



Heritage Hills Society Information

Address8 Heritage Hills, Somers, New York 10589
Website.....www.hhsociety.org
Television.....Channel 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
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 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.

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

10 A MEN CLUB

By Mike McBride

**Wednesday at 10 am in the Heritage Room
Doors open at 8:30 am**

All adult residents are welcome. Women are encouraged to attend. Doors open at 8:30 am; \$2 for bagels and coffee, available until 9:45 am; followed by the Pledge of Allegiance at 10 am; then speakers and discussions until 11 am.

November 1 – Lauren Enea Esq. & Anthony Enea Esq.
Elder Care – Asset Protection

November 8 – Richard Clinchy
Somers Town Councilman

November 15 – Resident Matthew A. Albano
KW NY Realty

November 22 – Nick Tedrow
Sustainable Westchester

November 29 – Mary & Johnathan
HH Fitness Center trainers

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.

* * *

CONTINUING EDUCATION

Submitted by Rosetta Benson

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

CABARET – THE SOUNDTRACK OF OUR LIVES

**Featuring Pianist Robbie Kondor and Singer Emily Bindiger
Sunday, November 5, at 2 pm**

Robbie Kondor is an internationally acclaimed musician, composer, and arranger for films, TV, and commercials. Singer Emily Bindiger has not only appeared on Broadway in *Shenandoah* and *Hair*, she has recorded dozens of movie soundtracks, including *A Chorus Line* and performed on concert stages worldwide.



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

HERITAGE HILLS NEWSLETTER COMMITTEE

Chair: Gloria Anderson; Editor in Chief: Susan Statkowski-Rivalski;
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

PRESIDENTIAL ELECTION 2024

**FOCUS ON THE CONTENDERS FOR THE
REPUBLICAN NOMINATION**

**Second Lecture by Christopher Malone, Ph. D.
Associate Provost and Professor of Political
Science SUNY, Farmingdale**

Tuesday, November 14, at 1:30 pm

In this lecture Malone will discuss how the nomination process is affecting the Presidential race.

If you have any questions, call Ann at 914-617-9434.



ROBERT & CLARA SCHUMANN THEIR STORY OF LOVE AND MUSIC

**A music lecture/performance by Alexandre Moutouzkine,
Co-head of the Piano Department,
Manhattan School of Music**

Tuesday, December 5, at 1:30 pm

The relationship of Robert and Clara Schumann is seen as one of the most enduring and profound in the history of classical music, a testament to the power of love and music as forces that can transcend obstacles and speak to the human soul.



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

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ON THE COVER

Last fall, Elizabeth Royston captured this image of a colorful Condo 24 tree.

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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.



CIAO ITALIA

By Michael Lanotte

VETERANS DAY REMEMBERED

Tuesday, November 14, in the Heritage Room
Doors Open at 6:30 pm

Come thank those who served. Dress code:
Veterans, wear your uniform (if it still fits!).

Outside the Activities Office, pick up a flyer containing all the information, fill out the form at the bottom, and – **no later than Tuesday, November 7** – place it in an envelope with a check payable to “Ciao Italia” for \$25 for members, \$30 for non-members. Write “Veterans Dinner” on the envelope and place it in the Club’s mail slot outside the Activities Office.

CHRISTMAS DINNER

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

Come and celebrate the Holiday Season with your fellow members at this **Members Only** event.

Outside the Activities Office, pick up a flyer containing all the information, fill out the form at the bottom, and – **no later than Friday, December 9** – place it in an envelope with your check payable to “Ciao Italia” for \$55 per person. Write “Christmas Dinner” on the envelope and place it in the Club’s mail slot outside the Activities Office.



WOMEN'S CLUB

Submitted by Phyllis Bradbury

Wednesday, November 15, at 12:30 pm
Southeast Grillehouse, Route 6, Brewster

The Women's Club Board decided to switch things up a bit for the end of 2023. We had a suggestion to celebrate the seasons with a combined Thanksgiving/Holiday luncheon in November and agreed that this would be a welcome change. Please join us for a harvest menu of an appetizer, salad, and your choice from four delicious entrees. The luncheon will end with an option of apple pie (with cream) or ice cream and, of course, coffee or tea.

The cost is just \$40 for members and \$44 for non-members, so you are welcome to bring a friend. Place your reservation and check in the Women's Club mailbox **by November 7**. Flyers with more information are available at the Activities Office.



By Joyce Spector

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

THE EARLY JEWISH COMMUNITY IN COLONIAL NEW AMSTERDAM AND NEW YORK

Lecture by Dr. Thorin Tritter, Educator and Historian
Sunday, November 12, at 1 pm in the Activities Center

Jews have made New York their home for more than 350 years. Dr. Tritter will discuss the early Jewish settlement in the Dutch colony of New Amsterdam and its evolution and growth after the area was taken over by the British in 1664. Where did the Jewish settlers come from? How much anti-semitism did they face? What type of community did they establish? Dr. Tritter will draw from a collection of primary sources to answer these questions and give a depiction of early Jewish life in what became New York City.

Dr. Tritter taught American History and Studies at Princeton University for six years and served as a Research Fellow at the University of London from 2011 to 2019. He also served as Executive Director of Fellowships at Auschwitz for the Study of Professional Ethics (FASPE), an independent non-profit.

Admission is \$15 per person. Light refreshments will be served. Place your checks in our mailbox along with your name, phone number, and email address **no later than November 9**. If you wish to sit with friends, place your checks in one envelope (maximum seating per table is 10). Walk-ins welcome as space permits.

CHANUKAH SING-ALONG AND DELI LUNCHEON

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

Enjoy an enjoyable Chanukah program with deli delicious food 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-A-Long" and Menorah lighting will be included in the program.

Admission is \$20 per person. Look for our flyer, with tear sheet, to make your reservation and luncheon meal selection. If you wish to sit with friends, place your checks in one envelope (maximum seating per table is 10). No walk-ins allowed.

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SOCIETY BOARD MONTHLY MEETING

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

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

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

* * *

THE NEWSLETTER COMMITTEE WELCOMES HERITAGE HILLS GROUP / CLUB / COMMITTEE ITEMS AND PHOTOS SUBMITTED BY 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

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



When Submitting Photos:

If using your phone, use the highest resolution. Unless it's a scenic vista, concentrate on faces. Get closer.

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.



COMMUNITY THEATRE

By Muriel Millstein Weiss

GOD'S FAVORITE

Friday and Saturday, November 17 and 18, at 7:30 pm
Sunday, November 19, at 2 pm

Ticket sales have been brisk for our upcoming production of *God's Favorite*, so don't be left out. You don't want to miss this Neil Simon Drama/Comedy.

Ticket prices are \$12 for members and \$15 for non-members and guests. Checks may be placed in the Community Theatre mailbox in the Activities Center or mailed to us at 8 Heritage Hills, Somers, New York 10589. Remember to include your name, phone number or email address, the number of tickets, and the performance date. If you have any questions, call Helen at 917-554-4417 or Muriel at 914-277-8825.

* * *

INDEPENDENT AND FOREIGN FILM CLUB

By Steve Klepner

TERRAFERMA

Sunday, November 19, PROMPTLY at 7 pm in the Heritage Room

Italian. 91 minutes. On Linosa, fishermen are punished for saving illegal immigrants (boat people) from the sea and then, back on shore, letting them go, because this amounts to facilitating illegal immigration. Therefore, young local Filippo does not allow them on his boat. A tragedy occurs and Filippo changes his mind.

Masks are optional but recommended.

* * *

FRIENDS IN THE HILLS

By Mary Ann Walrath

NIGHT AT THE RACES

Wednesday, December 6, at 6:30 pm in the Heritage Room

Come and enjoy our last event of 2023 – another fun night at a Night at the Races. Admission is \$10 per person. Due to room capacity, this is a **members only event**. Don't be left out! Come and have another fun night with your friends. A flyer is available at the Activities Center.

Put your name and unit number on your check and put it in our mail slot. Coffee and dessert will be served. Feel free to BYOB and snacks. If you have any questions, call Mary Ann Walrath 914-318-1227 or Deb Ferrara at 914-924-3003.

* * *

**WHEN WALKING ON OUR ROADS, ALWAYS WALK
FACING TRAFFIC, SINGLE FILE IF IN A GROUP
HUG THE CURB • WEAR BRIGHT CLOTHING**



SOCIETY BOARD NEWS

Compiled by Susan Statkowski-Rivalsi

SUMMARY OF PORTIONS OF THE OCTOBER 18 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 November 15 Society Board meeting.

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

Board member absent: Carol Vartuli

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

FINANCE & BUDGET, COMMITTEE – GENE ARCHER, CHAIR

Treasurer's Report – Gene Archer

September Financials:	Income	\$ 513,239.27
	Expenses	(527,395.28)
	Deficit	(14,155.96)

WILLOW WOOD GUN CLUB AD HOC COMMITTEE – GLORIA ANDERSON, CHAIR

The Somers Land Trust [SLT] has filed a legal action in Putnam County Supreme Court hoping to overturn the Carmel Town Planning Board's decision to allow the Gun Club to operate a series of skeet shooting stations that are pointed towards the SLT and also toward Heritage Hills Condo properties. In particular, Condos 21, 22, and 30 are all in the line of fire. The papers were submitted to the Court on October 10. As of the date of this meeting, there has been no decision from the Court. [See page 9.]

ACTIVITIES COMMITTEE – ANN HARPER, CHAIR

Two new free monthly activities will be starting in the next two months:

- **Spanish Conversation Class** – Having conversations to improve your Spanish.
- **TED Talks** returns – Led by Ami Stokhamer and Karl Milde. Its first session will be in December. [See page 9].

FITNESS CENTER COMMITTEE – ALAN TEPPER, CHAIR

Our Fitness Center includes a gym, which hosts pickleball, volleyball, various exercise classes; and an exercise room with state-of-the-art equipment.

- **Private personal trainers** are **NOT** allowed. Our Fitness Center staff

– Jon and Mary – are both certified trainers whose services are available for a nominal fee. Call the Fitness Center office to make arrangements at 914-669-5028.

- **Exercise bike consoles** are **NOT** to be used to get onto and/or off of the bike. They can't handle that kind of weight, so doing so breaks them and replacement is expensive, Use the handles on either side of the bikes, instead.

NEWSLETTER COMMITTEE – GLORIA ANDERSON, CHAIR

As previously mentioned, the Society Board has contracted with a new publisher, Halston Media Group, effective November 1. The format and content will remain the same. Residents, Clubs, and Activity groups should continue to submit their articles to the same email – HhillsNewsletter@gmail.com. If you want to place a Classified Ad in the Newsletter, call Brett Freeman at 845-208-8151. Businesses that want to place an ad in the Newsletter should also contact Brett either at that phone number or by email freeman@halstonmedia.com.

MEADOWLARK PARK COMMITTEE – PATRICIA PLOSS, CHAIR

- The ten cherry trees – donated by Bill Colavito in remembrance of all ALS victims – have been planted along the Heritage Trail (the center trail).

LANDSCAPE COMMITTEE – PATRICIA PLOSS, CHAIR

- **Pools 4 and 5:** We removed old, tired shrubbery, repositioned some existing plants, and added some perennials.
- **Lake Lodge:** We're removing old, tired shrubbery to allow clear view of the gazebo and pond from the main lobby.

COMMUNITY AFFAIRS – JACK MATTES, CHAIR

- **Annual Art Show:** It took place this past weekend. Unique this year were the following:
 - The Woodcraft Club offered folks the opportunity to make a contribution to Guiding Eyes for the Blind by way of purchasing hand crafted pens / letter openers / keychains.
 - Among other young resident artists, our youngest one was a 16-month-old, whose artwork appeared next to his mother's lovely artwork.

- **Voting:** You can vote early through November 5 at Somers Town House. However, on November 7, you can only vote in the Heritage Room – NOT at Somers Town House. Note that there are two amendments on the back of the form.

- **Toys for Tots** [See page 8.]

LIBRARY COMMITTEE – DEICA RUIZ, CHAIR

- **New Books:** For November we're adding 16 new books including some by resident favorites Ken Follet, Lee Child, and John Grisham as well as a non-fiction book about Elon Musk, the richest person in the world.
- **Book Review:** Library Committee member Cindy Kennedy writes a monthly column for our *Newsletter* called "The Book Shelf," in which she reviews books that are of interest to our community and are

part of our collection. In September, she reviewed *Crook Manifesto*, by Colson Whitehead, and the October review was for *Tom Lake* by Anne Patchett. The reviews are a wonderful way to get the flavor of a book, but Cindy never gives away the ending; so you have to read the book. [See page 32.]

- **Showcase Authors:** Library Committee member Sheelagh Kaplan showcases a different author each month. The books by her chosen author are displayed on the top of a shelf on the left side as you enter the Library.

ALTERNATIVE ENERGY AD HOC COMMITTEE – BRUCE PRINCE, CHAIR

Solar Panels: We are awaiting results on heat loss and heat gain in certain buildings to analyze whether solar panels would be worthwhile.

SECURITY - ROB CASASANTA, PROSEGUR SECURITY

• September Security Call Report:

During the month of September our Security staff received and responded to a total of 258 calls regarding the following matters:

Medical	86
Security	53
Open Garage Doors.	33
Burglar Alarms	9
Fire Alarms	8 (5 fire/smoke, 3 low battery)
Carbon Dioxide Alarms	2
Service.	45 (32 lift assists, 5 persons locked out, and 8 welfare checks)
Maintenance.	9
Motor Vehicle Accidents	2
Parking Violations.	11 (in handicapped spaces, fire lanes, A roads, or B roads)

- **New Vehicles.** We received our three new vehicles.

OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

- The following projects were worked on thus far in October:
 - **Paving:** Three sections on the West Hill have been completed and minor repairs are under way.
 - **Road Lines:** All yellow road lines as well as speed hump and Stop sign road lines are being redone. After the leaves have finished falling, we'll run a street sweeper to better reveal white lines on the road edges.
 - **STOP signs:** Someone suggested putting speed humps at all STOP signs, since some residents don't stop.
 - **Fitness Center HVAC:** The two air conditioning units were replaced. We will also replace the heating hardware.
 - **Lake Lodge:** An emergency repair of the leaking roof over Room 3 was authorized by the Society Board. We're looking into replacing the larger flat roof. Additional updates to the look are being worked on.
 - **Tennis:** The surfaces of Courts 1 and 2 will have a new artificial turf surface shortly.

- **Pickleball:** The patio next to the courts has been expanded.
- **Meadowlark Park:** We continue to work on connecting the trails every year and hope to complete all connections in the next few years.

- **Activities Office:** Lisa Pippa is Andrew Kaplan's new Assistant, working Monday, Wednesday, and Friday from 9 am to 1 pm and Tuesday and Thursday from 1 to 5 pm.

- **Pool 4:** The good news is we can make repairs to hopefully get through next season.

NEXT SOCIETY BOARD MEETING

The next monthly meeting will be on Wednesday, November 15, at 1:30 pm in the Heritage Room.

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POST-MEETING DISCUSSION

- A member of the Meadowlark Park Committee requested that parents make sure their children **DO NOT USE THE TETHERBALL AS A SWING**. Doing so can result in the ball breaking off the tether and the child falling. [See page 9.]

* * *

COUNCIL OF CONDOS

By Terry Clifford

September's meeting was attended by the following Condos: 1, 3, 4, 5, 6, 8, 11, 12, 14, 15, 16, 17, 19, 20, 21, 22, 25, 26, 27, 29, and 30. We appreciate the information shared by these Condos.

Willow Wood Gun Club Update: Article 78 was filed by the Somers Land Trust. The Willow Wood attorney requested the court postpone the hearing. Pace University environmental law clinic is due to respond to Willow Wood by September 29. Ten days later a decision will be rendered by the New York State Supreme Court. Condo 22 requested other Condos help defray current legal costs associated with Willow Wood. [See article on page 8.]

Beech Tree Diseases: Arborists identified Beech Leaf and Bark diseases on Heritage Hills Beech Trees. The diseases are spread by insects. New York State firewood regulations limits firewood movement to no more than fifty miles to help prevent the spread of all pests and diseases that threaten our forests.

Levitt-Fiurst Breakfast Meetings: Council Presidents will attend a meeting on October 5 or 6 at 9:30 am at Lake Lodge to discuss 2024 insurance policy renewals.

Firewood Storage: Most Condos require firewood stored on a metal rack at least one foot from the unit and carports. Many schedule chimney inspections and cleaning every two or three years.

Parking: Many Condos have lines delineating parking spaces within the guest parking areas. This has proven to be a good way to get as many cars as possible into the parking areas. Many units have one

continued on page 8

or two car garages or carports but own more cars than they have garages or carport space. It is imperative for each unit to utilize their garage for the number of cars it can hold and park their other cars in guest parking.

Code Compliance Committee: This committee has been re-formed as a liaison with the Somers Town Building Department. Members of the Committee are Jim Brandon, Terry Clifford, Amy Heyman, and Louise Squitieri.

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

Be informed and send a representative to attend the Wednesday, November 15 meeting of the Council of Condos in the Activities Center Heritage Room at 7 pm.

* * *

COMMUNITY SAFETY IN HERITAGE HILLS

By Karl Milde, Chair, Society Board Security Committee

Google the words “community safety” and you’ll see a mother lode of information. First of all, you’ll find it is one of the many factors that can affect your health. Not only is it important for you to be safe, but it’s important for your well-being to *feel* safe.

Community safety is achieved when members of a community live in peace, harmony, and with mutual respect, and when they feel supported in the case of emergency. Here at Heritage Hills, peace, harmony, and mutual respect are hallmarks of our community.

As for our safety, our Security Officers / EMTs are on patrol 24/7 only minutes away.

- **9-1-1:** In the event of a Police, Fire, or Medical Emergency you should call 9-1-1. Our Security staff monitors all 9-1-1 calls and will respond, often arriving before the appropriate police, fire and/or EMS team are able to get to you from Somers.
- **914-277-8800:** For emergencies when you need urgent assistance, but the emergency is not Police, Fire, or Medical Emergency-related, call Security at 914-277-8800.
- **914-276-2592:** For non-emergencies, call Security at their usual number, 914-276-2592.

The safety, security, and EMT services that our Security staff provides for our residents, and the peace of mind they offer, contribute greatly to our community safety and our sense of well-being.

* * *

HEALTH & SAFETY COMMITTEE AUTUMN / WINTER PREPARATIONS

By Arlene Hoffman

As we transition from summer into the Autumn/Winter seasons, here are:

Important Safety And Maintenance Issues

1. **Have your fireplace inspected** – eliminating an animal’s hideout will ensure your good health.
2. **Inspect your water heater** – the installation date can be found on a label on it.
3. **Have your sink drains inspected** – always take care of what is being flushed at all times.
4. **Inspect your washing machine hoses and shut off valve** – as machine hoses age, they might require replacement.
5. **Always have a working fire extinguisher** in your home, especially in the kitchen area.
6. **Test your smoke and carbon monoxide detectors.** They should be placed in each bedroom and on each floor.

Important Telephone Numbers

- **Water Outages:** Veolia – 877-426-8969
- **Sewer Backups:** Veolia – 877-426-8969
- **Power Outage:** NYSEG – 800-572-1131

Public Service Announcements (PSAs)

Important PSAs are provided by a number of areas in the government. Consider registering for the following:

Somers – by using “Code Red” – go to somersny.com/resources/emergency-preparedness.

New York State – by using “NY Alerts” – go to alert.ny.gov.

Federal government – by using “Emergency Alert System” – go to fcc.gov/emergency-alert-system.

We live in a beautiful part of the world. Enjoy the gorgeous autumn colors. The Committee wishes everyone a wonderful holiday season!

* * *



By Jack Mattes

Place new, unwrapped toys for underprivileged kids in the Toys for Tots boxes in the Activities Center and Lake Lodge Reception Areas. To make a monetary donation, place your check payable to “Marine Toys for Tots Foundation” in an envelope addressed to Toys for Tots and put it in the Toys for Tots mail slot outside the Activities Office.

On December 9, Santa will be at our special event for residents from 1:30 to 3:30 pm, and a United States Marine Corps representative will be there pick up the toys and checks. Admission cost will be a new, unwrapped toy or a check.

WILLOW WOOD GUN CLUB

By Jack Stein

Six years ago, the Willow Wood Gun Club (WWGC) opened a skeet shooting course illegally. The course was in operation for two years before it was closed down by the Town of Carmel. The Town's Planning Board then studied the site plans for three years during ten sessions as well as April of this year, and this September allowed the course to reopen. They did so despite the fact that the distance from one of the skeet shooting stations to its property line with Condo 22 of just 132 feet, which does not meet the National Skeet Shooting Association design recommendation that the distance between shooting stations and property lines be 900 feet.

The Danger

Shotgun blasts from 132 feet away are very dangerous, There is deep concern about the safety of Condo 22 residents who walk in the beautiful, forested areas of its property and the safety of those who walk on Somers Land Trust (SLT) property, which also has land bordering the WWGC.

Lead testing

High levels of lead and skeet litter have been found on Condo 22 property as well as that of the SLT. BNF Consulting found that 9 of 17 Condo 22 test sites had elevated levels of lead. The SLT had much higher levels of lead, with a reading of over 13,000 PPM (parts per million). 1,200 PPM is considered above the "red line." Joseph Link Survey Company found 5 fields of lead skeet disc debris scattered all over Condo 22 property.

Condo 22 Actions

- It has kept all Society Board members and all Condo Presidents informed about the situation.
- It has met with Town Supervisor Rob Scorrano, State Senator Peter Harkham (currently in talks with the New York State Department of Environmental Conservation (DEC) regarding the environmental impact) and spoken with the Chief criminal investigator of the Westchester County District Attorney's office.
- It has installed "No Trespassing" and "No Shooting" signs.
- It has reached out to the Carmel Planning board to discuss the issues of the safety of Condo 22 residents and the lead pollution of its land but has received no response.
- It intends to call the police if the skeet shooting in the direction of and onto Condo 22 property starts again.

Somers Land Trust Action

In June, the SLT presented to Putnam County Supreme Court in Carmel an Article 78 action – a form of lawsuit used to challenge an action (or inaction) by agencies and local governments in the State – asking the Court to rule upon the prior actions of the Carmel Planning Board and on it not requiring the WWGC to get an Environmental Impact Study (EIS), which is required in almost every action that is brought up before

a planning board. (Society Board Vice President Bruce Prince follows the Somers Planning Board actions and indicated that it requires an EIS for virtually every decision it considers).

* * *

NEW TETHERBALL GAME AT MEADOWLARK PARK

Text and photo by Karl Milde

A new tetherball pole has been erected near the playground at Meadowlark Park. It's available for all to play with, including adults!



For those of you who have forgotten how to play, here are the simple rules of the game:

- One player stands in each court, with either one or two players on each side.
- The server starts the game by holding the ball in one hand and hitting it out of his hand with the other, sending it towards an opponent.
- An opponent may strike the ball at any time it passes him/her and must try to hit the ball in the other direction.
- As the ball travels around, each player tries to hit it in their assigned direction in an effort to wind the ball around the pole to which it's attached.

Parents take note! We add one more rule for this interesting game:

- Climbing onto the ball in an attempt to use it as a swing **IS NOT ALLOWED**. The connection between the ball and the tether will break free and your child will crash to the ground.

* * *

TED TALKS AT HERITAGE HILLS RETURN

Text by Karl Milde, photo by Elizabeth Royston

At these monthly events from 3 to 5 pm in the Heritage Room, free to all residents, Ami Stokhamer and Karl Milde will be leading open discussions after showing insightful, thought-provoking TED Talk videos. Their first event, on December 15, will feature *Motivational TED Talks*, by Moritz Schroeder: *How I climbed a 3,000-foot vertical cliff – without ropes*, by Alex Honnold; and *How to Live before you die*, by Steve Jobs.



For further information, call either Ami at 914-486-9677 or Karl at 914-342-3068.

MUSICAL NOTES FROM THE CONCERT SOCIETY



The best classical music value in Westchester and beyond!

By Teddi Meltzer

Wow! It's already November, and not too early to submit your 2024 Subscription Form for the Heritage Hills Concert Society's upcoming season. Remember, you will receive one bonus guest ticket when you subscribe or renew before December 31. Pick up your form containing all subscription information at the Activities Center, fill it out and mail it with your check to Linda Hill at 952 Heritage Hills, Unit F, Somers, New York 10589. If you have any questions, call Raina Lefkowitz at 914-262-4407.



* * *

WOMEN'S CLUB

Submitted by Phyllis Bradbury

We will not be having meetings in December and January, so we take this opportunity to wish you and your family a happy, healthy year end. Our Club will resume monthly meetings in February.

If you happen to have a new neighbor, or someone who asks what clubs are available here, mention our welcoming group and refer them to our President, Rose O'Donnell, at 914-276-4204, or Membership Chairperson Alfreda Savarese, at 914-617-2007.

* * *

SLOT CAR RACERS SOUGHT

Text and photos by Ron Bee



I have built a slot car racing track in my garage at Unit 360D and am looking for others to join me in this fun hobby, which offers a fantastic opportunity to relive cherished

memories or dive into this exciting hobby for the first time. Our community is the perfect place to enjoy the thrill of slot car racing with your own set. You'll discover that slot cars provide a versatile and enjoyable pastime, and you'll be joining a global community of enthusiasts who share your passion.

For those whose budget allows, slot car racing can evolve into a fulfilling hobby with a wide range of collectibles, tracks, cars, and electronics to create customized racing experiences. From multi-lane rallies and tribute track layouts, there's something for every racing enthusiast to enjoy. So, why not give it a try - experience real racing and competition in the heart of Heritage Hills? To give it a try, email me at ronaldebee@gmail.com.



NEW COMCAST REPRESENTATIVE

Submitted by Dom Rubino

Comcast's new Heritage Hills Community Account Representative is Symone Ludford. Symone covers Comcast's Western New England Region, working out of its Berlin, Connecticut, office. She can be reached by email at symone_ludford@comcast.com and by cell phone at 860-505-9552.

* * *

Hlibrary

AWARD WINNING AUTHORS

This month, the Library is adding new books by prestigious award winning authors. Pulitzer Prize winner Jhumpa Lahiri has a new collection of short stories entitled *Roman Stories*. Alice McDermont and Jesmyn Ward, previous winners of the National Book Award, respectively have written new novels: *Absolution* and *Let Us Descend*.



BOOK REVIEW

On page 32 in this *Newsletter's* COLUMNS section, you'll find Cindy Kennedy's review of *The River We Remember*, by William Kent Krueger. The novel was added to our collection last month.

NEW ADDITIONS TO OUR COLLECTION IN NOVEMBER

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

Fiction

- Follett, Ken *The Armor of Light*
- Hill, Nathan *Wellness*
- Jiles, Paulette *Chenneyville*
- Lahiri, Jhumpa *Roman Stories*
- McDermont, Alice *Absolution*
- O'Brien, Tim *America Fantastica*
- Steele, Danielle *Second Act*
- Ward, Jesmyn *Let Us Descend*

Mystery

- Child, Lee *The Secret*
- DeMille, Nelson *Blood Lines*
- Galbraith, Robert *The Running Grave*
- Grisham, John *The Exchange*
- Nesbo, Jo *The Night House*
- Sandford, John *Judgment Prey*

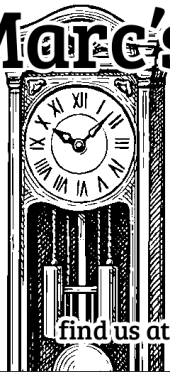
Non-Fiction

- Cooper, Anderson *Astor: The Rise and Fall of an American Fortune*
- Isaacson, Walter *Elon Musk*

* * *

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

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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

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 Wednesday 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: Wednesday from 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 or 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

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

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 per person, at the door per concert. Subscription forms are available 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 heritagehilltaichi2@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.

Linda's Lake Lodge Classes: Body Conditioning: 8:30 am Tuesday and Thursday. Dance & Sweat: 9:30 am Tuesday. Barre Pilates: 9:30 am Thursday. Sports Conditioning: 9 am Sunday. 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 or 718-541-0861.

Gentle Yoga with Lisa. Monday at 11:30 am and Friday at 10 am in Lake Lodge's 2nd floor. \$12 for a 75-minute class. Lisaathomas@optonline.net or 914-497-0243.

Cardio/Strength/Stretch Class with Lori. Tuesday and Thursday from 9:30 to 10:30 am in the Gym*. 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. Fee: \$10 per class. Try the first class for free!

*This class is also available on Zoom. Email Lori at lamb428@optonline.net.

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

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

Getting Back on Track (15-15-15) with Theresa: Wednesday at 10:30 am at the Fitness Center and on Zoom. Light cardio and balance, functional strength and stretch, and restorative breathing and relaxation. Great class to begin or continue your fitness journey. Contact Theresa for more information at zumbawithme@aol.com.

Lyrical Arms Class with Theresa: Friday at 10:50 am at the Fitness Center and on Zoom. Build upper body strength and increase range of motion using fluid movements and light weights to lovely music. Contact Theresa for more information at zumbawithme@aol.com.

Move and Groove with Theresa: Wednesday at 11 am in the Fitness Center and on Zoom. Easy-to-learn and easy-to-follow Beginner Line Dances to ALL music genres. Contact Theresa for more information at zumbawithme@aol.com.

Zumba Gold with Theresa. Friday at 10 am in the Fitness Center and on Zoom, and Saturday at 10 am on Zoom only. Fun, easy to follow, low impact dance fitness class. Contact Theresa for more information at zumbawithme@aol.com.

FAMILY NETWORK GROUP

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

FRENCH CONVERSATION GROUP

Meets the 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, 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 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 with any questions or contact Debe Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.

Mah Jongg: 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 civwhitestar@comcast.net.

Chess Club: Wednesday from 1 to 3:30 pm in Lake Lodge's Room 3. We are a group of chess enthusiasts who enjoy coming together to play some friendly games of chess! Beginners are welcome! 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, PhD. 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, PhD. 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 Pat Caruso at 914-276-2224 or carusop515@comcast.net. 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 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 destinations are nearby or far away. 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.** See the COMING EVENTS section of this Newsletter for specific upcoming event details. The Board meets the first Tuesday of the month in the Activities Center. We welcome new members! Membership dues for renewals and new members are just \$12 for the year. 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 additional membership information, call Membership Chairperson Alfreda Savarese at 914-617-2007.

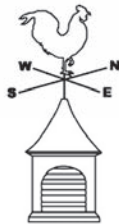
WRITERS WORKSHOP CLASS

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



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A photograph of two elderly men with glasses, smiling and laughing together. The man on the left is wearing a light blue shirt and a tan sweater. The man on the right is wearing a blue sweater. The background is a warm, golden-brown color.

I ~~made~~
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laugh

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By Diane Purr

Rainy weather forced us to postpone the September 29 tournament until the following week.



Mother Nature was not cooperative once again, and we had to cancel the rescheduled tournament.



However, all was not lost. The players gathered in the Heritage Room for a much-deserved breakfast. There is always next year!!



By Terry Clifford

EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman

While remarkably there were no rainouts over the past month, members contended with lots of wet conditions, resulting in cart-paths-only restrictions frequently, lots of walking, and lots of wet feet.

The month's highlight was the club championship, played over two rounds on September 14 and 21. The winner and Club Champion was Joel Greenspan. Among the other A flight (i.e., our better golfers) competitors, Tom Reca got Low Handicap-Adjusted Net honors. The B flight Champion was Bob Kenney, with Low Net honors going to Howard Weiner. Results of other tournaments (standard stroke play unless indicated otherwise) follow:

September 6 (Combined A and B Flights -- all handicap-adjusted low net score basis): 1st John Mahoney, 2nd Jack O'Hanlon, 3rd Tom Reca, 4th Phil Glazer, 5th Yogi Santa-Donato.

September 7 (2-Man A/B Teams – net better ball tournament): 1st Ed Yee and Frank Gallo, 2nd Bill Glass and Al Zaffiro, 3rd Tom Reca and Ed Sottile, 4th Yogi Santa-Donato and Vin Marrone.

September 12 (Combined A and B Flights – low net score basis): 1st Ed Sottile, 2nd Ed Yee, 3rd Howard Weiner, 4th Charlie Kravetz.

September 19: A Flight: Low Gross – Yogi Santa-Donato; Low Net – Tom Reca. **B Flight:** Low Gross – Howard Weiner; Low Net – 1st Vin Marrone, 2nd John Mahoney.

September 27 (Combined A and B Flights – low net score basis): 1st Joel Greenspan, 2nd Charlie Kravetz, 3rd Ken Freeman, 4th Ed Sottile.

September 28: A Flight: Low Gross – Joel Greenspan; Low Net – 1st Ed Yee, 2nd Tom Reca, 3rd Mike Flaherty. **B Flight:** Low Gross – Bob Kenney; Low Net – 1st Ray Ormerod, 2nd Ken Freeman, 3rd Rich O'Brien.

Additional Competition – Number of Putts Required: A Flight: 1st Joel Greenspan, 2nd Ed Yee, 3rd Frank Servidio. **B Flight:** 1st Charlie Kravetz, 2nd John Mahoney, 3rd Jack O'Hanlon.

October 3: A Flight: Low Gross – Mike Flaherty; Low Net – Ed Yee. **B Flight:** Low Gross – Al Zaffiro; Low Net – 1st Charlie Kravetz, 2nd Rich O'Brien, 3rd Ray Ormerod.

EVENTS AT THE SOMERS LIBRARY

TEENS AND ADULTS: CREATE BEADED EARRINGS

Thursday, November 16, from 4:30 to 6:30 pm
Late arrivals okay until 6 pm

This free program is intended for adults, teens, and tweens in the 6th grade and higher. Come make your own beaded earrings and additional pairs to donate to a local women's shelter. Every pair of earrings you make for yourself, you will also make the same amount to be donated. Since this workshop benefits a women's shelter, it could be considered for "Community Service" hours.

Register at the online calendar at www.somerslibrary.org.

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Submitted by Barbara Taberer, Director

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FEATURES

ELIZABETH ROYSTON, PRESIDENT, CULINARY CLUB

Text and photo by Shirley Kesselman



Elizabeth Royston moved with her husband, now deceased, to Heritage Hills from Port Washington, Long Island, fifteen years ago. This put them closer to the homes of their two sons. She comments, "Living here is like living in the woods." Further, she enjoys the social opportunities our community offers. In addition to taking on the Presidency of the

Culinary Club, she is on the Newsletter Committee and regularly swims in Pool 4.

Elizabeth also belongs to the Somers Historical Society, reads historical fiction, gardens, and travels. Her enthusiasm for snorkeling has taken her to Indonesia, Bali, the Philippines, and Borneo.

A graduate of Notre Dame College in Staten Island, Elizabeth coached science teachers in a Manhasset, Long Island, elementary school for 28 years. During those years she was not interested in cooking. However, after her husband's death, she desired company. She began inviting friends over to eat and found she liked feeding people. "I never took cooking classes," she says. "I am a self-taught cook."

Elizabeth especially likes cooking different chicken dishes. Sometimes she prepares it with a sauce, sometimes without. "There is no end to what you can do with chicken," she explains. During the winter she makes soups, elaborating "When you are done making a soup you have food for a week." Because her older son is a vegan, she has become adept at vegan cooking. She is particularly fond of dishes with lots of mushrooms.

Last year, Pat Headen, long-time President of the Culinary Club, decided to resign so she could have more time to travel. Elizabeth, who had been serving on the club's Board, was asked to take over the Presidency.

The Culinary Club has been in existence for over 30 years. Members get together the second Wednesday of each month, February excluded, to dine. Membership in the Club is limited to 28 persons due to the seating capacity of the room in the Activity Center where dinners are held. Each month three members choose a theme for the upcoming dinner. The theme might be a country's cuisine, or a method of cooking. The three prepare the menu for the dinner, then they decide who will cook what. Recipes they have chosen are circulated to all members. Because members are cooking for a large group, several people will have the same recipe. Everyone cooks. The meal usually consists of two or three appetizers, two entrees – a meat and a fish – and two or three desserts.

There are no requirements to join the Culinary Club. Anyone interested in joining should call Membership Chair Barbara Gangemi at 914-617-9037. Currently there's a waiting list.

MEET YOUR NEIGHBORS – JIMMY AND MARGARET O’CONNOR

Text by Karl Milde, photo by Margaret O’Connor



I first met James (“Jimmy”) O’Connor in the Woodcraft Shop. His outgoing, friendly manner and his lilting Irish brogue endeared him to me. From his woodworking, I could see Jimmy enjoyed making things with his hands, as I do. We stayed in touch and, last Christmas, Jimmy volunteered to help me transport and operate the Train Show at the

Toys-for-Tots program in the Heritage Room. He’s always helpful in that way.

Jimmy and his wife Margaret were both born and raised in Ireland, a mere 200 miles apart, but they met in 1972 at a wedding here in the United States. As Jimmy put it, “Going to a wedding is the making of another.” They married in 1975 and have been blessed with four children. The oldest, Deirdre, an independent consultant, lives in Newburyport, north of Boston. Paul, the next oldest, is married and has two children, Addison and Audrey. They are frequent visitors to Heritage Hills and enjoy the swimming pools. Paul is a Sergeant in the New York City Police Department, solving crimes involving drugs and gangs. Their third child, Sarah, is married, has one child, Deila, lives in Croton-on-Hudson, and works for State Street Bank. And the youngest, Katie, is married, lives in Riverdale, and works for Columbia Presbyterian Hospital.

Jimmy hails from Kenmare, Ireland, once named as one of the best towns in the world to call home. He apprenticed there as a plumber for five years and then, at age 23, emigrated to the United States as a Qualified Mechanic. Joining Local 1 of the Plumbers Union, he worked for the New York City Department of Homeless Services, primarily with hazardous materials such as asbestos.

In 2007 Jimmy ran the New York Marathon, and in doing so raised \$16,000 for Memorial Sloan Kettering Cancer Center.

Retired in 2011, he continued working privately and moved to Heritage Hills in 2019. He still freelances, giving advice and doing minor plumbing repairs for clients who find him through word of mouth (psst: His phone number is in the HH Directory).

Jimmy and Margaret travel to Ireland often, visiting both their families. They keep in touch with all things Irish by attending twice monthly get-togethers of the Kerry Association, an organization founded in 1881 and based in Yonkers, for which Jimmy served as president in years 1999 and 2000.

Always optimistic and upbeat, Jimmy will make you smile. He and Margaret are a bit o’ old Ireland, right here in Heritage Hills.

* * *

VETERANS DAY CEREMONY AT LASDON PARK

Text and photos by Cindy Kennedy

Saturday, November 11, at 2 pm



Vietnam Veterans of America (VVA) Westchester County Chapter 49 will conduct a Veterans Day ceremony at 2 pm on Saturday, November 11, at Lasdon Park. The ceremony will take place at the Vietnam War Memorial, which is located up the hill at the end of the “Memorial Trail of Honor.” The long, winding Trail features bronze busts of soldiers and sailors who had served in wars from the American Revolution to present conflicts. An additional bust honors women nurses.

As part of their ceremony, VVA Chapter 49 vets will read the names of all 217 Westchester County servicemen who were killed in action during the Vietnam War. The names, which are inscribed on a granite obelisk at the center of a cobblestone walkway, are read each Memorial Day and Veterans Day by the group. All are welcome and encouraged to attend.



* * *

TRAVEL CLUB TRIP

Text and photo by Shirley Kesselman

The Culinary Institute of America was the destination of our Travel Club on September 21. Located only an hour and fifteen-minute drive from Heritage Hills in New Hyde Park, the campus is on impressive grounds.

Following lunch, for me the highlight of the trip was a hands-on lecture “Taste Like a Chef” during which everyone was seated at a table containing their own platter with halved grapes, jelly beans, sugar, hot sauce, lime, and salt. We were instructed to eat a grape half with each of the other items. I learned the different taste each of those ingredients imparted – sometimes subtle, sometimes not so much.

Thanks to Pam Arena, trip coordinator, and Elaine Soliman, Travel Club President.



Elaine and Pam

continued on page 26

GARDEN CLUB FALL FOR NATIVE PLANTS

Text and photos by Dassi Citron

The Meadowlark Park pollinator plants have been putting out a few late blooms: Asters; Butterfly Weed; Bee Balm.

Fall presents the opportunity to give the garden a haircut, rearrange prolific spreaders like Mountain Mint, while placing new plants into the soon-to-be-frozen earth.

Some Heritage Hills gardeners have begun to plant Native species in pots or in approved areas near their units. There are many benefits to selecting Native perennials. I recently spoke to some of these intrepid gardeners. Here are accounts of their inspiration and recommendations to those who would like to plant something new and ecologically sound.



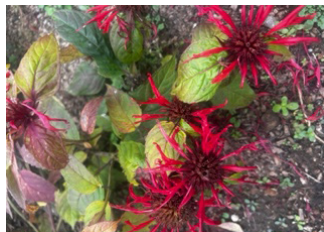
Aster

Nancy became aware of natural habitats while visiting Vermont. After reading *The Overstory*, by Richard Powers, she became fascinated by the notion of environmental preservation. Of great interest to her are the use of Native plants in place of grass, and planting to preserve monarch butterflies. She suggests starting small. If your property has woods in the back, this may be a good place to populate with

Native plants, with the cooperation of your Condo's Landscape chair. Nancy and I co-chair the Garden Club's Native Pollinator Garden Special Interest Group that works on special projects in Meadowlark Park.

Special Interest Group member Mary-Jo was originally introduced to Native Garden options here during a presentation at a Garden Club event; she had previously grown Native plants and perennials, noting that they require less maintenance, support pollinators, and maintain soil and plant diversity. Seed diversity is important during a time of climate change. Native plants are essential to maintaining a viable food web, which is integrated. She also recommends starting small, with something you like. Pay attention to the needs of your plant; plant in shade or sun, depending on what it requires.

My own muse was a friend who wanted to create a meadow in his 3/4-acre back yard. When I realized that Native plants might help curtail mild flooding near my living room windows, I applied for a variance and created a garden full of Bee Balm, Sneezeweed, Golden Alexander, and



Bee Balm

Golden Groundsel. Many of these perennials came from my friend's garden. I call my patch "my garden bed on steroids," as many of my plants topped seven feet this year, much to the chagrin of my husband who had grown fond of looking at the six-foot wind sculpture they now camouflage.

My advice to all: plant Native plants. If you visit Meadowlark Park's Native gardens, you'll see how stunning our purple Asters are – a great plant to replace mums in the fall. The bees, butterflies, and hummingbirds will thank you!

PHYLLIS LEVENSON'S 100TH BIRTHDAY

Text and photo by Karl Milde

Phyllis Levenson celebrated her 100th birthday on October 11! Her entire family came from far and wide to celebrate with her. Her living room was festooned with flowers and dozens of birthday cards. I brought a cake with lots of burning candles which she dispatched with one big breath.



* * *



By Elizabeth Royston

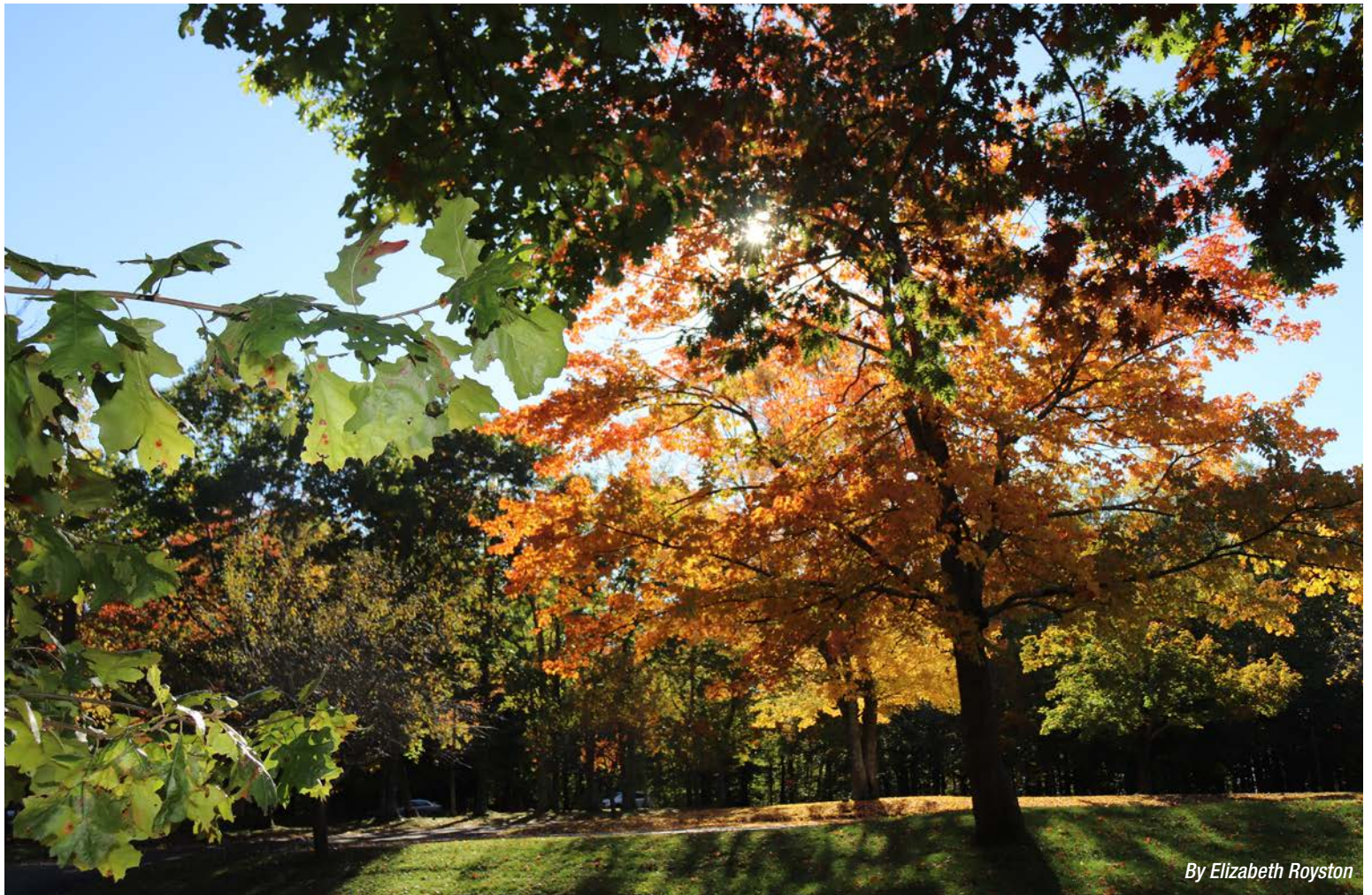


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By Elizabeth Royston

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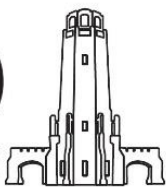
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WHAT TO SERVE FOR THANKSGIVING DINNER?

By Jane Castorina Gordon

I made turkey and stuffing and hot mashed potatoes,
Yams and a ham and some fried green tomatoes.
But I had forgot

What my friends could have and have not.

Charlie could not have cheddar cuz it clashes with his meds.
Lee's on a low carb diet couldn't sample any bread.

Amy could not have onions... cuz they fill her up with gas.
Elsie could not have eggnog cuz it knocks her on her A-s.

I made Martha Stewart's tarts sweet and high falutin',
which six people couldn't eat because it contained gluten.
Sherman could not have shellfish, or he would asphyxiate.
There wasn't one damn item that could stay on Linda's plate.

My souffle was a masterpiece so light and airy,
But my guests couldn't eat it - no one could eat dairy.

I broke down and wept
"If you're vegan, then why'd you accept?"

Pennie got on her podium. On and on and on she went
about the evils of sodium ... plus how she's lactose intolerant.
Peter was prone to bloating... couldn't eat the broccoli.
Annie gets acid reflux every time she looks at me.

When I put the turkey down, Carolyn put on a frown.
"Ever since the world began ... I can't eat no tryptophan."
Everyone at the table getting up in years, you see
skipped the meal altogether talked about their surgeries.

So I said, "Pass the beano... and pour me some vino,"
"I can't do this again,...
I'm pooped,...
AMEN!"

* * *

WHERE'S MY CAR?

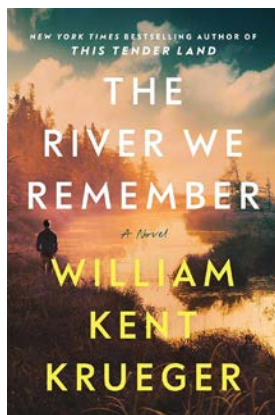
By Howard Robinson



THE BOOK SHELF

By Cindy Kennedy

William Kent Krueger sets *The River We Remember*, his latest novel, in mid-twentieth century rural Minnesota. The storyline centers on the townspeople of Jewel, the seat of Black Earth County, which is bisected by the Alabaster River. Residents thought of the river “as an old friend. On quiet nights when the moon is full or nearly so, the surface of the Alabaster is mirror-like and glows pure white...to stand on a hillside and look down at this river is to fall in love.”



The River We Remember begins on Memorial Day 1958. The residents of Jewel were mostly hardworking farmers, and many of the men were veterans. “Decoration Day,” as it was called then, “was the first real celebration after the relentless work of spring.” The highlight of the day’s festivities was the Decoration Day Parade, which featured marching bands and veterans dressed in their uniforms.

Sheriff Brody Dern, a highly decorated World War II veteran, purposely avoided the parade. Brody was on duty at the jailhouse when word came that a body was found at the Inkpaduta Bend of the Alabaster River. The victim was Jimmy Quinn, the county’s largest landowner, who was despised by many citizens.

As Brody investigates the incident, suspicion immediately falls upon Noah Bluestone, a Native American. Inkpaduta Bend had been the site of a Sioux uprising a century before. Noah’s ancestral lands were then taken by the powerful Quinn family. After a 20-year stint in the Marines overseas, Noah returned to Jewel with his Japanese wife, Kyoto. He took a job at Jimmy Quinn’s farm, “working the land that should have been his.” Right before Quinn’s demise, Noah was abruptly fired.

Several of the novel’s characters were impacted by World War II. Sam Wicklow, publisher of the local newspaper, had been wounded at Iwo Jima. Kyoto had lost her entire family in the bombing of Nagasaki. Angie Madison, the manager of Wagon Wheel Café, is a war widow. The coming-of-age story of her teenage son Scott, who never knew his father, is an affecting subplot.

The Alabaster River itself is an omnipresent character and a metaphor for the novel’s themes: “Our lives and the lives of those we love merge to create a river whose current carries us from our beginning to our end. The river each of us remembers is different, and there are many versions of the stories we tell about the past. In all of them there is truth.”

(Note: *The River We Remember* is part of Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, please see page 10.)



**HOW DOES YOUR GARDEN GROW?
INVASIVE PLANTS**

Text by Karl Milde, photo by Cheryl Milde



I’m sure everyone has seen a “Burning Bush” here in Heritage Hills. These bushes are everywhere. The Burning Bush in Meadowlark Park along Heritage Hills Drive just might be the single most-photographed plant in our community. Jeffrey Carr’s four-season images of it graced the cover of last year’s October Newsletter.

Burning Bushes are attractive to be sure, but there’s a dark side. Surprisingly, it is one of many so-called “invasive species” of plants that are regulated in the State of New York.

An “invasive species” is a species of non-native plants or animals that are likely to cause harm to the environment, to the economy, and/or to humans. Regulations have been developed to control the introduction and care of these species by farmers, growers, landscapers, and gardeners.

In 2015 the New York State Department of Environmental Conservation promulgated NYS Regulation 6 NYCRR, Part 575, to reduce the number of new plantings, as well as the spread of existing plant populations, of certain species, including such well-known plants as:

COMMON NAME	SCIENTIFIC NAME
Burning Bush	Euonymus alatus
Black Locust	Robinia psuedoacacia
Chinese Silver Grass	Miscanthus sinensis
Japanese Virgin’s Bower	Clematis terniflora
Norway Maple	Acer platanoides
Winter Creeper.	Euonymus fortune

Landscapers and gardeners alike tend to plant these species because they are ornamental, they thrive well in our Northeast environment, and they are easy to care for. However, once established, these plants tend to spread and are extremely difficult to remove.

Once such a plant takes root, it can be cut down but it will re-sprout. Its roots will also spread underground and send up new shoots elsewhere. These species have also developed various other ways to distribute themselves far and wide. Through evolution, different ones of these plants can have:

- Seedpods that burst open when ripe, ejecting their seeds.
- Seeds so light that they float in the wind.
- Fruit with seeds that animals eat and deposit in poop.
- Seeds with barbs or burrs that stick to animal fur.

These non-native plants can spread rapidly, since their new surroundings lack the plant diseases, predators, and strong competition from other plants that kept them under control in their native ecosystems. If left unchecked, the plants tend to multiply over time and eventually dominate the landscape.

So there you have it. The next time you're tempted to buy a Burning Bush to plant next to your Unit - if you can find one at a nursery that is - watch out! It may come back to bite you.

* * *

FIT-BITS

By Mary Tedesco

SIGNS YOU ARE LIFTING TOO MUCH WEIGHT!

Jonathan and I see some people at the Fitness Center who actually are lifting too much weight. This sounds funny right? You might think, "How could I be lifting too much weight?"

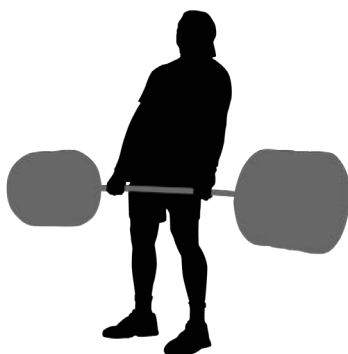
Well, when your form is compromised and you tend to slam the weights down instead of slowly lowering them, that's a sign the weight is too much.

Here are some other signs that you are lifting too much weight:

- You are unable to complete repetitions maintaining the full range of motion.
- You have poor form and technique – you round your back and/or your shoulders.
- You experience severe muscle soreness.
- You feel sharp joint pain, get slipped discs, muscle tears, pulled muscles.
- You feel fatigue while lifting.
- You have back pain during or after your workout.

The best thing you can do for your body if you are feeling any of the above is to take it down a notch. Your body will be happier and healthier in the long run.

* * *



Thought for Food

Submitted by Elizabeth Royston

For a recent Culinary Club dinner, Louise Squitieri prepared what, on first glance, looks like a simple vegetable dish, *Petits Pois a la Francaise*, little green peas with a bit of onion.

There is, however, an addition to the dish that seems out of place. Shredded Lettuce? With peas? We discovered that the lettuce seems to melt away, but gives the dish a fresh, tangy flavor. Won't you try making it and let us know what you think? Drop off a note in the Culinary Club mail slot outside the Activities Office.

PETITS POIS A LA FRANCAISE

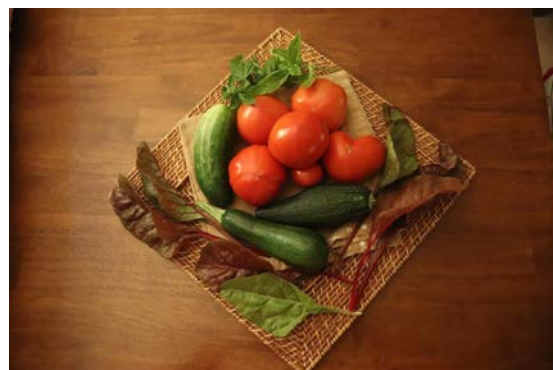
8 to 10 servings

INGREDIENTS

- | | |
|---------------------------------------|---|
| 8 slices bacon, diced | 2 chicken bouillon cubes |
| 1 large yellow onion, sliced | 2 cups of water (or enough to cover) |
| 1/2 head of iceberg lettuce, shredded | 2 tablespoons unsalted butter, softened |
| 1-1/2 pounds frozen petite green peas | 3 tablespoons all-purpose flour or Wondra flour |
| 1 teaspoon salt | 4 tablespoons sugar |
| pinch of ground pepper | 1 bunch of fresh mint, chopped |

PREPARATION

1. In a 3-quart saucepan over medium heat, fry the bacon slowly until it is somewhat crispy and most of the fat has been rendered.
2. Stir in the sliced onions and lettuce and simmer for about 5 minutes.
3. Add the peas, salt, sugar, pepper, chicken bouillon cubes, and water to cover, and continue to cook slowly until the bouillon cube has dissolved and the peas are heated through and done to the desired degree of firmness – about 5 to 10 minutes.
4. Meanwhile, in a small mixing bowl, combine the butter and flour.
5. Add the butter and flour mixture to the peas, stir and bring to a boil.
6. Remove from the heat and stir again. Garnish with mint and serve immediately.



By Elizabeth Royston

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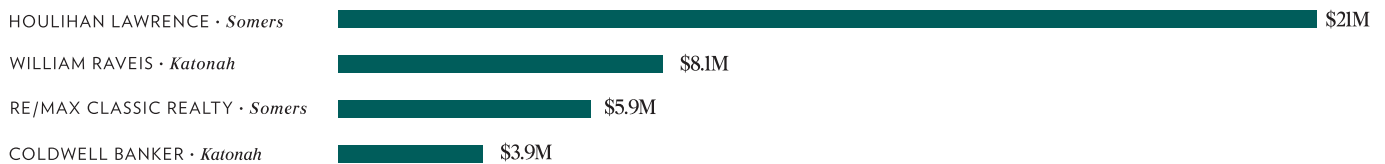


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2023 Heritage Hills Sales | TOTAL DOLLAR VOLUME SOLD



Source: OKMLS, 1/1/2023 - 9/30/2023, Condominiums, total volume sold by office, city/town Somers

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

	2023	2022	2021	2020
TOTAL SOLD	87 (\$320,000-\$885,000)	127 (\$276,000-\$876,000)	105 (\$275,000-\$750,000)	91 (\$227,500-\$829,000)

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

1 BEDROOM

AMHERST	\$480,000	GUILFORD	\$370,000; \$425,000;	RADCLIFFE	\$540,000; \$499,000;
FRANKLIN	\$350,000; \$340,000;		\$437,000; \$440,000;		\$550,000; \$525,000;
	\$350,000		\$462,500		\$535,000

2 BEDROOM

ARMONK	\$640,000; \$429,900;	KATONAH	\$499,000; \$415,000	STRATFORD	\$450,000; \$455,000;
	\$530,000; \$590,000	KENT	\$532,500; \$500,000		\$750,000; \$649,000;
COLGATE	\$475,000; \$549,000	LINCOLN	\$376,000; \$373,000		\$555,000; \$600,000;
CONCORD	\$450,000	MADISON	\$419,000		\$670,000; \$555,000;
FAIRVIEW	\$500,000	MONROE	\$440,000;		\$450,000; \$575,000;
HAMILTON	\$320,000; \$350,000		\$445,000		\$600,000; \$645,000;
HANOVER	\$577,500	PUTNAM	\$439,000; \$450,000		\$535,000; \$640,000
HARVARD	\$720,000; \$730,000;	RIDGEFIELD	\$455,000	STRATFORD II	\$675,000; \$675,000
	\$739,000; \$760,000	SALEM	\$610,000; \$485,000	SYRACUSE	\$649,000
JACKSON	\$374,000	STANFORD	\$759,000	WELLSLEY	\$485,000

3 BEDROOM

COLUMBIA	\$810,000	JEFFERSON	\$580,000; \$610,000;	SHERMAN II	\$820,000; \$885,000
CROTON I	\$650,000; \$687,500;		\$575,000	YORK	\$550,000
	\$675,000; \$685,000;	JEFFERSON II	\$675,000		
	\$687,500; \$702,500	SHERMAN I	\$715,000; \$700,000;		
CROTON II	\$680,000; \$680,000;		\$612,500; \$740,000;		
	\$760,000; \$734,000		\$730,000; \$754,000		

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Thank you, Marti

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