



Heritage Hills Society Information				
Address 8 Heritage Hills, Somers, New York 10589 Website www.hhsociety.org Television Channel 21 CONTACT INFORMATION - EMAIL Society Society society@hhsociety.org Activities Office activities@hhsociety.org	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 Junch Junch Junch			
Hours of Op	eration			
Activities Center 9 am to 11 pm Activities Office 9 am to 5 pm Society Office 9 am to 1 pm Fine Arts Center 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 Activites 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 (Ist 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	FINFORMATION			
Comcast 800-934-6489 NYSEG ConEd 800-752-6633 Verizon				
SERVICES FO	R 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 Tassell 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 <i>medicare.gov</i> 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,				
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	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.			
Putnam Hospital - 845-279-5711 The Dominican Sisters - Family Health Service 914-941-1654 Long- and short-term registered nurses.	Private Ambulette Services Superior Brewster 845-278-6992 CLC Trans 914-241-0112			
Long- and snort-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	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.			
Project Time Out / Jewish Community Services - 914-761-0600 - Provides	Veterans Guide to VA Health Care Benefits - VA Hudson Valley Health Care System - 800-269-8749			

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 Kobroœ, Respite Specialist, ext. 310

Transportation for Cancer Treatments (free):

American Cancer Society Road to Recovery program. 800-227-2345

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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COMING EVENTS

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

WEEKLY MEETING SCHEDULE

Wednesdays at 10 am in the Heritage Room

February 7 - Nick Tedrow

Sustainable Westchester - Energy

February 14 – Nicholas Devito

Somers Highway Department Supervisor

February 21 - Matt Slater

New York State Assemblyman

February 28 - Dom Rubino

Heritage Hills Society Board President

All adult residents are welcome. Women are encouraged to attend. Doors open at 8:30 am. \$2 admission. Bagels and coffee are available until 9:45 am. Folks socialize between 8:30 and 10 am, when the *Pledge of Allegiance* is said. That is followed by speakers and discussions until 11 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.



ארכושם האאנסש א

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*. Walk-ins are welcome as space permits.

FREE MOVIES – DOUBLE FEATURE

Sunday, February 11, at 1 pm in the Activities Center

Please Join us to view:

To Be or Not to Be

A Hollywood film of the boldest black humor, *To Be or Not to Be* went into production right before the United States entered World War II.

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, Elizabeth Royston, Keri Reitman Schnapper, Carol Vartuli The director manages to brilliantly balance political satire, romance, slapstick, and wartime suspense in a comic high-wire act that has never been equaled.

The Jewish Journey: America

This documentary details both lesser known and European immigrations to America with interviews and many immigrants detailing their varied experiences.

We will be serving light snacks. Seating is auditorium style. Admission is Free.

CLUB SHALOM CELEBRATES PURIM

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

There are a few reasons why people dress in costume for Purim. One of the most accepted reasons embraces the theme of concealment and commemorates the saving of the Persian Jews. During the reign the Persian King Achashverosh and his Jewish wife Esther, Haman, the king's highest official, planned to kill all the Jews in the Kingdom. No one other than Mordechai, Esther's cousin, knew that Esther was Jewish.

We invite everyone to come in costume. Children and adults are welcome to participate in the costume parade. Prizes for best costume will be awarded. We will also feature a Purim *Shpeil*, i.e., a funny play, with a modern take on the Purim story. Light refreshments will be served.

Admission is \$15 per person. If you want to sit with friends, put your checks in one envelope and place it in our mailbox by **March 19**. Ten people per table maximum.

ON THE COVER

Hanging onto its host tree, this curled brown leaf became a real snow cone, thanks to a little January Heritage Hills snowfall. Photo by Barbara Pollack.

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COMING EVENTS



TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, February 16, from 3 to 5 pm in the Heritage Room

Join hosts Ami Stokhamer and Karl Milde, both Heritage Hills residents, as

they lead open discussions after viewing each of the following insightful, thought-provoking videos:

- · Visionaries are People Who Can See in the Dark, by Justine Musk
- The mind behind Tesla, SpaceX, Solar City..., by Elon Musk

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: Friday, March 15, same time and place, for the next TED Talks event.

* * *



SOCIETY BOARD MEETING Wednesday, February 21,

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.**

* * *

CONTINUING EDUCATION

Submitted by Rosetta Benson

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

ITALY: GLOBAL LIFESTYLE UNO NUMERO ? A photo lecture by Carla Gambescia

Tuesday, March 12, at 1:30 pm

Italy is the only country to give the world not just one but three Golden Ages!

In this lecture, Ms. Gambescia offers us a fascinating story of how Italy distinguished and transformed itself from the face of *II Duce* to *La Dolce*

Vita. Rising from the ashes and devastation of World War II, what is known now as "Brand Italy" has definitely emerged as a leader in the realms of film, fashion and design, gastronomy, and viticulture.

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



ART AS HISTORY Two lectures by Al Hunt, Professor Emeritus of History at SUNY Purchase

American Progress by John Gast, 1872

Tuesday, March 19, at 1:30 pm Tuesday, March 26, at 1:30 pm

These two lectures will survey American history from the point of view of the visual arts: painting, sculpture, architecture, and photography. For example:

- <u>Why and How</u> John Trumbull's painting, *Signing the Declaration of Inde*pendence contributed to the rise of nationalism in our Revolutionary times.
- <u>Why and How</u> Mathew Brady's realistic photos during the Civil War led to the demise of landscape painting.
- <u>Why and How</u> Jacob Riis's photos of city slums during America's *Gilded Age* piqued a nation's conscience by literally exposing how many Americans were suffering horrific living conditions while others dined in "Cottages" in Newport.

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

* * *

SINGLES CLUB

By Diane Purr

SPRINGO

Monday, March 25, at 5 pm in the Activities Center

Our first 2024 event, "SPRINGO" is Bingo with surprises. More information will be sent as the event nears.

The Board, here, wishes everyone a healthy and happy year going forward and don't forget to send in your annual \$12 membership dues.



Carol Ambrosini, Assistant Treasurer; Nancy Albertson, Event Coordinator; Pat Caruso, President; Anne Strafford. Treasurer; Chris Roche, Secretary; Diane Purr, Vice President/Publicist; Sandy Pope, Membership. Elvira Scollan, Hospitality





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 DECEMBER 13 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 February 13 meeting.

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

Board members absent: Dorinda Haskel and Karl Milde

Also attending: John Milligan, Heritage Management Services, and Paul Cirillo, Prosegur Security

FINANCE & BUDGET COMMITTEE - GENE ARCHER, CHAIR Treasurer's Report

November Financials:

Income	\$ 504,939.72
Expenses	. <u>(610,710.20)</u>
Deficit	\$(105,770.48)

The large Expenses amount is due to paying for some big capital projects that were on the schedule – paving, Fitness Center boilers, road-striping – so a month-end negative was anticipated. It should not impact our forecast for a year-end surplus.

- Two items that helped significantly for 2023:
- We realized \$81,000 since July for units that sold (1,500 per unit). We're averaging ten per month.
- We received a \$100,000 Employee Retention Tax Credit cash payment from the Federal Government for keeping on all of our employees during Covid.

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

The Somers Land Trust filed an Article 78 proceeding against the Club, which was fully submitted to the Putnam County Supreme Court on October 10. We haven't yet received a decision. Typically decisions take about 60 days, so we hope to have one shortly.

COMMUNICATION COMMITTEE - CAROL VARTULI

We have some new members [see revised Standing Committee list in next month's *Newsletter*]. In the new year, we will be seeking how we communicate here.

FITNESS CENTER COMMITTEE - ALAN TEPPER, CHAIR

November Usage Statistics:

- Gym 573
- Exercise Room 3,477

• Shoe Change Request. During the winter, folks must change from street shoes to avoid salt damage.

NEWSLETTER COMMITTEE - GLORIA ANDERSON, CHAIR

The December issue was our first issue published by our new publisher Halston Media. The Committee is very pleased to work with the people there and is happy it made the change.

MEADOWLARK PARK – PAT PLOSS, CHAIR

- Cherry Trees: The ones planted a while back that were decimated by a herd of deer have been replaced at Maxner's expense and Maxner has installed fencing around them.
- **Safety Reminder:** Although the park is open for use of the trails, playground, tetherball, and horseshoes, bear in mind that we don't remove snow from the trails.

SOMERS TOWN UPDATE - BRUCE PRINCE, CHAIR

- Alternate Energy: In the near future, John and I will be meeting with a vendor regarding geothermal for Lake Lodge, as a pilot.
- 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

- Road Lines: We repainted the yellow lines this fall. The cost is about 50¢ a foot. 13 miles of road equals 68,000 feet is a pretty big number, which is one of the reasons we decided not to repaint the white lines at the edges [136,000 feet]. We ran a street sweeper along the edges to make those lines more visible, but overall it didn't look well. We cannot paint in the winter, so we'll have to address that issue.
- **Tennis:** We have nets up on two courts 6 and 7, which are hard courts. Also, the platform courts behind the Fitness Center adjacent to Pool 1 which have heaters underneath them are available. We can't use shovels or salt on any of these painted courts.
- **Pickleball:** The nets will remain up on the outdoor courts all winter. We can't use shovels or salt on these painted courts.
- **Pools:** We will be applying for our pool permits in January. We hope to have approval to replace Pool 3's mechanical equipment and be able to do so in the spring. We're just about ready to submit the plans for major work to be done at Pool 4. Both pools should be open for the season.

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MAINTENANCE STAFF RECOGNITION - PAT PLOSS

I'd like to mention a group that I consider the unsung heroes of Heritage Hills, and that's our Maintenance staff. They keep our facilities operational, neat, and clean, and it seems like they're always painting to keep us looking sharp.

This group of eight is headed by Facilities Manager Marcus Lavelle, who not only leads, but also teaches new skills to the staff members. His assistant, Julius Domingo, who started here as a lifeguard, probably knows more about our pools than almost anyone else. Joe Rocha, who was with us as Facility Manager to seek greener pastures has come back. He's a wonderful addition; he's a talented carpenter. For those of you who might want to sit and read a book on the window seat in the Library, he built that. Deshawn Richardson, a newer employee, is not only a member of the Maintenance team; he can be seen using our television operation (he's in the back of the room). He's on point recording our meetings along with Walter, who's behind the camera... Walmar Rodriquez comes to work at 2 am to clean the offices and the Fitness Center. Mike Russo is a longtime parttime employee, who takes care of Lake Lodge's upkeep. Jim Puff, the longest team member, handles all-around cleaning chores....

Their combined talents under Marcus's leadership has saved you, the residents, untold hundreds and hundreds, if not thousands, of dollars, because, by their talent, they just handle things in-house that we no longer have to go outside to hire people to do.

I wish them a very Happy Holiday and a Happy New Year.

COMMUNITY AFFAIRS – JACK MATTES, CHAIR

Toys for Tots Program: We've again gotten recognized for our generosity with a Certificate of Recognition from the Marine Corps Reserve. It reads "The United States Marine Corps Reserve is proud to recognize Heritage Hills for outstanding support of the 2023 Marine Toys for Tots program." It's signed by Lieutenant General Commander of the Marine Reserve.

* * *

POST-MEETING DISCUSSIONS

- A resident indicated the gym has 36 open hours each week, and she'd like to be able to use the gym for pickleball play when it's empty during any of those hours. John Milligan indicated there are also 36 hours specifically set aside for pickleball play – when no one can use the gym for *other* purposes. He said the Pickleball group is working to see if there's a possible procedure.
- One of two residents representing Club Shalom expressed concern that clubs/groups cannot hire guards for events. Dom Rubino explained that this situation had been discussed by the Board and that subsequent to the meeting a motion will be passed allowing for groups to hire uniformed, unarmed guards. The resident then stated that *that* is not sufficient to provide a "safe premises." Gloria Anderson said the Board consulted with its counsel and decided only unarmed guards can be hired by clubs/groups. She invited the two residents to meet

with her at another time to further discuss this. The resident suggested the Society Board also speak with its insurance company's counsel, as it regards liability. Dom acknowledged that's a good point and said that can be covered when the residents meet with Gloria.

• A resident suggested that, should the Willow Wood Gun Club Article 78 proceeding decision not go well, using a "Green Amendment" passed just two years ago in New York State – which states every inhabitant has a right to a safe environment. He said such a procedure may be brought by any individual to the Supreme Court without going through an Article 78 proceeding, and doing so may be a strong approach, if need be.

* * *

SECURITY New Vehicles

By Rob Casasanta, Prosegur Security



Three brand new Ford Explorer SUVs have been delivered and are currently being fitted with equipment and graphics. They will be equipped with Basic Life Support (BLS) Medical Bags, Oxygen, and AEDs for when our Security Officers/EMTs respond to

Medical Emergencies in our community. You will see them patrolling around the community and responding to calls.

DECEMBER SECURITY CALL REPORT

• During the month of December our Security staff received and responded to a total of 208 calls regarding the following matters:

Medical80	
Security	
Burglar Alarms2	(0 State Police, 2 Somers Police)
Alarms7	(2 fire/smoke, 4 low battery, 1 carbon monoxide)
Service56	
Maintenance7	out, and 11 welfare checks)
Motor Vehicle Accidents2	
Parking Violations6	
Hospital Runs*4	fire lanes, A roads, or B roads)

*When ambulances are stretched thin and don't have an EMT on board, one of our staff rides in the ambulance.

• During the month of December, there were 16 garage doors reported left open after 10 pm.

COMMUNITY NEWS

COUNCIL OF CONDOS

By Terry Clifford

The Wednesday, December 20, 2023, meeting was attended by the following Condos: 4, 5, 6, 7, 8, 11, 12, 14, 15, 17, 18, 19, 20, 25, 26, 28, and 30.

Code of Ethics: Several Condos have approved a "Code of Ethics" to create an environment of mutual respect. Board members are required to sign it, however, if they refuse to sign, they are still accountable for all aspects of the document.

Gun Club Update: No decision was made on the Article 78 filing, which was given to the court almost 60 days ago. They should be making a decision soon.

Use of Crawl Spaces: Some Condos have by-laws stating no water treatment systems or storage can be in the Crawl Space beneath a unit. It was noted that some Condos do not allow water treatment or filtration system in a hidden area. All water heaters are required to have a water leak detection alarm. New water heaters have alarms built in and will cut off the water automatically if a leak is detected.

Negotiating the Sanitation Contract: Condo 30 negotiated a contract.

Next meeting of the Council of Condos will take place on Wednesday, February 21, at 7 pm in the Heritage Room of the Activities Center. We look forward to having representatives of all Condos attend the February meeting.

* * *

OLD NEWSLETTER ISSUES SOUGHT

By Susan Statkowski-Rivalsi

I'm a member of the Society's Newsletter Committee and Editor in Chief of this official *Heritage Hills Newsletter*. The Committee has in its possession every issue of the *Newsletter* published since January 2012 and some – but unfortunately not all – that were published in 2011.

If you have any copies of 2011 *Newsletters*, it would be greatly appreciated if you would contact me so that I can arrange to make copies to complete our collection. I can be reached by telephone at 914-617-9228 or email at *HHillsNewsletter@gmail.com*.





CIAO ITALIA

Submitted by Michael Lanotte

UPCOMING EVENT DATES

The first three scheduled Ciao Italia 2024 event dates are:

Saturday, April 20 (Members Only) Saturday, May 18 Friday, June 21

Dates may be subject to change. Look for future flyers, email blasts, and TV notices containing information on the above three events.



COMMUNITY THEATRE

By Muriel Millstein Weiss

The Heritage Hills Community Theatre is working on many fronts, making progress and loving it. This includes play selections, compiling lists for prospective directors, setting up interview times etc. etc. etc.

Membership is always open, and we invite you to become a member of our theatre family. Yearly dues fall into two categories: \$10 per person at the Supporter level or \$25 per person at the Angel level. Place your check payable to "HH Community Theatre" in the club's mail slot in the Activities Center.

We hope to have a banner year and look forward to welcoming both new and returning members.

* * *

FRIENDS IN THE HILLS

By Debbie Ferrara

We are accepting new members for 2024. Membership is \$10 per person. Membership forms are available at the Activities Office. Fill out the bottom part, put it in an envelope with your check, and place it in the "Friends in the Hills" mail slot.

The Planning Committee is very excited to bring our members another fun year. We have exciting plans already and will be putting the event information out to you in March. Meanwhile, mark your calendars for the following dates, with more to come:

Friday, May 10 Saturday, June 1 Friday, July 12.

If you have questions, call Debbie Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.

* * *

MUSICAL NOTES FROM THE CONCERT SOCIETY



The best classical music value in Westchester and beyond!

By Teddi Meltzer



The time will come, Sleeping Bears, when the cold will abate, the earth will produce signs of life and the turtle will discover it has a voice. We will need a *frisson* to shock us into spring. What's that?

A frisson is a shiver or a thrill, a

sudden feeling of excitement. Who or what could give us this feeling? This spring awakening?

The Heritage Hills Concert Society of course, in May, with the first concert of our 2024 season featuring the *Frisson Winds* – a group which is part of the nine-member *Frisson Ensemble*, one of the most exciting chamber music groups performing today in various combinations.

continued on page 8

COMMUNITY NEWS

The thrill continues with our June presentation of *Boyd Meets Girl*, an intriguing pairing of Australian classical guitarist Rupert Boyd and American cellist Laura Metcalf. Their repertoire ranges from Beethoven and Debussy to the Beatles and beyond.

We'll catch our breath during the summer months and continue in September, when violinist *Chloe Kiffer*, accompanied by *Alexandre Moutouzkine*, returns to our stage. Described as a star in every sense, performance, technique, and beauty, Kiffer will delight us with a program of classical chamber music favorites.

Known for his interesting and varied programs, pianist *Soheil Nasseri* will conclude our exciting 2024 season with a performance that makes the piano express the full gamut of human emotions.

* * *

WOMEN'S CLUB

Submitted by Phyllis Bradbury

The Women's Club took a short break, and we look forward to you joining us in the Heritage Room on Wednesday, February 14.

In January the Board was busy discussing events for 2024. When finalized, flyers will be available in the Activity Center. We'd Love to Hear Your Ideas!

Thanks to our members' support, the Women's Club annually donates to local charities. This past December, donations were sent to: Friends of Karen, Blue Path Service Dogs, Community Center of Northern Westchester, Rosary Hill, Somers Library, HH Library, United for the Troops, Green Chimney School, Women's Resource Center, The Salvation Army, and the Somers Volunteer Fire Department. Well done, everyone!

There are still openings on the Women's Club Board. We meet once a month in the Activities Center at 10 am. If you are interested in joining the Board, contact us. Currently, the Board consists of Rose O'Donnell, President; Angela Merendino, Vice President; Doris Simon, Treasurer; Joan Jendras, Events; Alfreda Savarese, Membership; and Phyllis Bradbury, Secretary.

If you have any questions, our Membership Chair Alfreda Savarese is always ready and willing to talk with you. She can be reached at 914-617-2007.

* * *

Hibrary

VOLUNTEERS' RECOMMENDED



HHLibrary is fortunate to have a dedicated team of volunteers. When asked to name a book they had enjoyed this year, the volunteers noted a variety of books, all of which are part of the Library's collection. Fiction titles included *Horse*, by Geraldine Brooks; *Nutshell*, by Ian McEwan; *Hello Beautiful*, by Amy Napolitano; and *Lucy by the Sea*, by Elizabeth Strout.

Additional novels were cited: *Our Missing Hearts*, by Celeste Ng; *News of the World*, by Paulette Jiles; and *The Personal Librarian*, by Marie Benedict. Volunteers also enjoyed non-fiction books including *The Wager*, by David Grann, and Ann Patchett's *These Precious Days*.

For more volunteer favorites, please take a look at the display in the Library during the month of February.

BOOK REVIEW

On page 35, there is a book review of *The Frozen River*, by Ariel Lawhon. The historical mystery novel was added last month to our collection.

NEW ADDITIONS TO OUR COLLECTION IN FEBRUARY

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

Fiction

Goodwin, Daisy	Diva
Jones, Dan	Wolves of Winter
Keegan, Claire	So Late in the Day
Lynch, Paul	Prophet Song
Michaelides, Alex	The Fury
Park, Ed	Same Bed, Different Dreams
Steel, Danielle	Upside Down

Mystery

Burke, James Lee	. Harbor Lights
Hawkins, Rachel	. The Heiress
Koontz, Dean	. The Bad Weather Friend
McDermid, Val	. Past Lying
Perry, Thomas	. Hero
Robb, J. D	. Random in Death
Taylor, Brad	. Dead Man's Hand

Non-Fiction

Brooks, David *How to Know a Person* Harmon, Mark,

with Carroll, Leon..... Ghosts of Honolulu

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: HHillsNewsletter@gmail.com. When Submitting Photos:

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

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

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

BOOKS



The Best Care By Far, Is Now So Close.

Primary Care and Top-Rated Specialists, in your neighborhood.

325 Route 100, Somers

- Family Medicine/Primary Care
- Neurology/Vascular Neurology
- Obstetrics and Gynecology
- Pediatrics
- Podiatry
- Sports Medicine/Orthopedic Surgery

physician associates

Call 914-849-7075 or schedule online at wphpa.org

WHITE PLAINS HOSPITAL IS A MEMBER OF THE MONTEFIORE HEALTH SYSTEM

February 2024

Heritage Hills Newsletter



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Heritage Hills Newsletter

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February 2024

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MASKS ARE STRONGLY RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.

GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

Phone: 914-276-2636 or go to Activities 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.

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. To enroll or for more information, contact Allison Rubin at 914-629-3655 or *ahrubin521@ yahoo.com.*

Needlecraft Group: Charitable needlecraft group meets Wednesdays at 12:30 pm in the Game Room. All skill levels are welcome. \$20 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.

Photo Club: The Photo Club meets monthly on the second Friday of each month in Room 2 of the Activities Center. All who are interested in participating, regardless of level of experience with photography, are welcome. We will discuss details of the club such as: presentations by members or outside experts, a photo of the month contest, and participation in the annual Heritage Hills Art Show. For more information contact Myra Hopper at 520-390-5523 or *myrahopper@gmail.com.*

Sketch Workshop: Wednesdays 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 *eveymusart@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

Membership, open to all residents, is \$12 per person for the year. Membership Forms are available outside the Activities Office. Fill out the information requested at the bottom of the form and include it in an envelope with your payment. Watch for flyers and TV notices announcing upcoming events.

CLUB SHALOM

You don't have to be Jewish to love Club Shalom, a Club 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 pay \$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. 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 *heritagehillstaichi2@gmail.com*.

Vinyasa Yoga with Joe. Saturday at 9 am in Lake Lodge's Upper Level. \$12 per class. To register, email Joe Ferrari at *josephferrari@me.com*.

Linda's Lake Lodge Classes: <u>Body Conditioning</u>: 8:30 am Tuesdays and Thursdays. <u>Dance & Sweat</u>: 9:30 am Tuesdays. <u>Barre Pilates</u>: 9:30 am Thursdays. <u>Sports Conditioning</u>: 9 am Sundays. 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. 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* or 914-497-0243.

ACTIVITIES/CLASSES/CLUBS

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 *eefyjig@aol.com*.

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 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. 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.*

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*.

Move and Groove with Theresa: Wednesdays 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. 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*.

FAMILY NETWORK GROUP

Arranges organized family-oriented gatherings, days and evenings, several times a year. Go to *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 11 am to noon. 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 Carole Ellis 914-260-9182 or email her at *carellis14@yahoo.com*.

FUN & GAMES

Bridge—Duplicate: Plays Mondays and Thursdays 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 Debbie Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227. **Mah Jongg:** Plays 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 Cheryl Milde at 914-342-3068 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 levels of play, including newbies, are welcome. For more information, just walk in or contact Susan at 914-617-9228 or *ciwhitestar@comcast.net*.

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

GARDEN CLUB

For information, including questions on membership and use of the Community Garden, please send an email to *hhgardenclubsecretry@ 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, Ph.D. To register, call 914-617-9328 or email *ludwiglr@aol.com.*

Spousal/Partner Bereavement Group: A support group that provides an opportunity to be with others who have lost a spouse or partner. Meetings take place on the second Thursday of the month at 12:30 pm in 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*.

Senior Entitlements Program-Westchester County: Watch the COMING EVENTS section 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 Saturdays 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 Mondays from 9:30 to 11 am in Rooms 2/3 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 Tuesdays from 10 to 11:30 am in the Activities Center's Game Room, 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*. 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*.

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 Wednesdays from 1 to 3 pm, and on Saturdays from 9:30 am to noon, in the Gym.

Tennis Group: All Tennis reservations are now made via *www. playtomic.io*, or you can download the playtomic app, which offers many additional features. Once on the playtomic website, type "Heritage Hills" and click on "tennis" as the sport choice. For general information about the tennis group, call Dena at 914-589-3560. The Friday night Round Robin runs from May through September.

TED TALKS

On the third Friday of the month, from 3 to 5 pm in the Heritage Room, hosts Ami Stokhamer and Karl Milde (residents) present two thoughtprovoking TED Talk videos, after which there is open discussion. Free event with light refreshments. For more information, see the COMING EVENTS section in this Newsletter, or call Ami at 914-486-9677 or Karl at 845-545-1959.

10 A MEN CLUB

Come to the Activities Center's Heritage Room Wednesdays 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

Meets the second Wednesday of the month, except for January, July, and August. See the COMING EVENTS section of this Newsletter for specific upcoming event details. The Board meets the first Tuesday of the month in the Activities Center. We welcome new members! Dues for renewals and new members are \$12 for the year. Insert your check in an envelope: include your name, unit number, phone number, and email address. Put it in the Women's Club mail slot. Application Forms for 2024 are available in the room outside the Activities Office. For membership information, call Membership Chairperson Alfreda Savarese at 914-617-2007.

WRITERS WORKSHOP CLASS

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







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HOULIHAN LAWRENCE

SOMERS MARKET UPDATE DECEMBER 2023

16 active homes for sale

36% DECREASE FROM 2022

135 Homes sold - full year

19% DECREASE FROM 2022

\$762,477 AVERAGE SALE PRICE

LESS THAN 1% DECREASE FROM 2022 $\mathbf{\Sigma} \begin{vmatrix} 10 \\ \mathbf{\Sigma} \end{vmatrix}$

25% INCREASE FROM 2022

111 Homes sold - full year

29% DECREASE FROM 2022

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> \$576,853 AVERAGE SALE PRICE

9% INCREASE FROM 2022

Source: OKMLS, single family & condominium, active, sold & average sale price, 01/01/2023 - 12/31/2023 as compared to 01/01/2022 - 12/31/2022, Somers school district.

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Heritage Hills Newsletter

February 2024



February 2024

FOOD SCRAP+ RECYCLING OPPORTUNITY

By Susan Statkowski-Rivalsi

Drop-off 7 days a week, from 8 am to 4 pm, at the Town of Somers Highway Department, 250 Route 100

To take advantage of this opportunity, collect any of the following items in a storage container / compostable bags (not plastic) and place them in the green bins at the above location:

- Fruits and vegetables (remove stickers, bands, ties)
- Meat, poultry, fish (including skin and bones), and shellfish (including shells)
- Dairy
- Bread, pasta, rice, grains
- Eggshells
- Chips and snacks
- Nuts and seeds (including shells)
- Leftover, spoiled, and expired food (including cooked)
- Coffee grounds (including paper filters) and teabags (no staples)
- · Paper towels / napkins and compostable bags (no plastic)
- Cut flowers

NOW YOU KNOW!

SOMERS SENIOR SERVICES

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

FEBRUARY 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.

MONDAY

FRIDAY

February 5.....Target (Stop & Shop) February 12....Walmart Febrary 19.....No Trip February 24....Dollar Tree (Mahopac) February 2.....Trader Joe's February 9.....ShopRite February 16.....No Trip February 23.....Uncle Giuseppe's

NOW YOU KNOW!



FAMILY FOCUS

NETWORK MOVIE MATINEE

ERITAGE HILLS

SUNDAY 03 MARCH 2024 HERITAGE ROOM | ACTIVITIES CENTER

START: 3 PM FILM TO BE ANNOUNCED

FILM NAME WILL BE ANNOUNCED ON THE FAMILY NETWORK FACEBOOK PAGE. FREE FOR RESIDENTS OF ALL AGES AND THEIR CHILDREN/GRANDCHILDREN. BYO MOVIE SNACKS, BLANKETS AND PILLOWS. REGISTRATION NOT REQUIRED. QUESTIONS? CONTACT KERI.REITMAN@GMAIL.COM

February 2024

Heritage Hills Newsletter

NEW YEAR'S EVE WITH 10 A MEN CLUB

Text and photos by Shirley Kesselman



A capacity crowd of Heritage Hills residents filled the aptly decorated Heritage Room on New Year's Eve. Spirits were high as revelers circulated sharing conversation with friends, partaking of a buffet catered by Uncle Giuseppe's, and dancing till midnight to lively music by Sean and Valerie.



PICKLEBALL GALA Text and photos by Fran Boemio



On December 8, close to 100 pickleball friends gathered in the Heritage Room for a Holiday sit down dinner dance. We had a delicious fivecourse meal accompanied by a lot of music and

The pickleball community is special because time and time again, there is an extraordinary response to all social activities because everyone

Heritage Hills Newsletter



Florence Olson and Barry Moskowitz



dancing!

Jane and Sal Ceraldi









Evey Albert

botanical fantasy!

The 45 works of art include vibrant scarves of varying shape and sizes; kimonos and blouses; greeting cards; oblong examples of contrast and blended hues - tiger lilies, roses, peonies, morning glories. lilacs, daffodils, goldfinches, dragonflies, turtles, seascapes; and abstracts. All are suspended and displayed along the four walls of Somers Library's Art Gallery. Students/ residents Julie Reifer and Pat Rau assisted Evey in hanging the show. Included is Evey's description of silk painting techniques.

Come see these pieces created by the following talented individuals (all but two are Heritage Hills residents): Evey Albert, Jennifer Borrelli, Christa Curley, Linda Frum, Barbara Gangemi, Cheryl Hochenberg, Yvette Pollack, Pat Rau, Julie Reifer, Ellen Reiss, Sue Shea, Susan Statkowski-Rivalsi, Sandra Toledo, and Lenore Wittrock.

Fran & Mike Boemio

February 2024







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HERITAGE HILLS SILK PAINTING CLASS EXHIBIT **AT SOMERS LIBRARY'S ART GALLERY**

Text by Sue Shea, photos by Francis Via



You are invited to leave winter behind and walk into a virtual Spring and Summer show of color, in the painted silk designs by students of Evey Albert's Heritage Hills Silk Art Painting classes. It's like a magic show of changing shapes and forms - a



FEATURES





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THE E-BIKE THAT WASN'T

Text by Karl Milde, photos by Cheryl Milde



Thinking back after my too-close encounter with an e-bike, I realize I've always been drawn to powering a bicycle. When I was 12, I rigged my model airplane engine to the front wheel of my bike. At 18, I bought a used Lambretta motor-scooter and toured

Europe, and later drove it while in college. When in Bermuda I rented a motorbike and rode it all over the island. Later, I invented (and got my first patent for!) an air-powered bike that used the frame to store compressed air. I never built the thing, but I'm sure it would work. I featured this bike in my first children's book: *Jason and the Detectives*.

When Lee lacocca left his job running Chrysler and founded a company to make e-bikes in 1999, I immediately took notice. An e-bike? I wanted one, but couldn't afford it.

I went online to Lambretta (Italy) and enjoyed reviewing their sleek new e-bikes. I discovered they had no dealers in the United States (should I buy one while in Europe?), and their e-bikes were too expensive anyway.

Hello! E-bikes are much cheaper now. When I saw a fullpage image of a recommended e-bike in Consumer Reports, I went on-line and ordered one. I soon received notice that the bike was "on the way" and got a tracking number. I was so *excited*!



The bike arrived in a huge cardboard box. It needed assembly, big-time, but mechanical things are in my DNA and I looked forward to putting it together. I even asked my oldest grandson to come over to assist. I hoped to bond with him while we worked together. We settled on a date.



That was as far as I got. I never opened the box.

My wife, Cheryl, saw a news report that lithium-ion batteries in e-bikes were spontaneously combusting, especially in New York City, resulting in repeated calls to New York's Finest. Also,

word got out to my family and they all chimed in, telling me not to ride *any* bike, especially an e-bike, because I could fall. They dashed my hopes for e-bike freedom, but I knew they were right.

Still within the 30-day grace period for returning my purchase, Cheryl called and emailed my request for a refund. UPS came and picked up the box and that was that. Goodbye e-bike. Time to move on to other, safer, things...like writing for the *Heritage Hills Newsletter*.

CAROLE ELLIS, COORDINATOR, FRENCH CONVERSATION GROUP

Text and photo by Shirley Kesselman



Carole Ellis started taking French in the 7th grade. "I loved it. I was good at it," she emphasizes. Through her middle and high school years she continued studying French as well as taking Spanish. Her junior year at college was spent in France. Subsequently she earned her bachelor's and master's degrees in French at City College of New York. Years later, upon reading in this Newsletter that there is a French Conversation Group here, Carole joined.

In 2007 Carole moved to Heritage Hills from Cortlandt where she raised her two sons. She taught French at the nearby Croton middle school for twenty years. Occasionally she stepped in as a Spanish teacher when a vacancy needed to be filled. After "retirement" she taught Spanish part time at the Horace Mann lower division two days a week. Currently she volunteers tutoring immigrants in English. For several years she filled this role at the Neighbors Link in Mt. Kisco. Now she devotes one hour a week teaching an Afghan woman English with Open Arms for Refugees.

The French Conversation Group consists of approximately 15 persons. Fluency in the French language varies. For a few members it is their native tongue. Others learned in school. Some majored in French in college. "We welcome anyone who wants to come," says Carole. She adds, "It is a very enjoyable part of my life." The group meets all year round in Lake Lodge at 11 am the 2nd and 4th Fridays of the month. There are no dues. An attendee may choose to just listen. Carole elaborates, "The group is very friendly. Anyone can bring up a topic. We speak only French."

A second love of Carole's life is singing. (She uses the word *love* frequently when speaking about her involvements.) Although she never had voice training, Carole is a member of several singing groups. The Ridgefield Chorale takes up much of her time. "We do pops, classical, a bit of everything," she says. The Threshold Choir sings bedside for people in hospice at Rosary Hill in Thornwood. She finds the experience "very uplifting and moving." On the first Monday of every month she joins a trio to sing in a café which is "loads of fun."

Carole's third enthusiasm is reading. She belongs to the Heritage Hills book club and one other one. She enjoys our Continuing Ed Club and attends when she has time. Last May, Carole travelled to France, Holland, and Sweden.

HEALTH & SAFETY COMMITTEE SAFETY TIPS FOR WINTER

By Arlene Hoffman

Now that the new year has begun, most people are looking forward to new routines and working towards personal development. With a fresh outlook towards 2024, the Health & Safety Committee would like to remind everyone of the following:

- Days are still short, so when walking during dawn, dusk, and nighttime hours, remember to always walk facing traffic, wear a reflective vest/clothing, and carry a flashlight.
- As we are still in the depths of winter, ensure that your fireplace remains clean and in working order.
- The weather has been mostly wet so far, but stay aware of the ice and snow that may occur and the use of salt...dangerous for all our pets.
- Avoid driving too fast or too close behind other vehicles. Be aware of your speed and slow down to ensure everyone's safety.
- Pet safety: Pets must be leashed at all times while outside; an appropriate aged individual must accompany dogs based on weight and strengths. Always clean up after your pet. This will ensure everyone remains healthy and safe.

The Health & Safety Committee continues to wish all Heritage Hills residents good health and peace in 2024.



HAIKU FOR FEBRUARY

Verse and photo by Sue Shea

Winter hangs on tight with its snow and frozen ice No hint of our Spring





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REAL ESTATE TRENDS THAT RULE THE MARKET IN 2024

- YOU'VE GOTTA HAVE HOPE

HOPEMAZZO

In a Year of Expected Interest Rate Drops, Real Estate Could Come Roaring Back from Its Beauty Sleep - Here's What to Expect

American Buyers Will Feel Some Relief

majority (51%) of Americans thought it was a bad time to in showcasing a property's assets, Guillaume Coutheillas, sell a home and an even greater number (53%) thought the founder of AD PRO Directory interior design firm it was a bad time to buy. It was a year of worryingly high FrenchCalifornia, is foreseeing more creativity in property mortgage rates, with the average 30-year fixed mortgage staging in 2024. "In the last few years, there's been a rate hitting 8% for the first time since 2000 this October. tendency for all spaces to look the same. But I think, with Many owners who secured a 3% 30-year fixed a couple of market evolution, it's important now to create spaces that years ago sat tight in the midst of these high rates, as did have a different feeling, seeing "opportunities to have fun prospective buyers. After a year of waiting it out, 2024 is and be a little more maximalist," and to lean into vintage expected to bring welcome change.

press conference that the Fed expects to cut interest rates cofounder and president of new development of real three times in 2024. Though there's no predicting exactly estate brand Official, would agree. "Staging has guickly when these rate cuts will come, it's reasonable to assume evolved at the high end of the market from basic furniture that buying will be a lot easier to stomach for many in the to demonstrate space allocation in empty homes coming year. Buyers are likely to have more inventory to to known-designer curated interior furnishings with choose from, too, as more homeowners feel comfortable carefully selected antiques, serious art and sculpture, and letting go of their old interest rates.

That being said, the market could turn competitive quickly. Home buyers should be mindful of the fact that if they are hoping to buy a home as soon as rates fall, they aren't the only ones.

Staging Becomes More Distinct

According to real estate data company Clever, in 2023 a Though staging has always been an important element and interesting objects.

The chair of the Federal Reserve, Jerome Powell, stated in a From a development perspective, Andrew Wachtfogel, even custom furniture pieces," Wachtfogel says. In his experience, well-considered staging sometimes even sells with the property.



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CONGRESSMAN LAWLER VISITS 10 A MEN CLUB MEETING

Text and photo by Shirley Kesselman

United States Congressman Mike Lawler addressed 85 Heritage Hills residents at the December 27 10 A Men Club meeting. Immigration, the increasingly high cost of living, and the National Debt were his main topics. At the conclusion of his talk, attendees were invited to ask questions. "We have a lot of challenges," he said.



* * *





THE ETHICAL WILL: For Passing On Values, not Valuables

By Alan Bergman

I never asked my dad what it was like being in battle during his World War II United States Navy service, or asked why my great-grandmother got divorced in an era when divorce was scandalous. In my work as a personal historian, I constantly hear, "I wish I had..." and "I should have..." from adult children who regret not asking about their parents' lives when they had the opportunity.

While we may have failed to capture part of our parents' history, we can still preserve a piece of ourselves for our loved ones. This is possible with an ethical will.

The ethical will is a tool available to communicate "down" to our children and grandchildren, a spouse, or friends how much we love them, and pass on our beliefs, life lessons, legacy, wishes, and personal philosophy. The ethical will is a vehicle for passing forward our values rather than our valuables. Unlike a legal will, it does not involve any tangible assets, nor is it a legal document.

In fact, the ethical will can take many forms. Also known as a legacy letter, it is most often created as a written document, but it can be manifested as an audio or audio-visual file, too. Some individuals draft it as a single side of one sheet of paper, while others may write the equivalent of a short book. The ethical will sometimes constitutes the final chapter of the life stories I author. The rule is there are no rules.

The ethical will reflects the voice of the heart and the sage wisdom attained from years of experience.

Some examples of ethical will prompts include:

- The most important things I learned from my parents
- · Why I fell in love with your mother/father
- My world changed with your birth because
- · The most valuable life lessons I can pass on
- · It is essential always to remember
- I am most grateful for and most proud of
- I would like to ask forgiveness from
- If you encounter difficult times, I hope you will
- · If I could live my life over

Not surprisingly, for many of us, communicating these items via the ethical will is far easier than doing it verbally in person. The original ethical wills, said to date back some 800 years, were transmitted only orally.

Notably, the ethical will does not necessarily need to be opened or shared following death. Since it has no legal ramifications, it can be viewed while the writer is very much alive and well. Some people update their ethical will on an annual basis.

The ethical will may be the perfect vehicle to bequeath your love, values, wisdom, and guidance. Do not let this opportunity go unfulfilled.

GETTING THERE IS HALF THE FUN

By Pat Headen

This is written in celebration of the one year anniversary of our fabulous oncein-a-lifetime World Cruise from Brooklyn to Brooklyn, that left on January 20 and returned the end of April of 2023, after 90 days – 45 days at sea and 45 days in many ports, some planned and for some we moved on (because of weather, security, etc.).



Basically, we headed from Brooklyn on

the Cunard ship Queen Victoria through the Panama Canal to San Francisco and off to Hawaii, crossing the International Dateline to New Zealand and Australia. We then visited Malaysia and Singapore, and then, the most exciting part of the trip, Abu Dahabi and Dubai!



Next, we transited the Suez Canal – which was not what we expected. Previous sights were landscapes of nothing but sand; now we saw built up cities. It was incredible!

A quick trip through the Mediterranean Sea with stops in Naples and Portugal brought us to our transfer port onto the Queen Mary to head back home. But that was not to be, as The Queen's smoke stack caught fire and the ship had to go into dry dock. We and nine pieces of luggage were flown home, cutting our trip by seven days.

The Queen Victoria is a beautiful ship with only 2,400 hundred passengers - mostly about 1,200 Brits, 300 Germans, and only 300 Americans (who did not play Mahjong). Our time went very quickly on this luxury ship – very dressy. We traveled with six gowns, 18 dressy outfits, 3 tuxedos, 3 jackets, and 26 pairs of shoes.

This is just a synopsis of a fabulous cruise, and can you believe we would like to do it again next year, God willing? Pray that the world settles down so we can do so.

HUMOR

AN UNINVITED VISITOR

By William A. Colavito

An uninvited visitor returned again, after a brief visit around the same time last year. He or she is a red-headed woodpecker. This woodpecker lands on the narrow ledge between two windows in my living room and begins to peck on the glass.

On some occasions, after spending about ten minutes pecking, it will stay perched on the tight ledge hanging backward just looking into the window. It will let me get within two feet of it inside the house before flying to a nearby tree and then returning to the window.

On one occasion, a squirrel in a nearby tree was watching the woodpecker from behind while I was watching the woodpecker from inside. What a three way lineup!

The woodpecker does not fly to my neighbors window, and I have been given some advice as to how to be rid of it (no, *not* by using a BB gun), but I am getting to like it; and since I am hard of hearing the pecking doesn't seem to bother me that much.

I do feel an unusual thing – like this should be shared – so, if anybody is interested, send me your address and I will paste it on the window. Maybe you too will receive an uninvited visitor.



February 2024

Page 29





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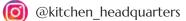
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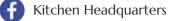
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COLUMNS



FIT.BITS

By Mary Tedesco

As we are now in the winter months and it's harder to maintain/lose weight - and we tend to make more unhealthy choices with food you may want to consider one of these great wholesome diets:

THE DASH DIET (dietary approach to stop hypertension) – *mayoclinic.org*

- Grains
- Meat, poultry, fish
- Fruits
- Vegetables

THE MEDITERRANEAN DIET – mediterraneanplan.com

- Whole grains, nuts and legumes
- Fresh fruit and veggies
- Fish
- Extra virgin olive oil

WEIGHT WATCHERS: weightwatchers.com

- Non-starchy vegetables
- Lean protein
- Fresh fruit

FLEXITARIAN DIET - healthline.com

- Fruits and veggies
- Legumes
- Whole grains
- Dairy, eggs
- Occasional meat

VEGETARIAN DIET – noom.com

- Fruits and veggies
- Legumes
- Grains
- Nuts and seeds



February 2024

Heritage Hills Newsletter

THE BOOK SHELF

By Cindy Kennedy

A fine blend of historical fiction and murder mystery, *The Frozen River*, Ariel Lawhon's new novel, is set in late November 1789, a time known then as "The Year of the Long Winter." Martha Ballard, its central character, was an 18th Century midwife in Maine who kept a journal documenting her life's work.

Martha and her husband Ephraim lived at

Ballard's Mill, their sawmill on the Kennebec River in Hallowell. At their wedding thirty-five years earlier, Ephraim had given his bride a leather-bound journal. "As a midwife and healer," Martha remarked, "I am witness to the details of my neighbors' private lives, along with their fears and secrets, and I record them for safekeeping." Now in her 50s, Martha has delivered generations of babies in Hallowell.

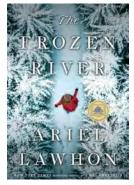
One evening, after safely delivering a woman's third child, Martha is urgently summoned to town. A frozen body, encased in ice, was found in the Kennebec River. Martha, as Hallowell's healing professional, was required to determine the victim's cause of death. Quickly gathering her medical bag, Martha headed to Pollard's Tavern where the body was taken. The wooden structure "changes its purpose depending on the public function performed within: tavern, courthouse, lodge, meeting hall—or mortuary."

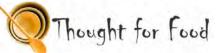
The victim was identified as Joshua Burgess, a man reviled in the community. In the fall, while Pastor Isaac Foster had been away in Boston, his wife Rebecca publicly accused Burgess and Colonel Joseph North of rape. Martha, examining Burgess' beaten body, noticed that his neck was snapped and there were rope burns below his jaw, indicating that Burgess had been hanged before he was thrown into the river.

At the inquest the next day, the presiding judge was none other than Colonel North, who had been elevated to the position for his service in the French and Indian War. Called to the stand, Martha described the victim's wounds, but her testimony was disputed by Dr. Benjamin Page, who introduced himself as a recent Harvard Medical School graduate. When Dr. Page declared that Burgess' injuries were due to being swept downstream in the ice, Colonel North quickly ruled that the death was "accidental drowning." It was now up to Martha to solve the Burgess murder and also bring Colonel North to justice.

Ariel Lawhon's well researched historical mystery novel contains fascinating details of the court system in early America. For example, a woman could not give testimony in court unless her husband or her father was present. On a frosty winter day, *The Frozen River* would be a good reading choice.

(Note: *The Frozen River* 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
SMOKED SALMON TARTINES WITH FRIED CAPERS



Barbara Gangemi prepared these lovely appetizers for the Culinary Club's December Holiday Fest. These open-faced small sandwiches are light, savory, and easy to prepare. The capers provide a little extra zing!

This recipe serves 8 to 10 (one tartine each).

INGREDIENTS

- 1/2 small red onion, very thinly sliced
- 2/3 cup champagne or white vinegar
- 1/4 cup vegetable oil
- 2 tablespoons capers, rinsed and patted dry
- 8 to 10 slices country-style bread, toasted or grilled
- 1 cup crème fraiche
- Kosher salt, freshly ground pepper
- 1 pound smoked salmon, flaked
- 1 tablespoon chopped fresh chives
- Olive oil

PREPARATION

- 1. Toss onion and vinegar in a small bowl and let stand for at least 1 hour to pickle. (Can be done one day ahead; cover and chill.)
- 2. Heat oil in a small skillet over medium high heat. Working in two batches, fry capers until opened and crisp at least 60 seconds. Drain on paper towels.
- 3. Spread toasts with crème fraiche and season with salt and pepper. Top with smoked salmon, drained pickled red onion, fried capers, and chives; drizzle with oil.

Note: Adjust the amount of salmon for each slice of bread as you will – a generous amount of any good quality smoked salmon will be lovely. Don't make the "flakes" too small.



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TOTAL UNITS SOLD BY ONEKEY/HGAR MLS AGENTS FROM 1/1/23 - 1/10/24

	2023	2022	2021	2020
TOTAL	109	155	139	145
SOLD	\$320,000-\$885,000	\$276,000-\$876,000	\$275,000-\$750,000	\$227,500-\$829,000

VARIOUS UNITS SOLD BY MLS AGENTS FROM JANUARY 1, 2023–JANUARY 10,2024

		ON	E BEDROOM		
AMHERST	\$480,000 \$350,000; \$340,000;		\$370,000; \$425,000; \$437,000; \$440,000 \$462,500; \$410,000;	RADCLIFFE	\$540,000; \$499,000; \$550,000; \$525,000; \$535,000
FRANKLIN	\$350,000		\$445,000	SUFFOLK	\$380,000; \$410,000
		тwс	BEDROOM		
ARMONK	\$640,000; \$429,900 \$530,000; \$590,000; \$610,000	HARVARD	\$720,000; \$730,000 \$739,000; \$760,000	SALEM STANFORD	\$610,000; \$485,000 \$759,000
BERKSHIRE		JACKSON	\$374,000	STRATFOR	\$450,000; \$455,000; \$750,000; \$649,000;
COLGATE	\$475,000; \$549,000	KATONAH	\$499,000; \$415,000		\$555,000; \$600,000;
CONCORD	\$450,000	KENT	\$532,500; \$500,000		\$670,000; \$555,000; \$450,000; \$575,000;
ETHAN	¢510.000	LINCOLN	\$376,000; \$373,000		\$600,000; \$645,000;
ALLEN	\$510,000	MADISON	\$419,000		\$535,000; \$640,000; \$510,000; \$480,000;
FAIRVIEW	\$500,000; \$555,000; \$577,500	MONROE	\$440,000; \$445,000; \$580,000	STRATFORD II	\$485,000 \$675,000; \$675,000;
HAMILTON	\$320,000; \$350,000;	PRINCETON	\$680,000; \$710,000		\$670,000
	\$478,000	PUTNAM	\$439,000; \$450,000	SYRACUSE	\$649,000
HANOVER	\$577,500	RIDGEFIELD	\$455,000; \$507,500	WELLSLEY	\$485,000
THREE BEDROOM					
COLUMBIA	\$810,000	CROTON II	\$680,000; \$680,000; \$760,000; \$734,000	SHERMAN I	\$715,000; \$700,000; \$612,500; \$740,000; \$730,000; \$754,000
CROTON I	\$650,000; \$687,500 \$675,000; \$685,000; \$687,500; \$702,500	JEFFERSON	\$580,000; \$610,000; \$575,000; \$540,000; \$585,000	SHERMAN II	
	+ · , · , + · - - ,- · · ·	JEFFERSON II	\$675,000; \$725,000	YORK	\$550,000

ONEKEY/ HGMLS DATA AS OF 1/1/2023-1/10/2024

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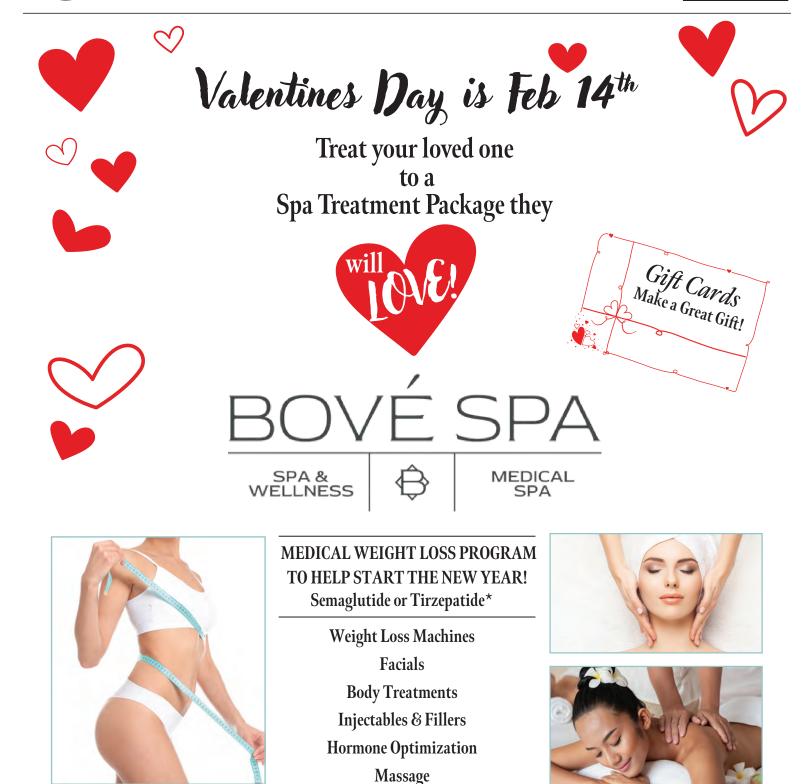
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