintings; pen and ink drawings; sculptures; knitting; crocheting; cross stitching; needlepoint; jewelry; woodwork by artists who worked from home and those who worked in our Woodshop; and more.

There were several young artists who displayed their finger painting, photos, and handcraft projects.

Save the dates of next year's Resident Art Show - Saturday and Sunday, September 21 and 22. Look forward to seeing you there.





## EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman

Even with all the rain in October, our Tuesday and Thursday tournaments continued to dodge the rain drops - not a single rainout! But temperatures plunged before the end of October, signaling that the golf season end was near.

Despite the cold, interest remained high, with membership growing by three during October, to 37, as we welcomed the new members at our late-season luncheon on October 19 - Bill Ablondi, Subhash Sindhvani, and John Zeiss.

Results for our October tournaments follow, with tournaments being standard individual stroke play unless noted otherwise:

October 5: A Flight\*: Low Gross - Mike Flaherty; Low Net - 1st Ed Yee, 2nd Frank Servidio. B Flight\*\*: Low Gross - Vin Marrone; Low Net - 1st Howard Weiner, 2nd Al Zaffiro, 3rd Charlie Kravetz.

October 10: A Flight: Low Net - Yogi Santa-Donato. B Flight: Low Gross - Howard Weiner; Low Net - 1st Al Zaffiro, 2nd Ray Ormerod.

October 12: A Flight: Low Gross - Frank Servidio; Low Net - 1st Tom Reca, 2nd Ed Yee. B Flight: Low Gross - Howard Weiner; Low Net - 1st Vin Marrone, 2nd Rich O'Brien, 3rd Charlie Kravetz.

October 17 (A and B Flights Combined): Low Net - 1st Vin Marrone, 2nd Howard Weiner, 3rd Tom Reca, 4th Ed Yee.

October 19 (Combined A/B 2-Man Teams): Low Net - 1st Bob Sotoroff/Rich O'Brien, 2nd Tom Reca/Subhash Sindhvani, 3rd Dan Lanza/Ray Ormerod, 4th Frank Servidio/Ken Freeman.

October 24: A Flight: Low Net - Ed Yee. B Flight: Low Gross - Subhash Sindhvani; Low Net - 1st Rich O'Brien, 2nd Howard Weiner, 3rd Jack O'Hanlon

October 26: A Flight: Low Gross - Bob Sotoroff; Low Net - Ed Yee. B Flight: Low Gross - Vin Marrone; Low Net - 1st Sandy Lieberman, 2nd Charlie Kravetz, 3rd Al Zaffiro, 4th Nick Stanton.

\* A Flight: our better golfers    \*\* Flight: the rest of us



Winners of the Association's annual Club Championship, A flight and overall Club Champion Joel Greenspan, B flight Champion Bob Kenney.



Winners of the Association's Annual Match Play Competition, A flight runner-up Ed Yee, B flight runner-up Vin Marrone, and B flight winner Ed Sottile (missing is A flight winner Mike Flaherty).

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# DID YOU KNOW?

## THANKS FROM ST. LUKE'S SOMERS FOOD PANTRY

By Lynda Magrath, Chair

Heritage Hills groups have generously contributed to the St. Luke's Somers Food Pantry in recent months:

- For the seventh time, we benefited from a Food Drive organized by Jack Mattes and supported by many donors.
- For the second time, Fran Boemio rounded up the Pickleball group to donate even more groceries than last year.
- How sweet it was that Dorinda Haskell delivered surplus candy from the Trunk-or-Treat event.
- And we send a slightly belated but sincere thanks to Joanne Meder and all the gardeners who brought us baskets of beautiful home-grown produce once again this past summer.
- Last but not least, we are always grateful for all the individuals and groups who continue to support us with donations of food and funds.

The Pantry is blessed to have such generous residents helping all our neighbors.

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### DECEMBER SHOPPING TRIPS

Submitted by Barbara Taberer, Director

No more than four trips per month per shopper. Two bags per shopper. A \$2 donation per shopper is recommended. Bus pick-ups start at 10 am, you have 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.

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## MEET YOUR NEIGHBOR

### SUBHASH SINDHWANI - LIVING IN SOLITUDE AND COMMUNITY

*Text by Subhash Sindhwani, photo by Karl Milde*



I moved from India to Heritage Hills on June 27, 2023, and it was love at first sight.

It is a new experience for me: five thousand residents, largely seniors and retirees, organized in more than thirty groups to engage in physically and mentally stimulating activities generating feelings of joy and happiness. I thought India was more community-oriented than the United States; but Heritage Hills

is so well knit, I am very pleasantly surprised! I interact now with seven very welcoming groups.

In my ten years of life in the United States, this is a new feeling of headiness and joy. Besides the clean and quiet, green, and fresh surroundings, Heritage Hills offers both solitude and community living.

Born into a Hindu family practicing a reformist sect of Hinduism, I lived in India for almost six decades before moving to the United States. I spent the first twenty years of my work life in fifteen different cities in India. My career took me to most parts of that country, giving me a wide range of challenges to learn and grow. India is a model of diversity and has an ancient, well rooted philosophy in the arts, music, and, of course, beautiful colors. But, for all of India's three thousand years of wealth and riches, it, unfortunately, continues to face the ongoing problems of a sharp disparity of income and lack of social justice for its poor.

After three spells of life of two decades each, I wanted to give back to the city where I acquired my earlier education. A nonprofit educational society was established. It is named after India's famous politician of the eighth century, Chanakya, who wrote Artha Shastra (an Indian Sanskrit treatise on statecraft, political science, economic policy, and military strategy). This nonprofit began in the two thousand square feet of my home, and I was its president, clerk, and I swept the floor. Today Chanakya has grown into a thriving educational complex.

The day I turned sixty-six, I realized that I was one of among the sixty percent of people who lived on this planet to be over sixty-five years of age. Medical Science has progressed a lot, but so are diseases and now the virus. My story is not new and has been told many times by many people.

Here at Heritage Hills I can live the last quarter of my life, as I find many of my old ideas and barriers are breaking down and melting into a new understanding and empowerment: My East is meeting My West!



## ANNIE RAMAGLIA, COORDINATOR, SQUARE DANCE GROUP

*Text and Photo by Shirley Kesselman*



Annie Ramaglia moved to Heritage Hills seven years ago from New Hampshire. Born in Mount Vernon, she has lived in the Northeast all her life. Modest and charming, she dislikes talking about herself. However, she did reveal that she came here to be near two sisters that live in Heritage Hills, Cathi Viggiano and Jeanette Albano. She spends a good deal of time with them. "We help each other out," she elaborates. She has three grown children.

Enthusiastically Annie adds "I'm an animal lover." She likes cats the best and has one of her own. Her fondness for animals extends to helping friends with their pets. She is often called upon to assist in giving an animal medication or an injection.

In addition to square dancing, Annie belongs to our Garden Club, the Singles Club, plays Mah Jongg with friends, and walks in Meadowlark Park.

Thirteen years ago in New Hampshire Annie began square dancing when a friend at the local Senior Center invited her to the Square Dance Club. Once she learned the basics — how to dosido, promenade, and allemande left are some of them — she moved on to groups outside the Center. She simply loves square dancing. Currently she goes square dancing four times a week and eagerly encourages others to learn. "It's so much fun," she says.

The Heritage Hills Square Dance group meets Sunday evenings from 7 to 9 pm all year round. Annie became "coordinator" several years ago. She is in charge of hiring the "caller" and ensuring that enough people will show up each week to form at least one square. "That's eight people," she explains. "Sometimes we have two squares, and occasionally three," she continues. If fewer than eight people are going to attend a session Annie must cancel the dance for that particular evening. Cost for an evening of square dancing here is \$5 which goes to the caller, Ron McMurdy.

Petticoated skirts and cowboy boots are no longer the attire for square dancers. "We dance in comfortable clothes and sneakers," she says. Heritage Hills dances are held in the Game Room next to the Library. It has the necessary wooden floor. Singles and couples are welcome.

One goal of the group is to improve the dancing of those who already square dance, particularly those who frequent the Friendly Squares in Katonah. An evening at Heritage Hills might be divided into dancing basic and main stream patterns followed by requested more difficult ones.

Annie points out that square dancing is exercise and helps one keep off excess weight. Call her at 914-342-3918 if you'd like to try square dancing. She says, "When we dance, we are happy."



# HLibrary

## VOLUNTEER TEA PARTY

*Text and photos by Cindy Kennedy*

Our Library is staffed by a dedicated team of 22 volunteer librarians. In appreciation, the HLibrary Committee treated the group to an English-style tea party held in the Activities Center at the end of October.



*Pat Conetta*

Committee Member Pat Conetta, who has professional catering experience, organized the autumn-themed event. Pat's special touch was evident in all the details, from the table linens and decorations to the menu choices.



A variety of tea sandwiches and scones with cream and jams were presented on three-tiered cake stands. On the dessert table were an array of sweet treats including lemon squares, French macarons, and apricot rugelach.



*Natalie Golomb and Karen Baker*

In her opening remarks, Committee Chair Deica Ruiz welcomed and thanked the volunteers for their continued support. Deica invited the group to introduce themselves and share a bit about their background or what had led them to volunteer at the Library. Several attendees noted that they are former teachers or librarians, and some mentioned family members who had inspired their life-long love of reading.

Sheelagh Kaplan, our Library Volunteer Coordinator and Trainer, sets up the monthly schedule of morning and afternoon shifts. When an assigned volunteer librarian has a conflict, she or he contacts Sheelagh who then emails the volunteers to find a substitute. "It's wonderful how quickly I get a response," Sheelagh noted. "In October, while I was visiting a cathedral in Paris, a volunteer requesting a substitute emailed me, and I in turn emailed others on the list. Before I even left the cathedral, one librarian replied that he could take that stint."

HLibrary is now open six days a week—weekdays, 10 am to 3 pm, and Saturday, 10 am to 1 pm. When you are in the Activities Center, be sure to stop by the Library and meet one of our knowledgeable volunteers.

\* \* \*

## DUPLICATE BRIDGE CLUB

*Text and photo by Shirley Kesselman*



Residents Sydel Newman and Harriet Leib, seen here, ranked first overall in a Regional Bridge Tournament held October 23 in which over 300 pairs competed by playing at American Contract Bridge League clubs in Westchester and Putnam counties, Northern New Jersey, New York City, and on Long Island. Harriet and Sydel are long-time members of our club who play as partners frequently.

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## PICKLEBALL COMMITTEE FOOD DRIVE

By Fran Boemio

The Pickleball Committee celebrated the second anniversary of the opening of its outdoor courts with a food drive to give to those in need in our community.

This second Pickleball Committee Food Drive for the St. Luke's Somers Food Pantry was a great success! It was very humbling to witness the generosity of our community. We exceeded all of our expectations, collecting 71 bags of donations - more than twice last year's 35 bags!

This was a true community collaboration between Lynda McGrath, Director of the Food Pantry, and the Pickleball community.

Thank you, Mike Boemio for coordinating the collection and transporting the donations. Thank you, Eric Scorzelli for collaborating



with the organization "Move for Hunger." And thank you, Randy and Jeri Bennett, Mike, and Eric for the heavy lifting and bringing the bags into the Food Pantry.

Jeri Bennett, Eric Scorzelli, Fran Boemio, Michael Boemio, Randy Bennett



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## THE REWARDS OF GIVING BACK

By Stan Herz Pearlman

One of the advantages in reaching a certain age is that you don't have to remember things. If my wife asks if I recall we are going out that evening, I simply respond with another question: "Have you forgotten how old I am? I should not be expected to remember."

I bring this up, because despite the years I have been writing for the Newsletter, I don't recall if I have covered this subject. I have penned articles about service clubs, such as Rotary, Lions, and Kiwanis (for the record, I am a Rotarian). But the point I want to make here is about sanity and the goodness of people.

For most of my life I have been a news junky. But I never felt that I would get so depressed by simply reading or watching the national media. My news habit started in elementary school back in the early 50s. A male substitute teacher may not have been too sure what to teach, so he pulled out a copy of the New York Times, read an article to us, and asked the class to discuss it. I probably learned as much from him as other teachers. It was not so much the material he covered, as much as the fact that he was developing a sense of curiosity.

However, the real goodness in the world is being accomplished, not by politicians and world leaders, but by the service clubs working directly in the local community and internationally. The Somers Lions' club, for example, makes their presence known through fundraisers to support multiple local charities. Internationally, Lions are recognized for vision improvement programs. My Rotary chapter supports vocational and academic programs in several third-world countries. Rotary believes that a better educated and employed population will lead to less world strife. Kiwanis places its emphasis on children. Their goal is to be a positive influence in communities worldwide. "One day, all children will wake up in communities that believe in them, nurture them and provide the support they need to thrive."

And of course Heritage Hills is known for all the residents who volunteer their time at local organizations.

So if you want to lighten the psychological load, then tune out the news and make a real difference. Join a service club or become a volunteer.



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*Verse and photo by Sue Shea*



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*By Muriel Weiss*

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An entity unto itself  
Has a story to tell  
Of journeys past  
Dancing with the wind  
Soaring through the sky  
Resting on a cloud  
Plummeting to earth  
A new dance beginning  
Or  
Is that a leaf  
Winking at me?

**A LETTER FROM AN OLD FRIEND**

*By Jane Castorina Gordon*

Just a line to say I'm living,  
that I'm not among the dead,  
though I'm getting more forgetful  
and mixed up in my head  
I got used to my arthritis, to  
my dentures I'm resigned.  
I can manage my bifocals,  
but GOD, I miss my MIND.  
For sometimes I can't remember,  
when I stand at the foot of the stairs,  
whether I must go up for something, or  
have I just come down from there.  
And before the fridge so often,  
my poor mind is filled with doubt.  
Have I just put food away or  
have I come to take some out?  
And there are times when it is dark  
with my nightcap on my head  
I don't know if I'm retiring  
or just getting out of bed.  
So, if it's my turn to write you  
there's no need for getting sore.  
I may think that I have written  
and don't want to be a bore.  
Remember that I love you,  
and wish that you were near  
But now it's nearly mail time,  
So I must say, "Goodbye dear."  
There I stand beside the mail box,  
with a face so very red.  
Instead of mailing you my letter,  
I have opened it instead.

\* \* \*

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**THE BENEFITS OF LISTENING TO MUSIC WHILE WORKING OUT**

*By Mary Tedesco*

There are so many positive benefits of listening to music while working out that we don't ever even think about. Here is a good list of benefits to get you grooving:

1. It is restorative and motivating.
2. It increases your work output.
3. It elevates your mood.
4. It distracts you from the physical discomfort you may feel when exercising.
5. It may increase your heart rate.
6. It makes you feel better about what you have accomplished.
7. You can use music to increase your pace.
8. It reduces the rating of perceived effort so you feel you are able to do more.
9. It improves energy efficiency.
10. It's fun!

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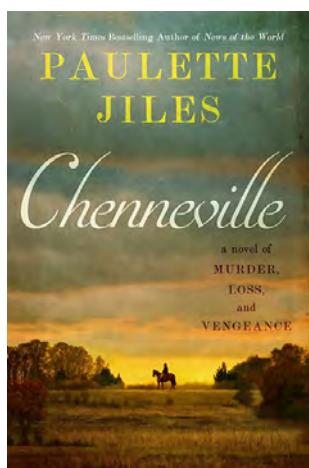
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**THE BOOK SHELF**

By Cindy Kennedy

Paulette Jiles' bestselling novel *News of the World* is beloved by book groups everywhere. *News of the World* centers on the tender bond forged between a veteran Army captain and an orphaned girl during their perilous journey in 1870s Texas. In her new novel *Chenneville*, Ms. Jiles revisits the rugged western landscape of the Reconstruction period.



*Chenneville* begins in September 1865 at a northern Virginia field hospital. Injured in a barge explosion, Union First Lieutenant John Chenneville had suffered a head wound and spent months in a half-conscious state. While John recuperated, "Lee had surrendered, Lincoln had been assassinated, and the great Union Army had gone home. The war was over."

Upon his discharge, John travelled up the Missouri River valley to Temps Clair, the plantation built by his French ancestors. Arriving home, John was dismayed to see "the gardens had gone to jungle and apple orchards left unpruned." Terrible news awaited John at Temps Clair: His younger sister Lalie, her Confederate husband, and their child inexplicably had been murdered while John was away. The suspected killer is a rogue deputy, A. J. Dodd, now on the run with San Antonio as his apparent destination. Despite his uncle's admonition not to seek vengeance, John is determined to hunt down his family's killer.

Traveling on horseback, John tracked Dodd through Keota Indian Territory (present-day Oklahoma). When a rare blizzard blew in, John sought shelter at a remote Western Union outpost. Inside the cabin was a lone telegraph operator, Aubrey Robertson, who offered to contact other telegraph operators across Texas for information about Dodd's whereabouts. Virginia Reavis, whose code name was Belle, was Western Union's only female telegraphist.

While John continued his pursuit of Dodd, however, a telegraph operator was murdered. Federal Marshal Giddens, erroneously targeting John, issued an arrest warrant: "John Chenneville was a wanted man, a man gently reared in a pleasant old French village north of St. Louis, a person of some education, a gentleman farmer of many acres. Now he was a fugitive in a strange land owning nothing but what he carried with him and the last of his family. So he went on."

Paulette Jiles, who lives on a ranch near San Antonio, often is compared to the late Texan writer Larry McMurtry, author of *Lonesome Dove*. A rousing, atmospheric tale of the American frontier, *Chenneville* is a fine example of western literature at its best.

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



Submitted by Elizabeth Royston

**TURKISH MOUSSAKA (Musakka)**

When thinking of Moussaka, often the Greek version comes to mind – a layered meat and eggplant dish, covered with Bechamel sauce, savory and delicious. However, there are other versions, such as this Turkish Musakka. Joanna Regina prepared this version for the Culinary Club's October "A Taste of Turkey" dinner and the group liked it very much indeed.

**INGREDIENTS**

- 6 tablespoons olive oil
- 2 medium sized aubergines (eggplants) partly peeled and cut into 1-inch cubes
- 1 onion, roughly chopped
- 1/2 green bell pepper, chopped
- 3 cloves garlic, finely chopped
- 1 pound minced beef or lamb (or mixture)
- 2 tablespoons tomato paste
- 1 roasted and peeled red pepper, finely chopped (or use jarred roasted red peppers)
- 1 teaspoon sugar
- 5 or 6 chopped tomatoes ( fresh or canned)
- 1 teaspoon Aleppo pepper or 1/2 teaspoon cayenne and 1/2 teaspoon paprika (to taste)
- Small handful of chopped flat-leaf parsley
- 3/4 cup water
- Salt and pepper

**PREPARATION**

1. Preheat oven to 445° F.
2. Mix the aubergine cubes with 4 tablespoons of olive oil and some salt and pepper. Place them on a baking sheet and roast until soft on the inside and golden on the outside – 20 to 25 minutes or more.
3. Meanwhile, heat a thick bottomed frying pan over medium/high heat. Brown the meat in 1 tablespoon of olive oil, chopping it up roughly as you go (it's best to leave some bits a bit chunky). Remove the meat and set it aside.
4. Lower the heat to medium and fry the onion and green pepper with a pinch of salt in the remaining 1 tablespoon of olive oil (or as much as is needed) until soft but not browned, stirring regularly – 8 to 10 minutes.
5. Add the garlic, tomato paste, roasted peppers, and sugar. Fry, stirring constantly, until very fragrant – a minute or two.
6. Add the meat, tomatoes, Aleppo pepper and 3/4 cup water. Mix well. Season to taste with salt and pepper. Bring to a boil, then lower the heat and leave to simmer until the tomatoes have broken down and the flavors are starting to set – at least 10 to 15 minutes.
7. Carefully add the roasted aubergines and flat leaf parsley. Check again if you want to add salt or pepper. Continue to simmer until most of the water has evaporated – 5 to 15 minutes. Don't stir too much, or you'll mash the aubergines.
8. Serve hot, with rice or bulgur.



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<b>TOTAL SOLD</b>	98	127	105	91
	\$320,000-\$885,000	\$276,000-\$876,000	\$275,000-\$750,000	\$227,500-\$829,000

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FRANKLIN	\$350,000; \$340,000; \$350,000		\$462,500; \$410,000; \$445,000	SUFFOLK	\$535,000 \$380,000

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ARMONK	\$640,000; \$429,900 \$530,000; \$590,000; \$610,000	JACKSON	\$374,000	STRATFORD	\$450,000; \$455,000; \$750,000; \$649,000;
BERKSHIRE	\$686,000	KATONAH	\$499,000; \$415,000		\$555,000; \$600,000;
COLGATE	\$475,000; \$549,000	KENT	\$532,500; \$500,000		\$670,000; \$555,000;
CONCORD	\$450,000	LINCOLN	\$376,000; \$373,000		\$450,000; \$575,000;
FAIRVIEW	\$500,000; \$555,000	MADISON	\$419,000		\$600,000; \$645,000;
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		JEFFERSON II	\$675,000	YORK	\$550,000

HAPPY HOLIDAYS

Have a wonderful, healthy and very happy holiday season.  
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