



THE OFFICIAL

Heritage Hills Newsletter

APRIL 2024



Heritage Hills Society Information

Address 8 Heritage Hills, Somers, New York 10589
Website www.hhsociety.org
Television Channel 21

CONTACT INFORMATION - EMAIL

Society society@hhsociety.org
Activities Office activities@hhsociety.org

CONTACT INFORMATION - TELEPHONE

Security 914-276-2592 Bus 914-276-2877
Society Office 914-276-2908 Library 914-276-7655
Activities Office 914-276-2636 Fitness Center 914-669-5028

EMERGENCIES 9-1-1

Hours of Operation

Activities Center

Building 9 am to 11 pm
Activities Office 9 am to 5 pm
Society Office 9 am to 1 pm
Fine Arts Center Group instruction and free time are scheduled by the Activities Office at 914-276-2908
Library Monday thru Friday 10 am to 3 pm, Saturday 10 am to 1 pm
Fitness Center & Gym Daily 4 am to 11 pm
Lake Lodge 9 am to 11 pm
Meadowlark Park Dawn to Dusk
Park Place Dawn to Dusk

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

Goldens Bridge MetroNorth Station Trips

Morning to/from: (out only) 5:15, 5:45, 6:45, and 7:45 - **Reservation Required**
Evening **PICK-UPS ONLY**: 4:45, 5:35, 6:35, 7:35 and 8:35 - **No Reservation**

Midday Trips - Reservations Required

To/From Activities Center, Lake Lodge, Meadowlark Park, and 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 **NYSEG** 800-572-1131 **Water/Sewer (Veolia)** 877-426-8969
ConEd 800-752-6633 **Verizon** 800-922-0204

SERVICES FOR SENIORS

TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

Barbara Taberer, Director

Hot Lunch

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

Medical Appointments - Transportation Available

Tuesday thru Thursday, 10 am to 3 pm
Suggested round-trip donation: **\$10**

Shopping Trips by Bus

Monday and Fridays at 10 am
Suggested round-trip donation: **\$2**

OTHER SENIOR SERVICES

RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

Medicare - 800-633-4227 and medicare.gov

Medicare Rights Center - 800-333-4114

EPIC - 800-332-3742

New York State Senior Prescription Reduction

Westchester County Senior Programs and Services - 914-813-6300

Referral agency for senior services including legal - 914-949-1305
Social Services: 914-995-5889

SERVICES FOR ALL AGES, INCLUDING SENIORS

AA - 914-949-1200. Info and literature National Council on Alcoholism

Adult Protection Services Intake - Natalie Siler 914-995-2259.

Cancer Care - 800-ACS-2345

Northern Westchester Hospital - 914-242-8115

Putnam Hospital - 845-279-5711

The Dominican Sisters - Family Health Service 914-941-1654
Long- and short-term registered nurses.

Hospice - 914-666-4228 - Visiting Nurse Association State-certified program providing home health care and emotional support for terminally ill patients and their families

Project Time Out / Jewish Community Services - 914-761-0600 - Provides in-home respite services matching families with trained sitters/companions.
Contact Judy Fink, Coordinator, ext. 340; Carol Kobroo, Respite Specialist, ext. 310

Transportation for Cancer Treatments (free):

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

Transportation for Disabled Residents - County Office of Transportation 914-813-7777

Para-Transit - 914-995-7272 provides modified vans with ramp for curb-to curb service. Fare \$5 each way. Medical pre-authorization required. For eligibility call 914-995-2960.

Private Ambulette Services

Superior Brewster 845-278-6992
CLC Trans 914-241-0112

Ambulance: Westchester EMS 866-666-9367. Accepts Medicare.

Westchester County Office for the Disabled, includes hearing-defect

Lighthouse Inc. - New York City 212-821-9200. For sight impaired.

Veterans Guide to VA Health Care Benefits -

VA Hudson Valley Health Care System - 800-269-8749
Monday through Friday 8 am - 4 pm

Visiting Nurse Association of Hudson Valley

914-666-7616 - 8:30 am - 5 pm - Home care aides nursing, Nutrition consultation

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845-208-8151 - freeman@halstonmedia.com - HalstonMedia.com
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MASKS ARE RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF COVID VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS, AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.

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

FRIENDS IN THE HILLS

By Debbie Ferrara

BINGO NIGHT

Friday, May 10, at 7 pm in the Heritage Room
Doors open at 6:30 pm

Mary Ann and I are back from our hiatus, so let's start this fun year off with Bingo. \$10 includes 3 cards for 10 Games. You may purchase more cards at the door. For this **MEMBERS ONLY** event, **sign-up starts April 1**. BYOB. Coffee and cookies will be served. If you have any questions, call either Debbie Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.

FOUR WISE GUYS

Saturday, June 1

Come join us as these guys raise the roof in our Heritage Room. From Florida to New York, an explosive blend of music featuring Queen, Elton John, Bon Jovi, Bruce Springsteen, Kool and the Gang and, to make Jersey proud, Frankie Valli and the Four Seasons, just to name a few. We promise you a fantastic night of great performers and music. **Ticket sales start May 1**. This is a **MEMBERS ONLY** Event.

* * *



By Diane Purr, Commissioner

LEAGUE ORGANIZATIONAL MEETING

Wednesday, April 3, at 3 pm in the Heritage Room

Join the above meeting if you are interested in joining the Bocce League this year. The 2024 season starts in May on Thursday mornings. If you have

ON THE COVER

The branch of one of our Crabapple trees in full bloom last April was captured by Barbara Pollack.

Thanks to resident photographer Howard Robinson for providing an updated photo of our entrance sign, seen in the cover banner and on all Society items in the *Newsletter*.

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

any questions or cannot attend the meeting, contact Reno DiCristofaro at 914-500-5160 or myself at 914-617-9338. All levels of players are welcome.

OPEN PLAY

If you just want to have fun or practice your game, there will be open Bocce play on Wednesdays and Saturdays beginning at 9:30 am.

* * *

10 A MEN CLUB

By Mike McBride

Wednesdays at 10 am in the Heritage Room

April 3 - KARL THIMM

Information on appliance purchases

April 10 - MATT SLATER

New York State Assemblyman

April 17 - OPEN SESSION

Self introductions, general discussions

April 24 - FRANK GALLO

Somers School Board Candidate

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. At 10 am the *Pledge of Allegiance* is said, 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.

OOPS!

Contrary to what was indicated in the Health & Safety Committee item on page 18 of the March issue of this *Newsletter*, the Committee will not be hosting future AAA Safe Driving Courses.

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TRAVEL CLUB

By Elaine Soliman

THE MET'S CLOISTERS AND LUNCH AT ARTHUR AVENUE

Thursday, May 9, from 9:45 am to 5:30 pm

Payment due April 8

Journey to the Middle Ages at the Cloisters, a branch of the Metropolitan Museum of Art, in Fort Tyron Park overlooking the Hudson River. Designed to resemble a French Romanesque abbey, our guided tour will highlight the architecture, famed Unicorn Tapestries, brilliant stained glass windows, and illuminated manuscripts. Following that, we'll have time to enjoy the gardens.

We'll then have lunch at Ann & Tony's Restaurant on Arthur Avenue which will include salad; entrée choice of Eggplant Parmesan, Veal Parmesan, or Chicken Marsala; pasta and vegetable; and coffee and dessert. After lunch there will be time to explore the Arthur Avenue shops before we return.

Cost is \$163 per person (based on 35 to 50 attendees). Make checks payable to Heritage Hills Travel Club and place them in the Club's mail slot outside the Activities Office **no later than April 8**. Include name, phone number, and choice of entrée with your check. The Cancellation Policy is no refunds once final payment is received unless a substitute attendee is provided.

For reservations, contact Pam Arena at 914-276-4295.

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WOMEN'S CLUB

Submitted by Phyllis Bradbury

BINGO!

Wednesday, April 10, at 1:30 pm in the Heritage Room

There is no admittance charge for members; \$5 admittance fee for non-members. If you are not currently a member, you may sign up when you come to this event - \$12 for the year.

Flyers are available at the Activities Center. For more information, contact Joan Jendras at 914-276-0488.

* * *

SINGLES CLUB

By Diane Purr

LUNCHEON AT THE BENJAMIN IN RIDGEFIELD

Wednesday, April 18, at 1 pm

Join your friends for a wonderful new dining experience at The Benjamin in Ridgefield, Connecticut. This was the site of Bernard's and has been redecorated to reflect an American/French theme. Both the Executive Chef and the Pastry Chef have been featured at many other restaurants. A varied menu of entrees and desserts will delight us all.

Members \$50/Non-members \$58. **RSVP no later than April 12**, by leaving an envelope with your check in the club's Activities Center mail slot. If you wish to sit with friends, put all checks in one envelope. If you have any questions, call Pat Caruso at 914-649-3232.

* * *

WIN WASTE BULK PICK-UP

Saturday, April 13 - Condos 1 thru 8 and 10 thru 15

Saturday, April 20 - Condos 16 thru 30

Place all items for pickup by your condo trash bins the evening before the scheduled pickup. The following items are **not accepted** for bulk pickup:



- | | |
|------------------------------------|----------------------------|
| Automotive Parts (tires, etc.) | Light bulbs (all types) |
| Batteries of any kind | Oil (all types) |
| Concrete, bricks, dirt, gravel | Photographic Supplies/Film |
| Electric Components and Appliances | Propane tanks |
| Hazardous waste of any kind | Wet paint |
| Large items exceeding 6' x 4' x 4' | Electronics (all types) |

* * *

INDEPENDENT AND FOREIGN FILM CLUB

By Steve Klepner

THE ELEPHANT AND THE BUTTERFLY

Sunday, April 14, PROMPTLY at 7 pm in the Heritage Room

France (2017), 86 minutes. A father gets the chance to connect with the daughter he left behind, when he turns up unannounced on his ex-partner's doorstep.

A discussion, led by Bill Costanzo, retired film studies instructor, follows the screening.

* * *

HEALTH & SAFETY COMMITTEE

FREE CARFIT PROGRAM

By Flo Brodley

Sunday, April 14, from 9 am to 1 pm

CarFit is an educational program that offers older adults the opportunity to check how well the safety features in their personal vehicles "fit" them. A trained technician sits with the driver in their vehicle and reviews its safety features. Suggestions may be made to achieve a "better fit" to those safety features. The program also provides information and materials on community-specific resources that could enhance the drivers' safety

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and/or increase their mobility in the community. For more information, go to car-fit.org.

Our Committee is hosting this event in conjunction with the Mercy University Occupational Therapy Program. Drivers are required to **schedule - in advance** - one of the 24 twenty-minute appointments. Provide your name, unit number, and a phone number by email to Flo Brodley at flo613@comcast.net. The location will be confirmed at that time.

AMERICAN HEART ASSOCIATION CPR CLASS

By Flo Brodley

Thursday, April 25, from 5 to 9 pm in Lake Lodge's Room 3

This American Heart Association Healthcare Provider CPR class is designed for, **but not limited to**, accreditation for Emergency Medical Technicians (EMTs), Paramedics, Lifeguards, Nurses and Doctors. Steven Pilla, Instructor (EMT-P/CIC/AHA), will teach Cardio Pulmonary Resuscitation(CPR)/Automatic External Defibrillator(AED) as well as how to handle choking situations for an adult child, and infant.

Each student will learn to use a Pocket Mask and a Bag Valve Mask; ensure the use of the AED on adults, children, and infants; and provide help to a choking victim, including oneself. Upon successful completion of this certification class, an E-card will be sent to your email inbox. The certification is good for two years.

15-participant limit. To register, put your name, unit number, and telephone number on a check for \$60 made payable to Spilla. learncpr LLC and place it into the Health & Safety Committee mail slot in the Activities Center.

For more information: contact Flo Brodley at flo613@comcast.net.

"DOROT WESTCHESTER" FREE SERVICES PRESENTATION

By Leslie Guttman

Wednesday, May 8, at 1:30 pm in Lake Lodge's Room 3

You can actually improve your physical, cognitive, and emotional health by socializing with other people, and DOROT Westchester has fun **FREE** programs and volunteer opportunities that can help you make those connections. At this event, DOROT staff will highlight many activities you can choose from, including meeting people your own age or of other generations, creating art, making music, playing games, cooking, education, exchanging ideas, visiting older neighbors for mutual social engagement, or welcoming DOROT volunteers into your home for conversations and activities. You can also join one of literally hundreds of group programs DOROT offers online and even over the telephone.

As a local non-profit, DOROT has been dedicated to fostering social connections for nearly 50 years at no charge, thanks to the generosity of DOROT donors. If you are unable to come to this event, you can get information by calling 914-485-8354 or sending an email to infowestchester@dorotusa.org.

* * *



SOCIETY BOARD 2024 BOARD MEMBER APPLICATION DEADLINE

Monday, April 15

The Society Board is accepting applications from unit owners interested in running for the Society Board. All unit owners, their spouses, and their domestic partners may run for a three-year term commencing this coming July 1. See *Society Board News* on page 7 for more information about the Society Board's function.

Applications are available in the Society Office, on the Heritage Hills website (hhsociety.org/heritage-hills-society), and via email blast. All applications must be received in the Society Office **no later than April 15**.

SOCIETY BOARD MEETING

Wednesday, April 17, at 1:30 pm in the Heritage Room

All unit owners are welcome to attend the meeting in person. The meeting will be broadcast on Comcast's channels 21 and 1070 while in progress and will be rebroadcast daily on those channels 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.**

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MORNING DISCUSSION GROUP

By Ken Benjamin

MEET DR. RAY BLANCH, SUPERINTENDENT OF SOMERS SCHOOLS

**Monday, April 15, from 9:30 to 11 am
in the Activities Center's Room 2-3**

Dr. Blanch wishes to meet the group, share information, and answer any questions you may have about Somers schools.



* * *



CIAO ITALIA

Submitted by Michael Lanotte

MEMBERS ONLY MOVIE NIGHT THE WAR WITH GRANDPA

**Saturday, April 20, at 7 pm
in the Heritage Room
Doors open at 6:30 pm**



This film stars Robert DeNiro, Uma Thurman, Christopher Walken, and Jane Seymour.

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COMING EVENTS

We need to know how many will be attending, so pick up a flyer outside the Activities Office, fill out the form at the bottom, put it in an envelope labeled "Movie Night," and place the envelope in the Ciao Italia mail slot **no later than April 15.**



SINGER/ENTERTAINER PETE CUSTODE

**Saturday, May 18, at 8 pm in the Heritage Room
Doors open 7:15 pm**

Pete Custode is an accomplished vocalist and a consummate entertainer. He has been entertaining crowds with his own renditions of music by Frank Sinatra, Dean Martin, Elvis, and Bobby Darren, to name a few, and enjoyed crooning and singing Doo Wop at supper clubs, cafes, and resorts.

Members \$10 / non-members \$15. Pick up a flyer containing all the information outside the Activities Office, fill out the form at the bottom, put it along with your check in an envelope labeled "Pete Custode," and place the envelope in the Ciao Italia mail slot **no later than May 11.**

* * *

CONTINUING EDUCATION

Submitted by Rosetta Benson

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

MASTERPIECES OF PIANO

**Music lecture/live performance
by pianist Jenny Lin**

Tuesday, April 16, at 1:30 pm

Ms. Lin takes us on an intimate exploration of the piano's power to convey the deepest human emotions – featuring the most beloved piano compositions from Bach to Gershwin, from Chopin's nocturnes to Beethoven's Sonatas.

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



FIRST AMENDMENT & HATE SPEECH SUPREME COURT UPDATE

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

HATE SPEECH

Tuesday, April 23, at 1:30 pm

What are the limits to freedom of speech under our Constitution? Clinchy will discuss why this issue – involving some of the most renowned universities in America – became front page news.

SUPREME COURT DECISIONS 2023-24

Tuesday, April 30, at 1:30 pm

Clinchy will focus on key cases, e.g. election district gerrymandering, the

limits of *presidential immunity*, and may states remove a candidate for president under the 14th Amendment's "insurrection" clause?

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

CHINA UPDATE

**Two lectures by Marjorie Miller,
Professor Emerita of Philosophy
& Asian Studies, SUNY Purchase**

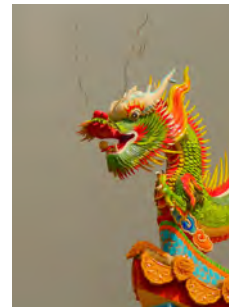
CHANGES WITHIN CHINA

Tuesday, May 7, at 1:30 pm

CHINA AND THE WORLD

Tuesday, May 14, at 1:30 pm

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



* * *



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.

THE WORD MAVENS

Sunday, April 21, at 1 pm in the Activities Center

In this live ZOOM presentation, Joyce Eisenberg and Ellen Scolnic, two ladies who know the difference between a nudnik and a nosh, will entertain you with their humorous look at Jewish holidays, favorite foods, funny stories, Yiddishisms, beloved traditions, and little-known facts they uncovered while writing their best-selling book *Dictionary of Jewish Words*. These ladies will have you reminiscing about bobbies, craving some rugelach, and laughing out loud.

Admission is \$15 per person – auditorium seating. Place your checks in our mail slot **by April 16**. Light refreshments will be served.

JEWISH COMPOSERS & LYRICISTS

Starring Alli West with Howard Kilik

Saturday, May 18, at 7 pm in the Activities Center



Alli West returns to Heritage Hills to perform a curated selection of songs by some of the great Jewish composers and lyricists, including Broadway, Standards, and Israeli songs of the past. Alli has served the Westchester community as a Cantorial Soloist for over 16 years and enjoyed a career as a professional actor, appearing in plays and musicals in New York City and at some of the top regional theaters nationwide. Howard Kilik is a talented accompanist, composer, vocalist, teacher, and music director.

Admission is \$15 per person. Place your check in our mail slot **by May 13** (if you want to sit with friends, put all checks in one envelope – ten people per table maximum). Light refreshments will be served.

EAST HILL MEN'S GOLF ASSOCIATION

by Ken Freeman

SEASON OPENING BREAKFAST

Wednesday, April 17

Calling all members! Come to our season-opening breakfast a few weeks after our first 2024 regular Tuesday and Thursday rounds, which start on April 4. To sign up for the breakfast, contact Membership Chair Bob Kenney either at rlkret@aol.com or 914-617-9884.

* * *



TED TALKS AT HERITAGE HILLS

By Karl Milde

(The April 19 event has been cancelled.)

**Friday May 17 at 3 pm
in the Heritage Room**

Hosts Ami Stokhamer and Karl Milde, both Heritage Hills residents, will lead open discussions after viewing each of the following insightful, thought-provoking videos:

- *Lessons from my father Alexey Navalny*, Dasha Navalnaya
- *An Israeli and a Palestinian talk peace, dignity and safety*, Ali Abu Awwad and Ami Dar

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

Save the following date: Friday June 21, same time and place, for the June TED Talks event

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.

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

2024 SOCIETY BOARD ELECTIONS

The Society Board of Directors (the Board) is comprised of 15 members. It is responsible for the operation and maintenance of the Heritage Hills assets that serve the entire community. Among those assets are the Activities Center, Fitness Center, Lake Lodge, Meadowlark Park, tennis and bocce courts, pools, and the security program.

Five Board members' terms are expiring this year. The Society bylaws state that any unit owner or unit owner's spouse or domestic partner is eligible to serve on the Board. Successful nominees will serve a three year term commencing on July 1. Bios of all candidates will be in the May issue of this *Newsletter* and accompany the ballots mailed to all owners in May.

If you are interested in serving on the Board, as indicated on page # of this issue, applications are available in the Society Office, on the website (hhsociety.org/heritage-hills-society), and via email blasts. Completed applications must be received in the Society office **no later than Monday, April 15**.

In addition to new applicants, all five incumbents whose terms are expiring this year have decided to run for reelection. They are Gloria Anderson, Dorinda Haskel, Bruce Prince, Alan Tepper, and Carol Vartuli.

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MARCH 20 BOARD OF DIRECTORS MEETING

The March 20 meeting took place after this issue of the *Newsletter* went to press, so the summary of that meeting will appear in the May issue of this *Newsletter*. A video of that meeting can be seen on the Society Board's website and on Comcast's channels 21 and 1070 daily at 2 and 7 pm until the April 17 meeting occurs. The March 20 Meeting minutes will be posted to the Society Board website after approval at the April 17 meeting.

* * *

SUMMARY OF PORTION OF THE FEBRUARY 21 BOARD OF DIRECTORS MEETING

The video and full transcript of this meeting's Minutes has been posted on the Society Board website, hhsociety.org.

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

Board members absent: Gene Archer, Dorinda Haskel, and Jay Wright

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

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FINANCE & BUDGET, COMMITTEE - PAT PLOSS for GENE ARCHER, CHAIR

Treasurer's Report

January Financials:

Income . . . \$513,000+
Expenses . . . 306,000+
Surplus \$207,000+

- We are continuing to receive money from publication of the Newsletter - \$1,250 shared profit for January's issue plus an additional \$94 for shared classified ads income .
- Our CDs have been renewed for 4 75% .

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

The final oral arguments before the Court were heard on February 7. Hopefully I'll be able to report its decision at next month's meeting

COMMUNICATION COMMITTEE - CAROL VARTULI, CHAIR

We have a new vendor to develop a new website .

FITNESS CENTER COMMITTEE - ALAN TEPPER, CHAIR

- **Unruly Behavior:** We had to send letters to ten users for unruly behavior because they failed to change their shoes in the vestibule before entering the Fitness Center (a small grain of salt can damage equipment) .Our Security staff monitors whether visitors change their shoes .Those ten individuals did not welcome the Security staff member's friendly reminder and refused to change their shoes .
- **Dom Rubino's Comment:** The letters advised that if that same behavior recurs, they will **lose 60 days access to all of the Society's activities and facilities.**
- **Equipment:** We are replacing seven pieces of old equipment: two treadmills, an upright bike, an arc trainer, and three strength machines (biceps/triceps, chest press, ab/low back), the cost of which is within budget .
- **January (31 days) Usage Statistics:**
 - Gym - 774 (average of 25 visits per day, 140 unique resident visits)
 - Exercise Room - 3,323 (average of 107 visits per day, 518 unique resident visits)

NEWSLETTER COMMITTEE - GLORIA ANDERSON, CHAIR

All are encouraged to place their classified ads in our publication, as our new publisher is splitting 50/50 all receipts for those ads .

MEADOWLARK PARK - PAT PLOSS, CHAIR

- **Bench Replacement:** We will be replacing some; for instance, those in the vicinity of the playground .
- **Sign Repair:** The sign at the entrance to the park suffered some winter damage which will be repaired .
- **Trails:** We will complete 100 feet of trail connecting the upper section of the Warren trail with the middle Heritage Trail, which will

create a sizable loop .We may do an additional 200 feet .We're looking into installing an exercise station along with Warren Trail .

- **Additional Game Equipment for Children:** Committee member Mike McBride has recommended another piece of equipment we'll be installing - Disk Golf [see page ##] .

LANDSCAPE COMMITTEE - PAT PLOSS, CHAIR

- **Spring Plantings:** Due to popular demand, we will be mostly repeating what we had last year, and publishing in the *Newsletter* information about those plants for residents who would like to plant some of them near their units .
- **Work at Pools 4 and 5 Parking Lots:** We will review work done there last year to see how successful it was .

COMMUNITY AFFAIRS - JACK MATTES, CHAIR

Free Smoke Alarm Replacement: The Red Cross is on site once a week visiting residents to address this issue, including occasional Saturdays .Over 1,000 units have taken advantage of this service, having not just their current detectors replaced but also one or more added if recommended .Contact Andrew Kaplan in the Activities Office to schedule an appointment (914-276-2636) .

ELECTIONS COMMITTEE - DEICA RUIZ

The Society Board Election Season is now under way .[See pages 5 and 7] Ballots will be mailed to all unit owners mid-May .A Candidates Night meeting will be scheduled to occur shortly thereafter .

LIBRARY COMMITTEE - DEICA RUIZ, CHAIR

- **Puzzles:** We have many puzzles - 300 to 1,000 pieces .Puzzle-lovers are welcome to take what they want; they do not have to be returned .
- **Book Donations:** Thanks to the generosity in the past, we cannot accept donations at this time, as our shelves are full .

NEW RESIDENT I.D. CARD SYSTEM AD HOC COMMITTEE - JOE KELLY, CHAIR

Andrew Kaplan and I were able to visit two locations using the package which we expect to use .The system got high marks regarding reliability, vendor support, and ease of use .We will now meet with the vendor to move things along .

ALTERNATE ENERGY AD HOC COMMITTEE - BRUCE PRINCE, CHAIR

- **Lake Lodge:** We're awaiting an engineer's heat loss/heat gain report for Lake Lodge .It will be the basis for deciding what we would need regarding geothermal; however the concept of split systems, which would be heat pumps similar to those at Park Place, is also being considered .
- **For Unit Owners:** If the geothermal technology is viable, we might present what we learn to unit owners .That is, if the payback is 5 to 7 years, that might work; but if it's 10 to 15 years, most unit owners might not find that appealing .

SOMERS TOWN UPDATE - BRUCE PRINCE, CHAIR

Crosswalk/Sidewalk Addition: The original plan was to have a sidewalk at the storage facility being built on Route 100. Since a sidewalk there seems of little use, the developer is donating the cost of that sidewalk to the Town, which funds may be used to put a crosswalk from the Route 202 sidewalk fronting DeCicco's at the traffic light to the opposite side of Route 202 in front of PCSB, and then a sidewalk from there to the entrance to the Heritage 202 Center.

2023 YEAR-END SECURITY CALL REPORT - ROB CASASANTA, PROSEGUR SECURITY

For the year 2023, there were 2,911 incidents.

Medical.....	872	
Security	567	
Burglar Alarms.....	.52	
Police Calls	121	(62 State Police, 59 Somers Police)
Fire Calls67	(55 automatic fire alarms, 10 smoke / carbon monoxide alarms, 2 fires)
Service	743	(484 lift assists, 94 persons locked out, 116 welfare checks, and 35 battery changes)
Maintenance.....	115	
Motor Vehicle Accidents.....	17	(1 injury)
Parking Violations.....	.96	(inhandicapped spaces, fire lanes, A roads, or B roads)
Hospital Runs*.....	19	

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

OPERATIONS REPORT - JOHN MILLIGAN, PROPERTY MANAGER

- **Alternative Energy:** At Lake Lodge, each year we use between 18,000 and 20,000 gallons of heating oil. When looking at geothermal as an alternative, we learned that whereas the state previously provided rebates, they are now, instead, offered by the utility companies, each deciding the amount. Unfortunately, NYSEG's rebate is about 1/10 of the rebate offered by Con Edison. So such a conversion does not make economic sense at this time. We've suggested to the Town that it and other NYSEG areas exert pressure in NYSEG to offer rebates closer to those offered by Con Edison. We are revisiting the concept of solar panels, given that the technology has made significant advances since we looked into it around seven years ago. Another alternative we're looking at is a heat pump-based split systems.
- **Maintenance Yard Additional Income:** We will be providing fuel and minor mechanical services for our Security company's vehicles. By doing so, we will realize some income, and the vehicles will be more available, as they will not need to go off-site for those purposes.
- **Pools:** We've already submitted permit applications and ordered some furniture. We should be able to replace the mechanical equipment at Pool 3 at the end of the season, at which point all three of the oldest pools will have new equipment. It will probably take a year or two to get approval from the Department of Health regarding needed

repairs at Pool 4, but we expect we can make it through a season or two.

- **Platform Tennis:** Although the courts do have propane heaters beneath them, the system does not run continuously, and they're not intended to melt deep snow. If we have a heavy snowfall, the courts need to be shoveled first. Our Maintenance staff will do so after matters of greater significance are addressed.
- **Evening Shuttle Bus:** Buses cannot wait for delayed trains. They will leave 35 minutes after the hour (5:35, 6:35, 7:35, 8:35).

POST MEETING DISCUSSIONS

No residents stepped up to discuss any matters of concern after the meeting ended.

* * *

FEBRUARY SECURITY CALL REPORT

By Rob Cassasanta, Prosegur Security

During the month of February, our Security staff received and responded to a total of 189 calls regarding the following matters:

Medical.....	54
Security	32
Open Garage Doors.....	28
Burglar Alarms.....	2
Police	6
Fire Calls	5 (2 smoke/carbon dioxide alarm, 3 other)
Service	48 (15 lift assists, 4 persons locked out, 9 welfare checks, 5 alarm battery changes, and 15 other)
Maintenance.....	2
Motor Vehicle Accidents.....	1
Parking Violations.....	11 (in handicapped spaces, fire lanes, A roads, or B roads)

* * *

COUNCIL OF CONDOS

By Terry Clifford

On Wednesday, February 21, representatives of the following Condos attended the Council's meeting: 4, 5, 6, 8, 11, 12, 14, 15, 17, 18, 19, 20, 22, 24, 25, 27, 28, 29, and 30.

Use of Common Property:

Parking cars is a common issue. Condos may request Security to identify and provide a report to the Condo of cars parked overnight in driveways. Letters are then sent to unit owners. Follow-up inspections occur, and repeat offenders are charged a fee. Parking in driveways or on the street is a safety hazard, as emergency vehicles are unable to access the units. One-car garages are plentiful in our community. Therefore, guest parking spaces are used for second and third cars.

continued on page 10

- The Town of Somers must approve additional parking spaces. It is difficult to get permission to convert grassy areas to parking spaces due to electrical wiring, gas lines, water pipes and sewer lines running beneath the surface of the area. Condos charge a fee if the garage is used for storage when the car is parked in a guest parking space.
- Lawn ornaments are not permitted at some Condos.
- United States flags are permitted following United States rules.
- "School Congratulatory" signs may be permitted for one or two months.
- Nothing should be placed at the front door which prevents access to the unit.

Repaving and Paving: Condos keep a list of when each cluster is paved. Paving of "C" roads and driveways should last for fifteen years. Resealing paving is a short-term cosmetic option that can be slippery when wet. A "rout and seal" procedure will fix cracks and add to the life of the pavement.

Grounding Wire Update: Condos are in the process of this project, and it's almost completed. The Town of Somers sends the completion information to the Condo Board or the Management Company.

Gun Club Update: No decision was made to Article 78 filing which was given to the court almost 60 days ago. The Court should be deciding soon.

Utility Box Removal Update: Verizon has been contacted. Their response was to get this two-year project on their list and complete it soon.

Paint Drop Off: If you have any cans of paint that are NOT dry, a Sherwin Williams hardware store in Brewster will accept stains, and latex- and oil-based paints. No aerosol paint is accepted. Call them in advance.

The next meeting of the Council of Condos will take place on Wednesday, April 17 at 7 pm in the Heritage Room of the Activities Building. We look forward to seeing a representative from each Condo at the meeting.



WALKING ON THE ROADS HERE

*By Deica Ruiz
Society Board Secretary*

It is part of the Society Board's mandate to do everything within its power to help keep our residents safe. At most monthly Society Board meetings our Security Supervisor or Property Manager will remind residents to be cautious while walking on Heritage Hills roads, where you are in competition with cars, vans, trucks, and with others out getting exercise or walking their canines. The National Safety Council website nsc.org has safety tips for walkers. Among these are:

- **Always walk facing traffic.** For some reason this seems to be a challenge for some folks. To clarify: walk so that you can see the driver and the headlights of the vehicle coming toward you –

sometimes at a relatively fast speed!

- **Wear reflective clothing (think neon colors).** This is super important especially at dawn, dusk, and night. Always put reflective collars on your pets and carry a flashlight so you can easily be seen by drivers during the most challenging driving hours. As indicated in the December issue of this publication, resident Karen Korman is happy to provide FREE reflective items while they last. Call Karen at 646-251-9155.
- **If you can't see oncoming traffic** – for instance when you're walking uphill and around curves – **remember that means drivers can't see you.** Use extra caution so drivers don't have to swerve into the other lane to avoid you. At those areas, hop (or step) over the curb onto the grass, if possible.
- **Remember to walk single file**, especially if you are going uphill or around a curve. That person walking in the road might not be as lucky as the one walking next to the curb.
- **Pay attention as you walk across driveways.** Make eye contact with the stopped driver so they know you are crossing in front of them – or wait until they pull onto the road before continuing.
- **Don't look down at your phone as you walk.** Those emails or texts can wait until you're home, or until you find a dry bench to sit on and read them.
- **Make eye contact with drivers.** You're walking toward them, so smile or wave.

Remember that paths at Meadowlark Park are open all year, but also remember they are not treated or plowed during snow or sleet conditions in the winter, so perhaps only take winter walks there when the trails are dry.



WHY SOCIETY FACILITIES ARE NOT AVAILABLE FOR PRIVATE PARTIES

By Susan Statkowski-Rivalsi

The Society's bylaws do not provide for the private use of Society facilities. To change that, the Society Board would have to recommend that a bylaw change be approved by a majority of our unit owners.

To determine the potential impact of allowing such use, Property Manager John Milligan of Heritage Management Services (HMS) did extensive research. The results are as follows:

Demand

The smaller condo properties which HMS manages that allow such use generally contain 100 to 350 units with 200 to 600 residents. In contrast, here we have 2,606 units with nearly 5,000 residents. With that larger population, it is not hard to imagine that Lake Lodge or Park

Place would be in use for private unit-owner parties – at which time they would not be available for use by other unit owners – maybe not 52 weekends a year, but probably many weekends from spring through fall.

Administrative Considerations

Many time-consuming administrative logistics are required for each event to take place.

- At other HMS-managed properties, there's a detailed inspection of the premises, both before and after the event, and all properties require a refundable deposit.
- Forms describing the event are needed with details such as: Who and how many will be in attendance? Will there be food, liquor, and use of a kitchen area? How many chairs and tables?
- Host access is necessary before and immediately after the event, regarding decorating and removal of decorations and trash.
- Some smaller HMS-managed condo properties compel party-renters to provide a form of insurance. If caterers are used, certificates of insurance and hold-harmless and indemnification agreements are needed.

Other Considerations

- Addressing the wear-and-tear on carpets, flooring, furniture, and kitchen and bathroom facilities and equipment results in added expense shared by all unit owners.
- There is also the question of responsibility if a problem with plumbing and/or heating or air conditioning infrastructure occurs while a rental event is taking place.
- The high demand for the use of the facilities would mean additional staff members would be necessary to handle all the logistical, legal, and insurance related issues that would arise.

Summary

Given all of the above, it is unlikely the Society Board would recommend a bylaw change to allow for private party use of Society facilities or, if it did make such a recommendation, that it would be approved by a majority of the unit owners.



MUSICAL NOTES FROM THE CONCERT SOCIETY



The best classical music value in Westchester and beyond!

By *Teddi Meltzer*

Have you heard? The Heritage Hills Concert Society will provide free monthly concerts this season, each performance followed by a seven-course tasting dinner prepared by world-renowned chefs and served by elves.



APRIL FOOL!!!!!!!

What we can certainly look forward to is our 2024 concert season. Starting May 5, we'll have four Sunday afternoon concerts starting at 3 pm in the Heritage Room. Stay tuned for more information.

Subscription forms are available at the Activities Center. Call Linda Hill with any questions at 914-262-7720.



INDEPENDENT AND FOREIGN FILM CLUB

By Stephen Klepner

We're back! As indicated on page 4 of this issue, our first film of the season is *The Elephant and the Butterfly*. The rest of this year's schedule can be seen below.

The cost for the nine-film series – April through December – is \$20. Payment only by check made payable to "IFFC" can be left in the club's mail slot in the Activities Center. Payment only by check can also be made at the door. For additional information, contact me at spk070@yahoo.com or 845-297-7066.

Viewing starts promptly at 7 pm in the Heritage Room. At the end of each viewing, there will be a discussion, led by Bill Costanzo, retired film studies instructor.

VIEWING SCHEDULE THRU YEAR-END

Sunday, May 19: *I Loved You Too Long*. France, 2008. 117 minutes.

An ex-doctor is released after spending 15 years in prison for an unspeakable crime. She seeks refuge with her estranged sister. Together they travel from life's darkest edge.

Sunday, June 23: *The Untouchables*. France, 2011. 112 minutes.

Driss, an ex-con, is hired to take care of an eccentric aristocrat, Phillippe. What follows is a series of adventures as they turn the world of upper-class Parisian society upside down.

Thursday, July 18: *Tampopo*. Japan, 1985. 114 Minutes.

A 'Ramen Western', the widowed owner of a noodle shop is guided on her quest for the perfect recipe. A deft satire of Japanese social conventions.

Thursday, August 15: *Night Train to Lisbon*. Europe, 2013. 111 minutes.

Raimund Gregorius, a Swiss professor, abandons his lectures and buttoned-down life to embark on an adventure that will take him on a journey to the very heart of himself.

Sunday, September 15: *Peace By Chocolate*. Canada, 2021. 96 minutes.

A Syrian refugee struggles to settle into his new small-town life in Canada. He is caught between becoming a doctor or preserving his family's chocolate making legacy.

Sunday, October 13: *The Dressmaker*. Australia, 2015. 118 Minutes.

A comedy-drama. A femme fatale returns to the town – from which she was exiled 25 years ago – to take care of her ailing, mentally unstable mother. She seeks revenge.

Sunday, November 17: *The Quiet Girl*. Ireland, 2022. 95 minutes.

Nine-year-old Cait is sent to live with foster parents. After struggles at home and school, she adapts and blossoms. But she discovers one painful truth.

Thursday, December 26: *Narvik*. Norway, 2022. 108 minutes.

Narvik is a small town in northern Norway, a source of iron ore needed for Hitler's war machine. Through two months of warfare, Hitler is dealt with his first defeat.

TENNIS NEWS

By Dena Goldstein

We are looking forward to a great season. All tennis courts should be available starting in April. We play on Courts 1 and 2.

The following are the Saturday dates for the 2024 Tennis events; mark your calendars:

- May 18 - Spring Mixed Community Round Robin
- June 22 - Mixed Doubles Tournament
- July 27 - Women's Social Round Robin
- August 24 - Men's Double Tournament
- September 21 - Fall Mixed Community Round Robin

Rain Dates for All of the above will be on Sunday.

The Tennis Committee will also host a Friday Evening Round Robin. All levels of play are welcome. This will start as soon as the courts are playable. Look for the posted flyers.

If you have any questions regarding the above - or are new to Heritage Hills, are interested in tennis, and would like to add your name to our list of players - reach out to Dena Goldstein by email at Denagoldstein17@gmail.com or by phone at 914-589-3560.



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Library



NON-FICTION BOOKS

The Library's non-fiction section contains a variety of books with topics ranging from biography and history to current events and the scientific world. Popular non-fiction authors in our collection include Walter Isaacson, Erik Larsen, and Doris Kearns Goodwin.

This month, we have added *The Sisterhood: The Secret History of Women at the CIA*, by Lisa Munday, and Michael Wolraich's new book, *The Bishop and the Butterfly: Murder, Politics, and the End of the Jazz Age*, about a political scandal in 1930s New York.

BOOK REVIEW

On page 35 of this Newsletter, there is a book review of *The Plinko Bounce*, by Martin Clark. The legal thriller, written by a former circuit court judge, recently was added to our collection.

NEW ADDITIONS TO OUR COLLECTION IN APRIL

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

Fiction

- Bohjalian, Chris *The Princess of Las Vegas*
- Christensen, Kate *Welcome Home, Stranger*
- Everett, Percival *James*
- Pataki, Allison *Finding Margaret Fuller*
- Ryan, Jennifer *The Underground Library*
- Steel, Danielle *Never Too Late*
- Theroux, Paul *Burma Sahib*
- Towles, Amor *Table for Two*

Mystery

- French, Tana *The Hunter*
- French, Nicci *Has Anyone Seen Charlotte Salter?*
- Gardner, Lisa *Still See You Everywhere*
- Hallett, Janice *The Mysterious Case of the Alperton Angels*
- Koontz, Dean *The Bad Weather Friend*
- Scottoline, Lisa *The Truth About the Devlins*

Non-Fiction

- Mundy, Lisa *The Sisterhood: The Secret History of Women at the CIA*
- Wolraich, Michael *The Bishop and the Butterfly: Murder, Politics, and the End of the Jazz Age*

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Heritage Hills Society Board Standing Committees – March 2024

Definition: Standing Committees advise and assist the Society Board in carrying out its mandate as defined in the Society’s founding documents. The bylaws empower the President to appoint and remove Standing Committees and their chairpersons. Appointment of committee chairpersons shall be ratified by a majority of the Board.

<p>Activities Ann Harper, Chair <u>Advisor to the Committee</u> Andrew Kaplan, Activities Coordinator</p> <p>Audit Jack Mattes, Chair Gloria Anderson Peter Monaghan <u>Advisor to the Committee</u> Rosina Colagiovanni, HMS Staff Accountant</p> <p>Communication Carol Vartuli, Chair Ken Benjamin Andrew Kaplan Harry Stanton Alan Tepper <u>Advisors to the Committee</u> Terry Clifford Keri Reitman-Schnapper</p> <p>Channel 21 Karl Milde, Board Representative</p> <p>Community Affairs Jack Mattes, Chair Patricia Ploss Jay Wright <u>Advisor to the Committee</u> John Milligan, Property Manager</p> <p>Digital Records Retention Jay Wright, Chair Patricia Ploss Alan Tepper <u>Advisor to the Committee</u> Anna Milani, Society Office Manager</p> <p>Emergency Preparedness Jack Mattes, Chair Alan Tepper Jay Wright Terry Clifford <u>Advisors to the Committee</u> Rob Casasanta, Prosecur Supervisor John Milligan, Property Manager Marcus Lovell, Facilities Manager</p> <p>Finance & Budget Gene Archer, Chair Dorinda Haskell Patricia Ploss Deica Ruiz Jay Wright <u>Advisors to the Committee</u> John Milligan, Property Manager Rosina Colagiovanni, HMS Staff Accountant</p>	<p>Fitness Center Alan Tepper, Chair Joe Kelly Maria Molinski Donna Nevin <u>Advisors to the Committee</u> John Milligan, Property Manager Mary Tedesco, Fitness Center Manager Jonathan Reichbach, Fitness Center</p> <p>Health & Safety Flo Brodley, Chair Gloria Anderson, Board Rep Alicia Brescia Elfriede Eidam, RN Randy Freeman Rosemary Glassman, RN Leslie Guttman, RN Arlene Hoffman Bev Jacobson Jade Lew Mona Moriber, LCSW Eileen Plastino, RN <u>Advisor to the Committee</u> Rob Casasanta, Prosecur Supervisor</p> <p>Infrastructure Bruce Prince, Chair Joe Kelly Art Singer <u>Advisors to the Committee</u> John Milligan, Property Manager Marcus Lovell, Facilities Manager</p> <p>Insurance Gene Archer, Chair <u>Advisor to the Committee</u> John Milligan, Property Manager</p> <p>Landscape Patricia Ploss, Chair Karl Milde Joanne Meder Mary Ann Mitchell <u>Advisors to the Committee</u> John Milligan, Property Manager John Maxner, Maxner Eileen Schmidt, Maxner Melissa Brent, Westchester Properties Consultant</p> <p>Legal Gloria Anderson, Chair</p>	<p>Library Deica Ruiz, Chair Gloria Anderson Bruce Prince Pat Conetta Sheelagh Kaplan Cindy Kennedy</p> <p>Meadowlark Park Patricia Ploss, Chair Bruce Prince Alan Tepper Marti Lowenfeld Mike McBride <u>Advisor to the Committee</u> John Milligan, Property Manager</p> <p>Newsletter Gloria Anderson, Chair Susan Statkowski-Rivalsi, Editor in Chief Karl Milde Carol Vartuli Phyllis Bradbury Dassi Citron Terry Clifford Cindy Kennedy Shirley Kesselman Elizabeth Royston Keri Reitman Schnapper</p> <p>Pool Dorinda Haskel, Chair Barbara Antonocchia Frank Gallo Warren Groner Laura Mellor Joan Sottile Hope Wittrick <u>Advisors to the Committee</u> John Milligan, Property Manager Marcus Lovell, Facilities Manager Julius Domingo, Ass’t. Facilities Manager Laura Cullen, HMS</p> <p>Security Karl Milde, Chair <u>Advisors to the Committee</u> Rob Casasanta, Prosecur Supervisor John Milligan, Property Manager</p> <p>Transportation Bruce Prince, Chair Ken Benjamin Dietmar Choka <u>Advisors to the Committee</u> Rob Casasanta, Prosecur Supervisor John Milligan, Property Manager Mike Triano, Maintenance Yard Manager</p>
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Source: OKMLS, 1/1/23-12/31/23, total dollar volume of single family homes and condominiums sold by Agent, Somers school district

DISC GOLF IS COMING TO MEADOWLARK PARK

By Susan Statkowski-Rivalsi

As reported by Meadowlark Park Committee member Mike McBride, a Disc Golf target for the game's small frisbees – similar to the one seen here – will be installed 200 to 300 feet downhill from the playground. The area in which it will be installed is surrounded by hills on three sides (to capture the discs that don't make it into the target basket). It will be set in a concrete base, similar to the Tether Ball set-up, albeit sturdier.

The objective of this game is to throw a frisbee-like disc from a distance and get it into the basket.

If you're not familiar with Disc Golf, you can learn all about it on YouTube and Google.



By Karl Milde



ACTIVITIES/CLASSES/CLUBS

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.

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 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 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 evaymusart@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.

Vinaya 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: **Body Conditioning:** 8:30 am Tuesdays and Thursdays. **Rock & Roll Workout:** 9:30 am Tuesdays. **Yoga Pilates:** 9:30 am Thursdays. **Sports Conditioning:** 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.

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 a.m. in the Gym. Fee: \$10 per class. Try the first class for free! Class is also available on Zoom. Email Lori at eefyjig@gmail.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 12:30 pm in the Fitness Center and on Zoom. Easy-to-learn and easy-to-follow Beginner Line Dances to ALL music genres. Contact Theresa for more information at zumbawithme@aol.com.

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 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.

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.

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 Rebecca Fierro at 914-669-5328 for further clarification).

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

Scrabblers: Casual Scrabble game play on Thursdays starting promptly at 1 pm in Room 2 in the Activities Center. Play 1 or more games. 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.

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, 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 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 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.

SPANISH CONVERSATION GROUP

Spanish Conversation Group meets on the first Thursday of the month in the Lake Lodge Room 1 at 11 am. Group is open to intermediate through fluent Spanish speakers. ¡Vengan!

SPORTS

Bocce Group: Every Wednesday and Saturday (weather permitting) starting at 9:30 am. For more information contact Reno DiCristofaro at 914-500-5160 or Diane Purr at 914-617-9338.

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 thought-provoking 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. We welcome new members! Dues for renewals and new members are \$12 for the year. Application forms for 2024 are available in the room outside the Activities Office. Insert your check in an envelope – include your name, unit number, phone number, and email address and place it in the Women's Club mail slot. 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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PICKLEBALL PLAYERS' THIRD ANNUAL BOWLING SOCIAL

By Denise Elliott



When the weather makes playing pickleball difficult, except for some gym hours, our players go bowling together! Among the 40+ bowlers who joined us, we have some excellent players and many casual ones.

We all enjoy each other's company and our time together.

For information about our group, see SPORTS in the ACTIVITIES/CLASSES/CLUBS section of this Newsletter.

MEET YOUR NEIGHBORS MEARL AND PEARL STILLER

Text and photo by Karl Milde

I've come to know, and very much adore, Mearl Stiller, a lovely lady who's getting on in years and lives near me on the West Hill. When she said she had a twin sister named Pearl who lives on the East Hill, I was eager to get to know her, too. Was she like my neighbor Mearl? I was curious to find out.

Mearl herself was a country girl before moving to live here. Born and raised in Kennebunk, Maine, she never married. She and Pearl continued living in their childhood home after their parents passed away. Pearl moved out when she married, but Mearl stayed and pursued her career as a chef. She owned a small eatery in the center of town featuring Maine coast and country cuisine. I first met her when my wife Cheryl and I stopped in for an early dinner while on vacation, and we ended up chatting.

Mearl exuded a most endearing DownEast Maine determination and energy as she told us how she came to learn to cook. Most of the recipes on her menu were adapted from meals her mother made for her family. Mearl's specialty was shepherd's pie, a country crock of meat and vegetables in a secret sauce, topped with mashed potatoes.

When in her late seventies, Mearl sold both her house and restaurant for a nice nest egg and moved to Heritage Hills. A few years later, Pearl bought her unit after her husband passed away.

I recently spoke to Mearl about writing a "Meet Your Neighbors" article about "Mearl and Pearl" and she arranged an interview for me but cautioned that her sister was extremely camera shy. I drove to the East Hill and rang Pearl's bell. When Pearl opened the door, I stood looking



Mearl Stiller

at Mearl's double. Although she seemed a bit shorter, Pearl even had the same voice and mannerisms as Mearl. She invited me inside.

For some reason, the Gothic décor in Pearl's unit made me feel uncomfortable. She noticed my reaction (though I tried to hide it) and offered an explanation. "Mearl and I are both witches...good witches," she said matter-of-factly. "We have magic powers to help people." My jaw dropped. She laughed and said she and Mearl could place an enchanted spell on someone. In fact, *anyone*.

When saying goodbye an hour later, after having learned a bit about witchcraft from a practicing sorceress, I was glad I'd studied science in college. Witches don't really exist...or do they?

THE PHOTOGRAPHY CLUB IS BACK

Text by Susan Williams, photo by Linda Carpentieri

The Photography club is in full swing, meeting the second Friday of the month from 2 to 3:30 pm in Room 2 in the Activities Center. Myra Hopper is our leader.

Thirteen members attended our first meeting in February, and we are still in the process of organizing. For instance, one member volunteered to search for places and dates for a club Photo Shoot, and the idea was put forth to search for speakers to educate members about photography.

Members then submitted their favorite photos. We had a good interactive discussion, as each photographer had the opportunity to tell the group what prompted the picture, the location, and the camera used (for many members, their cell phone as their preferred "camera"). Members then critiqued the photos - all beautiful - in a very friendly manner. A vote was taken - choosing the favorite was not an easy task - and Linda Carpentieri's Sunflower, seen here, was chosen as February's Picture of the Month.

New members - photographers at all levels - are more than welcome to join. Our next meeting is Friday, April 12.



WOMEN'S CLUB

By Phyllis Bradbury

Seen here are some Women's Club members enjoying the well-attended February Wine and Cheese event.



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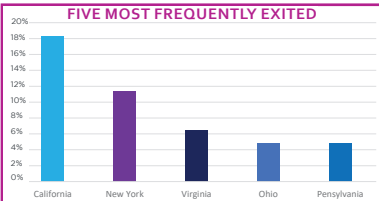
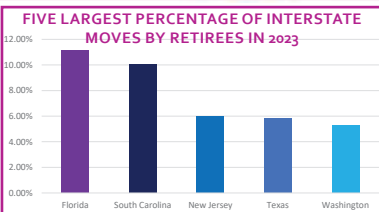
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WHERE IS EVERYBODY GOING?

The Top 5 States Where Retirees Are Moving To and Moving From!

Older Americans are on the move, and they're still making Florida their number-one stop. More than 338,000 U.S. residents retired to a new home in 2023, a 44 percent jump from 2022 and the highest number in three years, according to a new report on migration trends from online moving-services marketplace Hire A Helper.

Retirement was the fastest-growing reason people gave for moving last year, the company found in its annual

report, increasing by nearly twice the rate of job-related moves and more than four times the rate of people seeking cheaper housing.

About a quarter of retiree relocations crossed state lines, with Florida ranking as the top destination for the second straight year. About 11 percent of such moves were to the Sunshine State. South Carolina, which did not make the top 10 in 2022, was a close second, drawing 10 percent of retirement moves.

To read the rest of this article, contact Hope Mazzola at (914) 714-0090 or hopemazzola@gmail.com

Source: Hire A Helper, based on data from the U.S. Census Bureau's Current Population Survey and its Annual Social and Economic Supplements for 2023.



CONGRATULATIONS

Jared Mazzola, signed contract with Sacramento Republic FC (USL Championship) as Goalkeeper



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Hope Mazzola is best agent I've ever worked with and I've worked with ~10. She is so knowledgeable, helpful, supportive, available, amazing!! We Contacted Hope through Zillow to see a property. Met with Hope at home and received information and moved forward with offer. The whole process was easy and fast, thanks to Hope!

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A photograph of two elderly men with glasses 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 and has his arm around the other man's shoulder. The background is a warm, golden-brown color.

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ARE YOU PREPARED FOR EMERGENCIES?

By Jack Mattes

On January 23, Sergeant David Burpee of the Somers Police Department and our Emergency Preparedness Committee hosted a presentation to help residents understand:

- How to prepare for natural and man-made disasters as individuals, families, and community members
- What to do when disaster strikes
- Actions you can take afterward to aid in your recovery

This presentation was open to all Somers residents. A total of about 80 attended despite the rainy weather. It was an opportunity to learn about protecting yourself and your family members when emergencies occur. We discussed the Town's emergency shelter (our Activities Building), answered questions from attendees, and distributed many brochures designed to help our residents prepare for several types of emergencies.

We hope to offer another Emergency Preparedness program in 2025, and periodically going forward.

Below is a list of what you should include in a basic emergency supply kit:

- One gallon of clean water per person per day for at least three days
- At least three days' worth of non-perishable food
- First aid kit
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Personal hygiene items and feminine supplies
- One-week supply of prescription medications
- Extra eyeglasses, contact lens supplies
- Dust mask or respirator
- Insect repellent and sunscreen
- Heavy gauge plastic sheeting and duct tape
- Battery-powered AM/FM radio and NOAA weather radio, extra batteries
- Solar or battery-powered mobile phone charger
- Adjustable wrench and heavy-duty insulated pliers to turn off utilities
- Local maps and whistle
- Pet food and water (if needed)
- Important papers
- Extra set of car and house keys
- Checkbook, credit and ATM cards, and cash
- Comfortable shoes, two changes of clothes, and lightweight raingear
- Childcare and baby supplies and special care items
- Personal items including books, games, or toys

WHAT ARE "TED TALKS"?

By Karl Milde

When my wife, Cheryl, and I moved to Heritage Hills in February 2018, we were eager to learn about the many activities available to residents. Among those that caught my eye were events called "TED Talks."



I didn't know much about TED Talks at the time. I thought they might be interesting, but I'd never actually heard one. I imagined an expert on some subject would speak about it and respond to questions. Not so!

I attended the very next TED Talk event, held in the Heritage Room, and sat in the back. The hosts were Ami Stokhamer and Eugene Ritchie, both Heritage Hills residents. They showed two TED Talks videos on the big screen and led an open discussion after each one. I didn't participate that day, but I returned the following month with high expectations. Over time, I became a fan and attended regularly.

After hosting this event for close to a year, Ami and Eugene were unable to continue due to schedule conflicts and then COVID. Ami looked about for a like-minded co-host and eventually reached out to me. I gladly agreed.

But what are TED Talks, really? The letters T, E, and D stand for Technology, Entertainment, and Design. Why "Entertainment"? Because "Education" in the title might be a turnoff for some. The videos are entertaining as well as educational.

Now a bit of history:

An architect named Richard Saul Wurman held a conference in 1984 in Monterey, California, thinking that "if you host it, they will come." But they didn't, and he nearly lost his shirt. Notable speakers, such as architect Nigroponte, had been invited, and Richard curated the talks. It was the year of the Apple Macintosh computer and CD's. Hopes were high, but they were dashed. Richard went silent, although the technology, entertainment, and the design industries boomed.

In 1989, Richard was persuaded by a friend to try again. He held a second conference in Monterey and this time the response was overwhelming. There was no lectern, just a big stage with a huge screen. Richard invented "swag" and threw stuff, like hats, into the audience. Jeff Bezos, sitting in the second row, famously climbed over the guy in the first row to grab one.

Richard turned TED Talks into an annual three-day event, and attendance grew each year. He chose speakers who had "ideas worth spreading." Many TED Talks went viral on the Internet.

In the year 2000, Richard sold the business to Chris Anderson for \$14,000,000! The business itself was an idea worth spreading. Eventually Chris licensed others to hold their own events, called "TEDx Talks," at their own venues.

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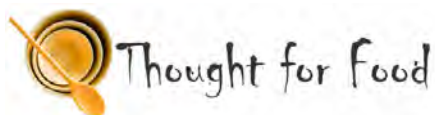


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Submitted by Elizabeth Royston

COD WITH LEMON AND HERBS

In preparation for Culinary Club dinners, the members who decide a particular month's theme very often prepare some of the selections as a trial run to see if the recipe is as we desire. Since there was no dinner in February, this lovely and light codfish recipe was given a trial run by Eleanor Usefop in preparation for March's dinner. Spring peas might be a good accompaniment. Enjoy.

This recipe serves 4 to 6

INGREDIENTS

- 2 pounds cod fillets (or other firm white fish fillets), skin removed
- Kosher salt and freshly ground black pepper
- 3 tablespoons extra-virgin olive oil
- 2 small yellow onions, halved through the root and thinly sliced
- 2 medium garlic cloves, thinly sliced
- 1 cup dry white wine
- 1/2 packed teaspoon grated lemon zest
- 2 teaspoons fresh lemon juice
- Chopped fresh flat-leaf parsley for serving

PREPARATION

1. Preheat the oven to 400°F.
2. Lightly grease a 9 x 13-inch baking dish. Season the fillets with salt and pepper and arrange them in the baking dish (it is okay if they overlap). Set aside.
3. Heat the oil in a medium frying pan over medium heat.
4. Add the onions and garlic and cook, stirring occasionally, until softened and lightly browned (8 to 10 minutes).
5. Add the wine, lemon zest, lemon juice, and 1/2 teaspoon of salt to the pan, raise the heat to medium-high, and bring to a boil.
6. Carefully pour the mixture around the fillets.
7. Cover the baking dish with foil and bake until the fish is opaque and flakes easily with a fork (8 to 10 minutes, or longer, if your fillets are thick).
8. Use a fish spatula to transfer the fish and onions to a serving plate.
9. Pour the liquid from the baking dish back into the frying pan and set over high heat.
10. Bring the liquid to a boil and cook, stirring often, until thickened and glossy (3 to 5 minutes).
11. Taste and add more salt and/or pepper if needed.
12. Spoon the sauce over the fish and serve hot or warm, sprinkled with chopped parsley.

THE BOOK SHELF

By Cindy Kennedy

Martin Clark, a former Virginia circuit court judge, has been writing legal thrillers since his retirement from the bench. His latest crime drama, *The Plinko Bounce*, is set in rural Patrick County, Virginia.

Serving as a Public Defender for nearly 20 years, attorney Andy Hughes is facing burn-out. Many of the clients he represents are repeat offenders – his colleagues refer to them as “reliables.” Frustrated by the revolving-door court system, Andy is ready for a career change. When a law school classmate offers him a high-paying position at a prestigious Richmond law firm, Andy tenders his resignation. Before Andy leaves the Public Defenders’ office, one last homicide case lands on his desk.

Damian Bullins, the man Andy is tasked to defend, has a long rap sheet of prior convictions for violent assault and robbery. A homophobic racist, Bullins is accused of murdering a Black woman, Alicia Benson, in her own home. Alicia was the wife of prominent businessman Cole Benson. When Bullins was arrested, he confessed to the crime, and his clothes were splattered with the victim’s blood.

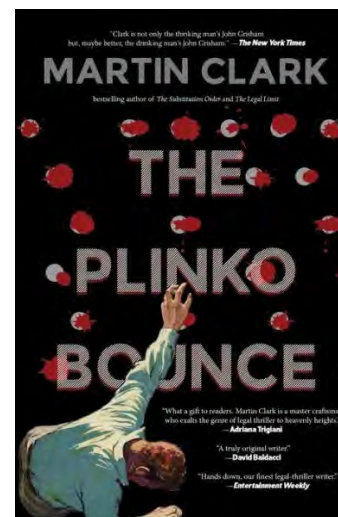
Peter Morley, the showboating district attorney assigned to prosecute Bullins, is running for a seat in Virginia’s State Senate. Anticipating that the Bullins case will be an open-and-shut winner for him, Morley pumps up media attention. A simple clerical error, however, complicates the case. Bullins then decides to change his plea to “not guilty” and take his chances with a jury trial. Andy is professionally bound to defend a remorseless felon whom he despises.

The Plinko Bounce, the novel's title, is a metaphor for unpredictable, random outcomes. Plinko, a game of chance on “The Price Is Right,” involves contestants dropping plastic chips into a vertical board. Prizes are determined by the dollar-amount spots where the bouncing chips arbitrarily land.

When the Bullins case goes to trial, Andy knows that its decision could bounce either way. Early in his career he had learned that “jury trials can be determined before the lawyers give their opening statements or a single witness testifies, that honest people often see the world differently – there are forgivers and there are punishers, loophole sticklers and believers in rough justice.”

Martin Clark’s judicial experience is evident in his novel’s razor-sharp courtroom scenes. For readers who enjoy well-crafted legal thrillers, *The Plinko Bounce* is a guilty pleasure.

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



ARE YOU ONE OF OUR APRIL FOOLS?

Each April, the Newsletter staff likes to have a little fun.

In case you took us seriously, the Meet Your Neighbors feature article on page 20 was pure fiction.

Gotcha!





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