



THE OFFICIAL  
*Heritage  
Hills  
Newsletter*  
JUNE 2024



# Heritage Hills Society Information

Address ..... 8 Heritage Hills, Somers, New York 10589  
Website ..... [www.hhsociety.org](http://www.hhsociety.org)  
Television ..... Channel 21

## CONTACT INFORMATION - EMAIL

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

## CONTACT INFORMATION - TELEPHONE

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

## EMERGENCIES 9-1-1

## Hours of Operation

### Activities Center

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

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

#### Goldens Bridge MetroNorth Station Trips

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

#### Midday Trips - Reservations Required

To/From Activities Center, Lake Lodge, Meadowlark Park, and 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

Princess Guerra, 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, for appointments between 10:30 am to 2 pm  
Suggested round-trip donation: **\$10**

#### Shopping Trips by Bus

Mondays and Fridays, pickups start at 10 am  
Suggested round-trip donation: **\$2**

### OTHER SENIOR SERVICES

#### RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

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

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

#### EPIC - 800-332-3742

New York State Senior Prescription Reduction

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

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

## SERVICES FOR ALL AGES, INCLUDING SENIORS

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

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

**Cancer Care** - 800-ACS-2345

**Northern Westchester Hospital** - 914-242-8115

**Putnam Hospital** - 845-279-5711

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

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

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

## WOMEN'S CLUB

*Submitted by Phyllis Bradbury*

### SPRING LUNCHEON

**Wednesday, June 12, at 12:30 pm**

This year, the Women's Club Annual Spring Luncheon will be held at Four Brothers Restaurant, on Route 6 in Mahopac. Our Event Committee has brought us a delicious menu of antipasti on each table; choice of chicken, steak, or salmon, plus potato and vegetable; a glass of wine/soda; and coffee, tea, and luscious strawberry shortcake. See our flyer at the Activities Office for more details.

The fee is \$50 for members; \$53 for non-members. Checks should be made payable to "Women's Club;" indicate entrée choice on the check. Your reservation and check must be received at the Activity Office-Women's Club mail slot **by June 4**. For group seating (8 to 10 per table), submit all checks in one envelope.

For more information, call Joan Jendras at 914-276-0488 or Rose O'Donnell at 914-276-4204.

\* \* \*

## HEALTH & SAFETY COMMITTEE

*By Flo Brodley*

### OUCH, MY ACHING KNEES!

**Victor Khabie, MD, FAAOS, FACS,  
Board-Certified Orthopedic Surgeon  
Northern Westchester Hospital**

**Wednesday, June 5, at 7 pm in the Heritage Room**

If you were present last year at Dr. Khabie's program on the shoulder, you would know that you're in for a treat this time around! At this event, Dr. Khabie will address the anatomy of the knee, common knee injuries, prevention and treatment, and – most anticipated of all – audience Q & A!

## OOPS!

The Council of Condos report on pages 8 and 9 of the April issue erroneously indicated the Carmel Town Planning Board approved the construction of a Lithium-Ion battery storage facility near the Somers border. That construction project has not been approved.

### HERITAGE HILLS NEWSLETTER COMMITTEE

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

## CONTINUING EDUCATION

The following events will take place in the Heritage Room. Admission is \$10 per event, paid at the door. If you have any questions, call Ann at 914-617-9434.

### ARTIFICIAL INTELLIGENCE - SHOULD WE EMBRACE IT OR BE AFRAID OF IT?

**A lecture by Dr. John Patrick,  
former Vice President for  
Internet Technology at IBM**

**Tuesday, June 4, at 1:30 pm**

Artificial Intelligence is in the news every day, everywhere. People are wondering, "Should we embrace it or be afraid of it?" Dr. Patrick will give us his valuable perspective of this quickly changing industry.



### DANCE TO THE MUSIC OF TIME

**Two musical lectures by Michael Lankester,  
Symphony Conductor and Fine Arts Educator**

### INVITATION TO THE DANCE

**Tuesday, June 11 at 1:30 pm**

### SHALL WE DANCE?

**Tuesday, June 18 at 1:30 pm**



From folk dance to classical ballet, and from the village maypole to Lincoln Center, Michael Lankester explores the richly entwined worlds of music and dance. This series of talks will feature music by many composers, including Tchaikovsky, Prokofiev, Copland, Ravel, Satie, Strauss, Stravinsky, Copland, Shostakovich, and Rodgers & Hammerstein.

## ON THE COVER

The banner photo of the bluebird was taken by Susan Williams.

Kathy Romanowicz took the photo of the nesting swan she saw from the 13th hole at Somers National Golf Course.

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## COMING EVENTS

### 10-A-MEN CLUB

By Mike McBride

#### WEEKLY MEETING SCHEDULE

Wednesdays at 10 am in the Heritage Room

**June 5 – ANTHONY CABOT M.D.**

Orthopedic Surgeon – Heritage Hills Resident

**June 12 – JOHN MILLIGAN**

Heritage Hills Property Manager

**June 19 – JOE MARRA ESQ.**

Lawyer – Somers Town Judge

**June 26 – DR. PUNN**

Via Flo Brodley – Health & Safety Committee

**July 3 – PETER HARCKHAM**

New York State Senator

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 mingle and chat between 8:30 and 10 am, at which time 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.

\* \* \*



### CIAO ITALIA

Submitted by Michael Lanotte

#### MEMBERS ONLY PIZZA NIGHT

Friday, June 14

\$5 per person — **payment due Friday, June 7.** Pick up a flyer outside the Activities Office containing all the information, complete the form at the bottom, and return it with your check.



#### SAVE THE DATES

Hope you'll join us for the following events. Look for flyers, email blasts, and TV notices containing all the information.

**BOCCE BBQ – Saturday, July 20**

**SOUNDS OF SINATRA AND DINO TRIBUTE SHOW**

Friday, August 23

Enjoy the great stories, banter, and the songs made famous by these two iconic entertainers.

\* \* \*



### MEADOWLARK PARK COMMITTEE

Logo photo by Joanne Meder

Park in the upper parking lot, as the lower lot (in front of Park Place) will serve as a pedestrian mall during the following events:

#### FOOD TRUCK THURSDAYS

By Pat Ploss

Thursdays from 5 to 7:30 pm

Weekly . . . . . **American Swirl** – Ice Cream

**June 6 . . . . . Dough Nation Pizza** – Pizza (voted Best Pizza Truck in *Westchester Magazine*)

**June 13 . . . . . Taco Road Trip** – Mexican (voted Connecticut's Best Food Truck by *Connecticut Insider Magazine*, and Best Vegan Food Truck by *Hudson Valley Magazine*)

**June 20 . . . . . Road Grub Mobile** – Burgers, Hot Dogs, Chili, and Philly Cheese Steak

**June 27 . . . . . Graziella's** – Italian Food

#### OUTDOOR CONCERT

By Karl Milde

#### THE INDEPENDENCE

Thursday, July 18, from 5 to 8 pm at Park Place

Rain date, Saturday, July 20



Come bring your chairs and blankets and enjoy *The Independence* band – Hudson Valley's unique multi-generational eight-piece music ensemble – playing a great mix of America's best R&B, Pop, Rock, and Jazz favorites. Powered by a driving horn section and dynamic vocals, *The Independence* delivers an original sound while paying tribute to all the old favorites. Don't miss this feel-good, entertaining show that includes a bit of everything for everyone.

\* \* \*

## THE CONCERT SOCIETY

By Teddi Meltzer

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

## BOYD MEETS GIRL

Sunday, June 9, at 3 pm  
in the Heritage Room

We are excited to welcome this interesting and innovative pairing of guitarist and cellist. They will perform a varied program featuring works by, among others, Bach, Debussy, and Villa-Lobos.

\* \* \*



By Joyce Spector

## THE EXPERIENCE OF JEWS ON ELLIS ISLAND: THE GATEWAY TO AMERICA

A lecture by Dr. Thorin Tritter

Saturday, June 15, at 7 pm in the Activities Center

For those residents who attended Dr. Thorin Tritter's lecture last November (Early Jewish Community in Colonial Amsterdam and New York), you will not want to miss this presentation! If you have not experienced Dr. Tritter's lectures, you will have an unusually delightful evening. His presentations are one of a kind!

This talk explores the history of Ellis Island, which opened as the first federal immigration station in 1892, with a particular focus on the experience of Jewish immigrants. Drawing on maps, photographs, and primary sources, Dr. Tritter follows the steps and the experience of Jewish immigrants who were sent to Ellis Island for processing.

Dr. Tritter, born in England but raised in America, is a historian and educator who taught American history and studies at Princeton University for six years and served as a Research Fellow at the University of London from 2011 to 2019. He also served as the executive director of Fellowships at Auschwitz for the Study of Professional Ethics, an independent non-profit.

Admission is \$15 per person. Place your checks, along with your name, phone number, and email address, in our mail slot no later than June 10 (if you wish to sit with friends, put all checks in one envelope – ten people per table maximum). Walk-ins welcome as space permits.

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

\* \* \*



## COMMUNITY THEATRE

By Muriel Millstein Weiss

## LATER LIFE

Friday and Saturday, June 21 and 22, at 7:30 pm

Sunday, June 23, at 2 pm

You can now make your reservations for our upcoming production of J. R. Gurney's *Later Life*. Tickets are \$15 per ticket for Members, \$20 per ticket for Non-members. You do not want to miss this Neil Simon Drama/Comedy.

Checks made payable to "Heritage Hills Community Theatre" – including the performance date, number reservations, and phone number or email address – may be placed in the Community Theatre mail slot in the Activities Center **OR** mailed to:

Heritage Hills Community Theatre  
8 Heritage Hills

Your name will be placed on a Master List in lieu of a ticket.

If you have any questions, call Helen Berman at 917-554-4417 or Muriel Millstein Weiss at 914-277-8825.

\* \* \*



## TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, June 21, 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:

- *You aren't at the mercy of your emotions -- your brain creates them* - Lisa Feldman Barrett
- *Show Yourself - Embracing Imperfection and Authenticity* - Isis Jordan

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: July 19, same time and place, for the next TED Talks event.

\* \* \*

## INDEPENDENT AND FOREIGN FILM CLUB

By Steve Klepner

## THE INTOUCHABLES

Sunday, June 23, at 7 pm in the Heritage Room

(France, 2011, 112 minutes.) Driss, an ex-con, is hired to take care of an eccentric aristocrat, Phillipe. What follows is a series of adventures as they turn the world of upper-class Parisian society upside down.

**As the film is long, the event will start promptly at 7 pm.** A discussion, led by Bill Costanzo, retired film studies instructor, follows the screening.



### SOCIETY BOARD MONTHLY AND ANNUAL MEETINGS

Wednesday, June 26, at 1:30 pm in the Heritage Room

All unit owners are welcome to attend these back-to-back meetings, at which the **winners of the Society Board election will be announced.** The meetings 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. They can also be viewed on the Society website at [hhsociety.org](http://hhsociety.org); go to Heritage Hills Society, then choose Board Meetings & Documents.

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

\* \* \*

### TRAVEL CLUB

By Elaine Soliman

#### ALL ABOARD!!! ESSEX STEAM TRAIN AND RIVERBOAT TRIP

Thursday, July 11, from 9 am to 5:15 pm

Departing from and returning to Lake Lodge

We will travel by bus to Essex, Connecticut, where we'll board the Essex Steam Train and savor a three-course lunch cooked and prepared in a restored 1920s Pullman Dining Car – stepping back in time. Our menu includes mixed green salad, choice of entree – Braised Beef, Mushroom Asiago Chicken, or Baked Ziti, and Chef's Choice dessert and coffee.

While dining, we'll journey along the lower Connecticut River, and at Deep River Landing we will transfer to the Becky Thatcher Riverboat for a cruise further up the river. We'll finish our Connecticut River journey by riding back in the train's coach passenger cars. Flyers are available in the activities office.

The cost for this trip is \$152 per person. Include in the envelope with your check payable to Heritage Hills Travel Club your choice of entrée, unit number, and phone number. Place the envelope in the Travel Club mail slot outside the Activities Office. For reservations call Pam at 914-276-4295.

The cancellation policy for this trip, set by Friendship Tours, is there are no refunds once final payment is made unless a substitute traveler is provided.

\* \* \*

### FRIENDS IN THE HILLS

By Debbie Ferrara

#### COMEDIAN FRANK DEL PIZZO

Friday, July 12, at 7 pm in the Heritage Room

Doors open at 6:30 pm

Frank Del Pizzo has performed from Las Vegas to ABC to A&E. He has opened for Al Martino, Jay Black and the Americans, and Kelly Ripa, to name a few. He told me he "lives his dream every time he gets on stage." A true entertainer.

For this **MEMBERS ONLY** event, tickets are \$20 per person. Place checks payable to "Friends in the Hills" in our mail slot outside the Activities office. Coffee and dessert will be served after the show. If you have any questions, contact Mary Ann Walrath at 914-318-1227 or Debbie Ferrara at 914-924-3003.

**FUTURE EVENTS** (subject to change): On Friday, August 9, we will feature Dog Races and Hot Dogs. Additional dates are September 7, October 10, November 8, and December 14.



By Sue Shea

### 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](mailto: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*

### SUMMARY OF PORTIONS OF THE APRIL 17 SOCIETY BOARD OF DIRECTORS MEETING

This is just a summary of some portions of the meeting. The video as well as a full transcript of this meeting's Minutes has been posted on the Society Board website, [hhsociety.org](http://hhsociety.org).

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

**Board members absent:** Karl Milde, Patricia Ploss, and Jay Wright

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

#### FINANCE & BUDGET, COMMITTEE - GENE ARCHER, CHAIR

##### Treasurer's Report

- March Financials:
  - Income.....\$522,582.27
  - Expenses.....(402,866.35)
  - Surplus.....\$119,715.92
- From Halston Media we received \$1,344 for shared advertising profits.
- Cost savings opportunities that presented themselves post-budget calculation:
  - Life Guards: By opening pools 2 and 5 at noon instead of 10 am, we'll save \$5,300. (The schedule change was based on attendance data.)
  - Pool Maintenance: We'll save \$14,089.
  - Payroll Processing: By changing vendors, resulting in a \$3,600 savings plus six months free service.
  - Telephone Service: By changing our provider, we'll save \$2,448.
  - Security Contract: We negotiated a decrease of \$33,769 over a three-year period.

#### LITHIUM BATTERY FARM - JOE KELLY

A company submitted to the Carmel Planning Board a plan for a lithium battery farm, also known as a BESS (Battery Energy Supply System) on 95 acres between Union Valley Road and Miller Road (behind the ACME shopping center on Route 6). Lithium batteries can store and hold a lot of electricity - solar and wind power. They add more power to the grid at a low cost.

- The size of the modules at that location would be the equivalent of 72 tractor trailer trucks.

- These site can be monitored and operated remotely, with no on-site attendants.
- Negatives:
  - Battery contents are highly flammable.
  - The batteries might overheat and catch fire releasing toxic gases into the air.
  - Local fire departments need special training and equipment to properly respond in a BESS emergency [see the Post Meeting Discussion, below, for more information about Battery Farm fires].
  - Cooling fans will be needed, producing noise pollution

The Planning Board is awaiting approval from some of its agencies, like the Building and Fire Departments.

[See, also, POST MEETING DISCUSSION on page 8.]

#### ACTIVITIES COMMITTEE - ANN HARPER, CHAIR

Two new classes are being offered: (1) Continual Fluid Form Movement, Meditation, and Mindfulness; and (2) Fall Prevention and Balance.

#### COMMUNITY AFFAIRS COMMITTEE - JACK MATTES, CHAIR

**Emergency Preparedness:** Since the Activities Center serves as the Emergency Shelter for the town of Somers, Westchester County will be providing 300 blankets and pillows to replenish our inventory, which includes cots to sleep up to 190 individuals.

**Sculpture Donation:** Ina Bass has donated a hand-carved marble rabbit sculpture created by Roz Fein. It will be situated in a Meadowlark Park location.

#### ANNUAL ART SHOW EVENT - JACK MATTES, CHAIR

This year's show will take place September 21 and 22. Details will be announced shortly.

#### COMMUNICATION COMMITTEE - CAROL VARTULI

- We're working on a new system which will allow folks to choose which types of email blasts they prefer to receive, so that they won't receive ones on topics in which they're not interested.
- There will be a calendar of events on the new website.

#### FITNESS CENTER COMMITTEE - ALAN TEPPER, CHAIR

- All new equipment has been installed and the old equipment was donated to, and gratefully accepted by, Lincoln Hall.
- Since we're transitioning to the new ID Card system, we don't have Gym and Exercise Room statistics for March.

#### MEADOWLARK PARK - ALAN TEPPER on behalf of PAT PLOSS, CHAIR

- **Replaced Cherry Trees:** Seem to be doing very well. [Bloomed shortly after the meeting.]
- **Food Truck Thursdays:** See page 4 for details.
- **Summer Concert:** See page 4 for details.

*continued on page 8*

**ALTERNATE ENERGY AD HOC COMMITTEE – BRUCE PRINCE, CHAIR**  
**Lake Lodge:** It looks like the split system currently being used at Park Place will be used, as it should pay for itself within five years.

**WELCOME TO HERITAGE EVENT – DORINDA HASKEL, CHAIR**  
 This special event will take place on Sunday, September 29, from 1 to 2:30 pm in the Heritage Room. More information will be forthcoming.

## OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

- **Activities Center Parking Lot and Three-Way-Stop Water Leaks:** We've done some drainage work that will hopefully resolve the issue.
- **Paving:** Although we usually do paving projects in the Fall, this year we're going to do so in the spring before the pools open.
- **Meadowlark Park:** Our Maintenance Staff painted Park Place and we'll be extending the Warren Street trail to connect to an overlook, we've added mulch to the playground area and sand to the sandbox.
- **Lake Lodge Roof:** The last section of flat roof will be replaced this year.

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## POST-MEETING DISCUSSION

In response to a resident's inquiry whether Battery Farm fires are frequent, Joe Kelly advised there is no posted data. He stated that the fires that have occurred were pretty bad, and since Fire Departments can't put water on those fires, they have to let them burn, which can go on for a few weeks. He said there were two bad ones in Suffolk on Long Island last year and one up in the Schenectady area, as well.

\* \* \*

## SECURITY

*By Rob Casasanta, Prosegur Security*

If you have any Security questions or concerns, feel free to reach out to me directly either by phone at 914-276-2592 or by email at [Robert.Casasanta@prosegur.com](mailto:Robert.Casasanta@prosegur.com).

## APRIL SECURITY CALL REPORT

During the month of April, our Security staff received and responded to a total of 256 calls including the following matters:

Medical.....	74	
Security .....	43	
Open Garage Doors .....	28	
Police .....	4	(2 Somers, 2 State)
Fire Calls .....	6	(4 automatic alarms, 2 other)
Burglar Alarms.....	2	
Property Damage.....	2	
Service .....	89	(31 lift assists, 9 persons locked out, 9 welfare checks, and 36 other)
Maintenance.....	3	
Motor Vehicle Accidents.	2	
Parking Violations.....	5	(in handicapped spaces, fire lanes, A roads, or B roads)

## COUNCIL OF CONDOS

*By Terry Clifford*

Condo Board representatives in attendance at March Meeting: 3, 5, 6, 7, 8, 11, 12, 14, 15, 16, 17, 18, 19, 21, 22, 23, 25, 27, 28, 30

**Gun Club Update:** It was reported to the Society Board that the New York Supreme Court found the Somers Land Trust Article 78 challenge unfounded. The Gun Club may now move ahead with their project. They agreed to mitigate sound and change the director of the organization.

**Air Duct Cleaning:** Condos in attendance indicated they arrange for cleaning of dryer ducts and chimneys which develop creosote and can cause a fire. Heating and air conditioning duct cleaning is at the discretion of the unit owner since there is no fire hazard from those ducts.

**Water Heater:** Depending on the water hardness in your unit water heaters should be replaced seven to eight years after installation.

- Water heater flushing may help to extend the life of the heater.
- Ask your plumber to install an alarm to cut off the water to the home if the heater leaks.
- Pressure reducing valves attached to the water intake should be set at forty to sixty psi.

**Roof Cleaning:** Pressure washers should not be used to clean the roofs. Moss does not come off easily.

**New Society Identification Cards:** The new cards are an upgrade to the former cards.

**Watering Common Areas:** Landscapers do not usually water individual Condos. Unit owners should water landscapes within common areas.

The next Council of Condos meeting will take place on **Wednesday, June 19 at 7 pm** in the Activities Center. Hope to see a representative from each Condo attend.

\* \* \*



## CIAO ITALIA

*Submitted by Michael Lanotte*



A special "Thank You" to all who contributed last year to Ciao Italia's 50/50 Scholarship Program. Your support enabled Ciao Italia to award a \$500 Scholarship to four 2024 Somers High School Graduates.

Thank you for your continued support.

# Library

## HISTORICAL FICTION

Jayne Anne Phillips recently was awarded the 2024 Pulitzer Fiction Prize for her historical novel, *Night Watch*. The acclaimed work of fiction, whose storyline takes place in the aftermath of the Civil War, is now part of the Library's collection.

This month, we are adding two new novels written by masters of the historical fiction genre. *The Shadow of War*, by Jeff Shaara, centers on the 1962 Cuban Missile Crisis. In *The Passionate Tudor*, Alison Weir presents another side of England's Queen Mary 1, infamously known as Bloody Mary.

The Library's collection contains a wide variety of historical fiction. Multiple works by renowned authors can be found on our shelves. For example, the Library has three novels written by western novelist Paulette Jiles: *News of the World*, *Simon the Fiddler*, and *Chenneyville*. Other acclaimed historical fiction writers in our collection include Hilary Mantel, Ken Follett, and Lauren Groff.

## BOOK REVIEW

A review of *The Women*, Kristin Hannah's novel about nurses who served during the Vietnam War, is on page 39 of this *Newsletter*. Since its March debut, *The Women* consistently has topped bestseller charts. For an article about the Nurses Memorial at Lasdon Park, please see page 25.

## NEW ADDITIONS TO OUR COLLECTION IN JUNE

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

### Fiction

Nicholls, David..... *You Are Here*  
Reichl, Ruth..... *The Paris Novel*  
Roberts, Nora..... *Mind Games*  
Shaara, Jeff ..... *The Shadow of War*  
Toibin, Colm..... *Long Island*  
Weir, Alison ..... *The Passionate Tudor*

### Mystery

Coben, Harlan..... *Think Twice*  
Grisham, John..... *Camino Ghosts*  
King, Stephen..... *You Like It Darker*  
Muller, Marcia..... *Circle in the Water*  
Patterson, James..... *The 24th Hour*  
Perrin, Kristen..... *How to Solve Your Own Murder*  
Ware, Ruth..... *One Perfect Couple*

### Non-Fiction

Haidt, Jonathan ..... *The Anxious Generation*  
Rushdie, Salman..... *Knife*



Sides, Hampton..... *The Wide Wide Sea: Imperial Ambition, First Contact and the Fateful Final Voyage of Captain James Cook*  
Smilios, Maria..... *The Black Angels: The Untold Story of the Nurses Who Helped Cure Tuberculosis*  
Zakaria, Fareed ..... *Age of Revolutions*

\* \* \*

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### GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

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

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

### ARTS & CRAFTS

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

**LEARN TO BEAD WITH ALLISON:** Join us on Mondays at 10 am in Room B for our beading class. Each class is \$25 including materials fee. You go home with a piece of jewelry that you made for yourself or for a special someone. Come and join the fun. To enroll or for more information, contact Allison Rubin at 914-629-3655 or [ahrubin521@yahoo.com](mailto: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:** Meets the second Friday of each month at 2 pm in Room 2 of the Activities Center. All are welcome to join regardless of experience in photography. For more information, contact Myra Hopper at 520-390-5523 or [myrahopper@gmail.com](mailto: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](mailto: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. Fill out a Membership Form available outside the Activities Office 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, featuring the best and brightest of classical music's Rising Stars, in May, June, September, and October on Sundays at 3 pm in the Activities Center's

Heritage Room. Annual subscriptions are \$90 per person or pay \$26 per person per concert at the door. 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

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

**GENTLE YOGA WITH LISA:** Mondays at 11:30 am and Fridays at 10 am in Lake Lodge's 2nd floor. \$12 for a 75-minute class. [Lisaathomas@optonline.net](mailto:Lisaathomas@optonline.net) or 914-497-0243.

**TAI CHI & CHI GONG WITH MASTER ELLEN:** Mondays from 12:30 to 1:30 pm in the Gym. \$70 per month. First class free. All levels welcome. Wear loose fitting, comfortable clothing. Contact [heritagehillstaichi2@gmail.com](mailto:heritagehillstaichi2@gmail.com).

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

**CARDIO/STRENGTH/STRETCH CLASS WITH LORI:** Tuesdays and Thursdays from 9:30 to 10:30 am in the Gym. Join me for a fun, safe, effective workout. Low impact cardio, resistance training, balance, stretch and breath work – all set to great music! Appropriate for all levels. Resistance bands and weights available. No mats needed. Fee: \$10 per class. Try the first class for free! Class is also available on Zoom. Email Lori at [eeefyig@gmail.com](mailto:eeefyig@gmail.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](mailto:Labzeiss@gmail.com) or 718-541-0861.

**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](mailto:zumbawithme@aol.com).

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

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

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

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

### **FOREIGN LANGUAGE GROUPS**

**FRENCH CONVERSATION:** 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](mailto:carellis14@yahoo.com).

**SPANISH CONVERSATION GROUP:** Meets the 1st Thursday of the month in Lake Lodge's Room 1 at 11 am. Group is open to intermediate through fluent Spanish speakers. ¡Vengan!

### **FUN & GAMES**

**BRIDGE—DUPLICATE:** Mondays and Thursdays at 12:30 pm in the Activities Center. For information, call Marie at 914-277-4266.

**CHESS CLUB:** Wednesdays from 1 to 3:30 pm in Lake Lodge's Room 3. We are a group of chess enthusiasts who enjoy coming together to play some friendly games of chess! Beginners are welcome! Bring your chess set if you have one. Some playing pairs may choose to use a chess clock; bring this, also, if you have one. For more information, contact Pat Posluszny at [patpugs@comcast.net](mailto: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 this *Newsletter* for event details. Email us at [Friendsinthehills@aol.com](mailto:Friendsinthehills@aol.com) with any questions or contact Debbie Ferrara at 914-924-3003 or Mary Ann Walrath at 914-318-1227.

**MAH JONGG:** Mondays at noon in Lake Lodge and Wednesdays at noon in the Activities Center (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).

**SCRABBLERS:** Thursdays starting promptly at 1 pm in Room 2 in the Activities Center. Casual Scrabble game play. 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](mailto: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](mailto:hhgardenclubsecretary@gmail.com). If you would prefer to speak by phone, call Club President Joanne Meder at 914-318-5808 and leave a message.

### **HEALTH & SAFETY COMMITTEE**

**Blood Pressure Screenings With a Smile:** Nurse Ellie Eidam offers screenings on the second Friday of the month from 9 to 11 am in the Activities Center's Game Room. Your temperature may be taken. Do not come if you have tested positive for Covid-19, were recently exposed (within 14 days) to the virus or traveled to areas that have experienced high levels of the virus. Contact Ellie at [elliebob1@gmail.com](mailto:elliebob1@gmail.com) or 914-617-2109 for more information.

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

**HIKERS & WALKERS GROUP:** Weekly hikes from September to June. Information and our schedule are available at [hhsociety.org](https://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 COMING EVENTS section of this *Newsletter*, in the Activities Center, and on the Society website. For information, contact Steve Klepner at 845-297-7066 or [spk010@yahoo.com](mailto:spk010@yahoo.com).

**LIBRARY:** Open Mondays through Fridays 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](https://hhsociety.org) or call 914-276-7655.

**MORNING DISCUSSION GROUP:** Discussion group on current event topics. Meets Mondays from 9:30 to 11 am in the Activities Center. For information, email Ken Benjamin at [kenbenja@aol.com](mailto:kenbenja@aol.com) or call 914-617-9817.

**RAINBOW CONNECTION CLUB:** A group for LGBTQ members and their families, friends, and neighbors. All are welcome. We meet the first Thursday of each month at Lake Lodge from 5 to 7 pm. For more information contact Joanne at 914-450-5609.

**SHAKESPEARE CLUB:** 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](mailto:carusop515@comcast.net). Membership dues are \$12 per year.

## ACTIVITIES/CLASSES/CLUBS

### SPORTS

**BOCCE GROUP:** Wednesdays and Saturdays (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](mailto:rlkret@aol.com).

**PICKLEBALL COMMITTEE:** The outdoor courts is open play, no reservations required. The Gym is also available for indoor play. For details on both, and about the Pickleball Committee and community, email [PickleballHH@Outlook.com](mailto:PickleballHH@Outlook.com). See you on the courts!

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

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

**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. This is a **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 on 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! Membership dues are just \$12 for the year. Flyers are available at the Activities Center. Insert your check in an envelope; include your name, unit number and phone number and put it in the Women's Club mail slot. For membership information, call membership chairperson, Alfreda Savarese at 914-617-2007.

**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](mailto:Lindaspear211@gmail.com).

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## TENNIS NEWS

*By the Tennis Committee*

Friday Night Tennis started on May 4 with a great attendance. Many players showed up with enthusiasm to get the Tennis Season started, playing with each other. Both our experienced players and new attendees enjoyed the evening.

All summer, come down to Courts 1 and 2 on Fridays at 5:30 pm for Round Robin play. If the weather holds, we will play through September/October.

**Save the Date:** We will have our first Tournament of the Summer Season on **Saturday, June 22**. Information will be sent out to the community and signup sheets can be found by the mail slots outside the Activities Office. This will be a Mixed Tennis Tournament – time to get your partners!

For information, call Dena Goldstein at 914-589-3560 or email her at [Denagoldstein17@gmail.com](mailto:Denagoldstein17@gmail.com).

Looking forward to seeing you on the Tennis Courts.

\* \* \*

## PICKLEBALL

*By the Pickleball Committee*

### THE GAMES HAVE STARTED!



*By Eric Scorzelli*

As the weather improves, we're on the courts! Our best-in-the-area courts and warm and welcoming players make for great events! Pickleball is a social as well as competitive sport, and the Pickleball Committee has events for all types of players.

**League:** Our third annual competitive League play on Monday nights started April 29, and will end on June 27. The games start with the best of three matches - women's doubles, then men's doubles, then mixed doubles. Players and friends cheer on the participants. Wins will be calculated for 1st, 2nd and 3rd place winners at the end of the league.

**Social Round Robin Games:** Our first was held on April 30. These are for all players, all levels, every other Tuesday night. Each game is timed, and you play with different players every game. It is a fantastic way to meet new people or reconnect with other pickleball friends.

**Competitive ACES Games:** Two games are played every other Wednesday night – one for intermediate players and one for advanced

players. ACES games are timed competitive games where who and where you play with is determined by the card you draw, Jack, Queen, King, or ACE, and who wins. We began on May 8.

**Lessons:** We have two beginner lessons for residents: PB 101 (new players or a refresher lesson) and PB 102 (deeper lesson on pickleball strategies).

If you are interested in any of these events, you must be a resident and let us know who you are! Email us at [PickleballHH@outlook.com](mailto:PickleballHH@outlook.com) with your unit number and phone number, and let us know what you're interested in. We have a great group of players and welcome other residents to join us!

2024 is off to a great start! Come down and cheer us on!

\* \* \*

## EAST HILL MEN'S GOLF ASSOCIATION

*By Ken Freeman*

The new golf season brought some surprises. The first was that Somers National changed its hole numbering scheme. The old "back nine" (holes 10-18) became the "front nine" (holes 1-9), with the old "front nine" becoming the new "back nine." I'm not sure why the change. The holes haven't changed at all, just their numbering. But we love beginning with the new hole #1.

The next surprise was the weather. After an unusually mild winter, our first scheduled round, on April 4, was cancelled due to a combination of teeth-chattering rain and even some snow. That was followed by more wet and often cold weather for the next two weeks. Our scheduled weekly Tuesday and Thursday 9-hole rounds (early morning timing, ideal to avoid peak summer afternoon heat, and great for busy schedules) finally began April 23.

Here are the results of our first four rounds. As always, competition is kept fun for everyone by adjusting gross scores down to a net score reflecting each person's handicap, with better golfers assigned lower handicaps and the rest of us higher handicaps.

### April 23 Stroke Play

**A Flight\*:** Low Gross – Frank Servidio; Low Net – Tom Recca

**B Flight\*\*:** Low Gross – Charlie Kravetz; Low Net – Subhash Sindhvani,  
2nd Low Net – Ken Freeman, 3rd Low Net – Jack O'Hanlon

### April 25 Scramble (3-player best ball format)

**1st Place Team** – Frank Servidio, Ed Sottile, Howard Weiner

**2nd Place Team** – Joel Greenspan, Tom Recca, Rich O'Brien

### April 30 Stroke Play

**A Flight:** Low Gross – Frank Servidio; Low Net – Tom Recca, 2nd Low Net – Bob Briganti

**B Flight:** Low Gross – Howard Weiner; Low Net – Jack O'Hanlon, 2nd Low Net – Rich O'Brien, 3rd Low Net – Subhash Sindhvani

### May 2 Stroke Play

**A Flight:** Low Gross – Bob Briganti; Low Net – Tom Recca, 2nd Low Net – Frank Servidio

**B Flight:** Low Gross – Nick Stanton; Low Net – Rich O'Brien, 2nd Low Net – Ed Sottile, 3rd Low Net – Ken Freeman

**\*Our better players    \*\*The rest of us**

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### TEACHER IN YOUR CONDO?

*Compiled by Dassi Citron*

Did you know that there might be a teacher in your cluster? Heritage Hills resident educators have insights on kids and summertime. Here they are!



#### WENDY PODELL

##### **Retired Elementary School Art Teacher, White Plains Public Schools**

Over the summer consider the power of open-ended questions –questions that cannot be answered with a simple yes or no, and for which there are no right or wrong answers. Open ended questions encourage sharing thoughts and ideas, promote problem-solving, and build creativity and confidence. Open ended questions often start with the words why, what, or how. Give it a try!



#### TOM HEINZELMAN

##### **Retired High School Music Teacher, Pleasantville Union Free School District**

My advice: Get outside and play. Read from a book every day. Be creative! Explore something new: music, painting, writing.



#### JULIE REIFER

##### **Retired High School Art Teacher, New York City's Hunter College High School**

Summer is a time to try something new. Explore a passion. Find a course, a workshop, a program. Take a deep dive into something exciting.



#### DASSI CITRON

##### **Retired Elementary School Teacher, Scarsdale Public Schools**

Childhood summers should be filled with empty time to read, daydream, be creative, use hands. Summers should be magical. For those looking to indulge in a passion, check out these "down county" programs that my children wholeheartedly endorse: Writopia and Playgroup Theatre.



#### JOAN TABER

##### **Retired Early Childhood Teacher, White Plains Public Schools**

To develop a foundation for literacy long before kids attend school begin talking and reading, using repetition frequently. Talk to children throughout the day. Have adventures rich in language experience: a zoo, farms, gardens, a hike, a walk, the pool. Singing songs develops rhyme and phonemic awareness.

Allow children to color, draw, and paint freely (not in coloring books). Engage with lots of fine motor activities (playdoh, pegs, building blocks, tiles, art materials tearing before cutting).

Unstructured play inside and outside: swinging, climbing, sliding, running, throwing a ball, interacting with other kids and parents.

Above all limit screen time. The Mayo Clinic has some important information regarding the damage screens cause to young children. Check it out!

## HEALTH & SAFETY COMMITTEE EVENTS

*Submitted by Flo Brodley.*

### CPR CLASS



Paramedic Chris McLaughlin, along with Paramedic and Class Instructor Steve Pilla, assisted participants on how to hold infants when saving them from a severe coughing spell.

### CAR FIT EXPERIENCE

Thirteen residents had a personal safety check by technicians from Mercy University to see if they were safe and comfortable in their cars. Amid thanks for this excellent program were comments such as:

"They helped me on how to get into my car,"

"I don't have to struggle with my seatbelt anymore,"

"I see better now that I'm sitting closer,"

"Fixing my mirrors makes me see better – no blind spot,"

"I found out where my parking brake is!"



Kathleen Golisz, Dean of Mercy University, and her student technicians.



A resident gets advice.

## EVERYONE IS TAKING PICTURES!

*Text and photos by Karl Milde*

The response to the return of the Photography Club covered in last month's issue of this *Newsletter* is no surprise. The reason is simple: Smartphone cameras have improved so much since they first arrived on the scene. Suddenly, we ordinary folks find there's a whole new "camera" in our pockets and we want to get out there and capture the world. (Smartphone cameras are even being used by professional photographers now.)



There was a time when everyone relied on stand-alone cameras – from simple box cameras, fancy SLR's, TSR'S, and instant Polaroids, all the way to throw-away ones we found on the tables at wedding receptions. And remember how excited we were,

twenty-five years ago, when we could take photos with our flip phones?

Then came the first Smartphones, which didn't exactly produce quality stuff then (when we didn't know – some folks still don't know – where to find/how to set the resolution or select the setting from JPEG, HEIF, and RAW).



Now, we go to CVS or Staples to print photos from our Smartphones. Do camera stores even exist anymore?

But what about composition and storytelling? What about lighting and editing? What about The Cloud? There is so much more we need to learn. Now that Smartphones have made the mechanics of photography so simple and easy, the recently revived Photography Club has a whole new reason for being: helping us to craft better photos with that little gizmo we keep in our pockets.



## CONCIERGE DOCTORS

*By Shirley Kesselman*

Approximately twenty years ago in Palm Desert, California, I first heard the term "concierge doctor" from a tennis partner. She and her husband had recently signed on for concierge care. I knew nothing about this service which now ministers to over 300,000 persons in the United States – myself included.

Why go to a concierge doctor? I had become frustrated with the wait time between the day I called my doctor for an appointment and the day on which it was scheduled. When I was finally in the examination room, my doctor would glance at her watch during my visit. I felt slighted. Because she was expected to see a patient for no more than 15 minutes, she had no time to discuss anything but the acute issue for which I had come.

Having grown up when doctors made house calls, I expected attentive, concerned, non-hurried medical care. My concierge doctor provides that.

Concierge doctors, who are most often primary care doctors, typically offer same-day or next day appointments, round the clock access, a yearly in-depth physical exam including bloodwork and screenings, prompt response to phone calls, and the time to discuss your issues as well as to develop a care plan. Some concierge practices coordinate visits to specialists. (Specialists are slowly adopting the concierge model.) All this is possible because a concierge doctor restricts his/her practice to 500 or 600 people. The traditional health care provider may have as many as 2,000 patients.

Concierge medicine comes with a cost. The annual fee can range from \$1,200 upwards. This price is an out-of-pocket expense. Because concierge doctors bill private insurance or Medicare for certain services, you pay for both concierge membership and insurance.

If you feel it's important to have access to your primary care physician without days of waiting for your appointment, and to know that your appointment won't be rushed, you may want to interview a concierge doctor. I found my concierge doctor through the Heritage Hills grapevine. However, an alternative for selecting a concierge doctor is the internet – search "concierge doctors near Somers, New York."



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## NURSES MEMORIAL AT LASDON PARK

*Text and photo by Cindy Kennedy*

Lasdon Park, the verdant arboretum on Route 35 in Katonah, is the site of Westchester County's "Trail of Honor," dedicated to Westchester veterans. Along the winding path are bronze busts representing American servicemembers who fought in various conflicts.

The hill-top Vietnam Veterans Memorial is at the end of the "Trail of Honor." There stands the first Vietnam War monument to feature a woman, a sculpture crafted by Julia Cohen in 1987. The carving's three 7-foot bronze statues depict a soldier carrying his wounded comrade to a nurse reaching out to assist them. Next to the statuary is a black

granite monument inscribed with the names of the eight women nurses who were killed during their service in Vietnam.

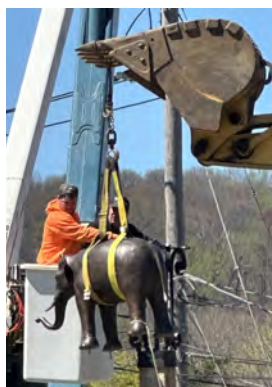
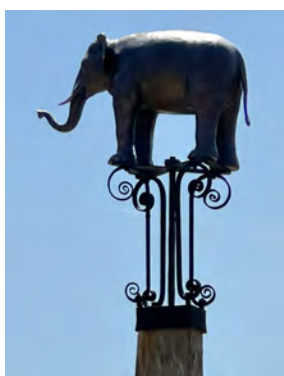
Each Memorial Day and Veterans Day, Vietnam Veterans of America (VVA) Westchester Chapter 49 conducts a ceremony at the Vietnam Veterans Memorial at Lasdon Park. As part of their observance, veterans read the names, etched on an obelisk, of the 217 Westchester County servicemen who lost their lives in Vietnam. The names of the eight fallen nurses are then read by the wife or daughter of a Vietnam veteran attending the service. At the ceremony's conclusion, the bugle call "Taps" is played, honoring the servicemembers and nurses. The public is welcome to attend VVA Chapter 49's biannual observances.

## NEW OLD BET INSTALLED

*Text and photos by Barbara Pollack*

I happened to be across from the Elephant Hotel when they were installing the new Old Bet. A small crowd watched in front of the Hotel, and some were at Bailey Court with me, as the workmen lowered the bronze sculpture to the top of the new pedestal. Old Bet was then covered with a tarp until the dedication on April 20.

The new Old Bet is now watching over Somers.



## WOMEN'S CLUB

*Text and photo by Phyllis Bradbury*

At its May meeting, the Women's Club welcomed the Evergreen Dancers, a local group of eight Asian women who perform lyrical dances in traditional apparel.



## SUMMIT HILL

Text and photos by Karl Milde



Have you ever wondered: What's the tallest point in Heritage Hills? In the April 2021 issue of this *Newsletter* I reported following an old man to the very top of our highest hill. Up the hill from Pool 3, it's called "Round Top" on the map and has an elevation of 728 feet, seen here. That doesn't sound very high except that the rest of Heritage Hills ranges from 200 to 520 feet.

Nearby Butler Hill maxes out at 640 feet, and Mahopac to our immediate north has three higher hills: Senior Hill (960 feet), Watermelon Hill (950 feet), and Summit Hill (840 feet) which is only a half mile away, northwest of here.

To reach Summit Hill, from Westridge Drive turn right at Lovell Street and turn left on Kia Ora Blvd. Follow Kia Ora down and up the steep slopes and go left on Mountain View Drive. Take a quick right on Walton and head continuously uphill until you reach Summit Circle Drive. This road takes you to the top.

What you will see up there will astound you. First of all, the view is spectacular as you might expect. The two photos seen here and above right, one looking southeast toward Heritage Hills and one looking north, don't begin to do justice to what you will see. I look



forward to seeing it in the fall when the leaves change color. Just below the hilltop there's a house with a covered deck. It sports a table and chairs for its lucky owners to sit, sup, and enjoy the view toward the east.

There's a lot more to see at the top of The Summit, but I'll leave it to you to get up there.

Now that I've taken you to the top of an even higher hill than the highest hill in Heritage Hills, go out and explore the rest of beautiful area outside our bubble. And by the way, try saying "the highest hill in Heritage Hills" ten times as fast as you can.

\* \* \*



*Moonflower, by Susan Williams*

## THE CRICKET

*By Patricia Adams*

My life before retirement was jam packed, so the change was radical and adjustment difficult, but I'm getting there.

My corporate career was a way of life I enjoyed to the exclusion of husband, children, or a social life. My career was absorbing and exciting. Holidays were reserved for time with parents and childhood friends. Retirement transitioned to life as a jazz singer, accolades, and applause, but a time came when I got tired and retired for real.

Gone the routine and center of my own universe. No one listened or considered my opine nuggets. There were no people to appreciate the subtleties or solutions I offered. What was once considered strategic and analytical thinking was not needed.

Revelation: I no longer carried a title in an infrastructure designed to assign me status and deference. I couldn't make new friends because I had no alternative persona to offer. I retreated to life in a home I loved here in Heritage Hills with a cocker spaniel I loved even more. Time

passed. Life was comfortable.

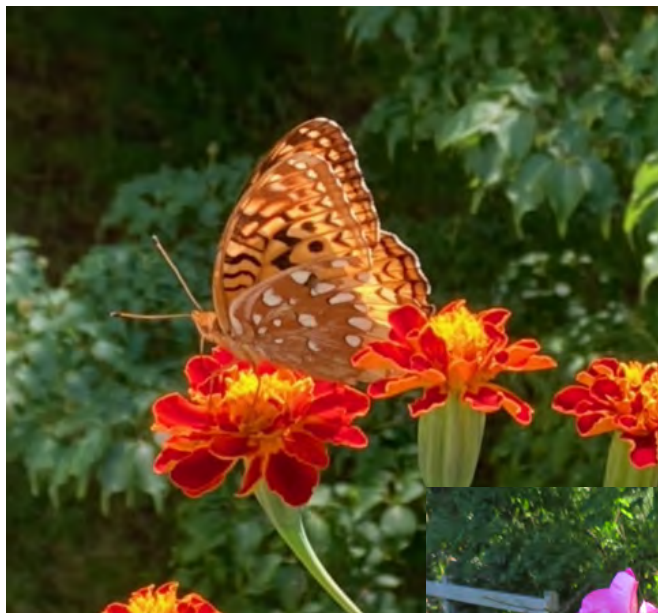
When the music stopped, I was unprepared. Now, I was sitting with nothing to do and no reason to get up in the morning except to feed and walk the dog. It got me to thinking.

Slowly, ever so slowly, the veneer that had taken years to acquire started to melt. Layer by layer, I feel it falling away. Now, I listen differently to people. I'm more inclined to open my heart. I'm more interested in the detail of what people say and why. There is time to consider the cricket in my house and how to get it back outside. Chasing the cricket until I could cover it with a plastic container, sliding a piece of cardboard under it enabled me to escort it outside and throw it to the winds.

It occurred to me that the secret to retirement is to first, get over myself – cast that self to the winds. Get over the title, the big salary, the attention of colleagues and awe of family and friends.

Getting over myself is an ongoing process and I'm not all the way there, yet. But at least now I have some direction.

## SOME BUTTERFLY RESIDENTS



*By Wendy Nastassi*



*By Wendy Nastassi*



*By Joan DeFrancesca*

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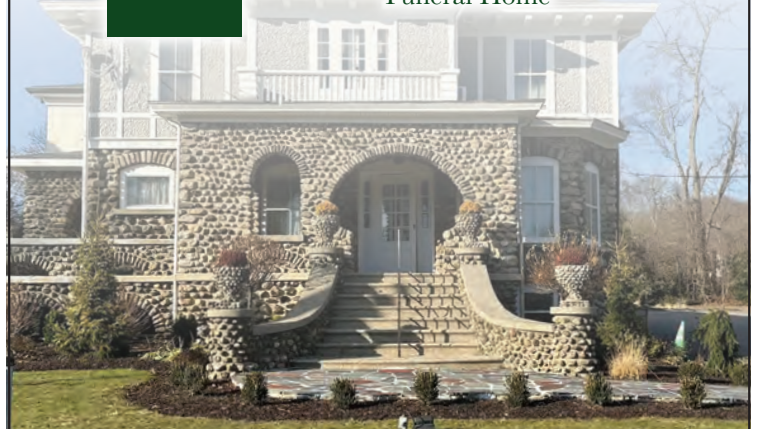
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## HOW DOES YOUR GARDEN GROW?

### THE BIGGEST TOMATO ON THE PLANET

*Text and photo by Karl Milde*

The flower and vegetable seed companies are constantly experimenting to breed new varieties: new varieties of flowers, such as daffodils and tulips, and new varieties of vegetables, such as the garden staple, the tomato.

The competition must be fierce out there because new varieties keep coming every year. They are proudly announced and advertised in the annual seed company catalogues. Quite a number of these catalogs start appearing in my mailbox in winter, and I love to go through them, page by page, from front to back, all the time thinking of the coming spring!

Early this year one of these catalogs nearly bowled me over. I was midway through the many wonders of nature shown there when my eyes fell upon a photo of a girl holding a *huge* tomato. I mean huge. It was the size of a soccer ball! The caption read, in part: "Meet the biggest tomato ever bred. And it's not just bigger but better."

I'm sorry I cannot show you the photo (as an intellectual property lawyer by profession, I know this would violate a copyright), but I can describe this humongous hybrid for you. I've yet to see one myself, but that will come later – perhaps in mid-July. It's called the "SteakHouse hybrid" (note the capital H in the middle) and, according to the seed company's write-up, it can weigh as much as *three pounds*. That's a lot, considering that most beefsteak tomatoes top out at about a pound. Not only are these hybrids huge, they are also said to have "true heirloom tomato flavor and head-spinning fragrance." I'll believe the hype only when I try one.

I placed an order for 25 seeds (plus seeds for a few other veggies, like beets and onions). The seeds came within a week or two in small white envelopes that all looked alike except for what was printed on them. I was glad to read on the SteakHouse tomato envelope that the plant was "indeterminate" and would therefore continue producing all summer.

I opened this envelope and stared at the seeds. They were so innocent and tiny! Not what you'd expect from the germ of the biggest tomato on the planet. I set the envelope aside, along with the packets of other new seed packets, and went on vacation to see the tulips



at Kueckenhof Gardens near Amsterdam. As soon as I returned home, I popped the SteakHouse hybrid tomato seeds into my incubator to germinate and grow.

The seed pack says these tomatoes will be ready to harvest about eighty days after transplanting their seedlings into my garden. Move over Big Daddy and XXL tomatoes. You're not King of the Garden any more.

\* \* \*

## FIT-BITS

*By Mary Tedesco*

### WHAT ARE THE BENEFITS OF WARMING UP BEFORE YOU EXERCISE?

Anything that can enhance your workout is a benefit, but warming up helps in many ways.

Your muscles, tissues and joints are not always ready to just jump into exercise. The goal of a warm-up is to prepare your body to walk, run, jump, sprint, lift, or do any other activity.

All of the warming up prep serves to help your body to perform much better. It helps eliminate stiffness, gets the oxygen flowing, and raises your body temperature to make it easier for you to perform more efficiently and effectively. In studies it has been found that warm-ups help improve nearly 80% of performance measurements.

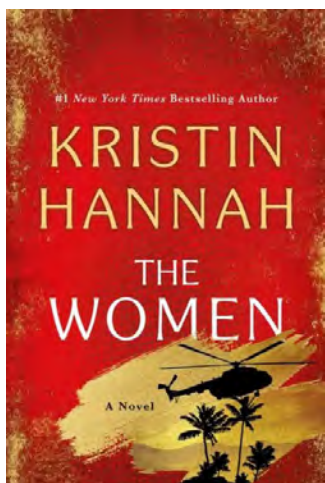
Warming up also helps prevent injuries. Stretching, balance exercises, jumping exercises, and drills all help reduce painfully stretched or torn ligaments, tendons, or muscles. A warm-up session essentially increases the stretching threshold of these tissues before they get damaged.

Make sure to incorporate a good warm-up into your workout. You can march in place, start out slow on a treadmill, or do some dynamic stretching. This will benefit you immensely and your body will thank you!

\* \* \*



*By Barbara Pollack*



## THE BOOK SHELF

By Cindy Kennedy

The Vietnam War has been the subject of several recent novels including *Dust Child*, by Nguyen Phan Que Mai, and *The Red Lotus*, Chris Bohjalian's mystery thriller. In her new bestseller *The Women*, Kristin Hannah focuses on the dedicated American nurses who served in Vietnam.

*The Women* begins in May 1966 at a party given by Connor and Bette McGrath in their elegant Coronado,

California, home. Their son Finley, a newly commissioned Navy Ensign, is bound for service in Vietnam. In the family's den, a "Heroes' Wall" features framed photos of McGrath military men. Wanting to follow her brother to Vietnam, 20-year-old Frances, nicknamed "Frankie," impulsively signs up to join the Army as a nurse.

Arriving in Vietnam, Frankie immediately is sent to the Thirty-Sixth Evacuation Hospital, 60 miles from Saigon. "From here," the head nurse tells Frankie, "the lucky ones go to the Third Field Hospital for more specialized treatment; the unlucky ones go back to their units; and the really unlucky ones go home in a box."

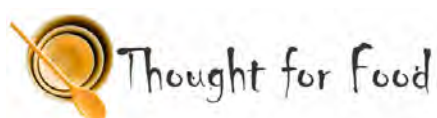
Frankie is unprepared for the daily trauma, and she dreads the distinctive drone of helicopters signaling incoming casualties. The two veteran nurses who share her Quonset hut take Frankie under their wings. Ethel Flint, a red-headed nurse from Virginia, reminds her that "many of the soldiers we treat go back to their families because of us." No-nonsense Barb Johnson, a Black woman from Georgia, however, warns Frankie, "Men here, they lie and they die."

Despite Barb's admonition, Frankie embarks on a heart-breaking romance. Extending her tour of duty to a second year, she felt "competent and important. This place would forever hold a piece of her heart, and she was afraid that "home" was no longer the place she wanted to be." Frankie's reentry into her parents' country-club world would be challenging.

Those of us who came of age in the '60s will recognize the era's cultural references scattered throughout the novel, such as the songs "Leaving on a Jet Plane" and "Like a Rolling Stone" played at the Officers Club. It is disappointing, nevertheless, that the author's historical research is spotty at times, with some inaccuracies popping up in the narrative.

*The Women*—a must-read novel—is a long-overdue tribute to the heroic nurses and their valiant service. Returning from Vietnam, Frankie sought to share their experience: "The women had a story to tell, even if the world wasn't quite yet ready to hear it, and their story began with three simple words: *We were there.*"

(Note: *The Women* is part of Heritage Hills Library and Somers Library collections. A list of new Heritage Hills Library books is on page 9. For an article about the Nurses Memorial at Lasdon Park, see page 25.)



Submitted by Elizabeth Royston

Sometimes the dinner themes chosen by members of our Culinary Club are specific to certain cuisines, and sometimes they are more general and inclusive. Our April Dinner theme was "Everything Lemon" and everything lemon was very good, especially the Lemon Chicken, made by Pat Conetta and Phyllis Wilson!!! This recipe serves 8.



## LEMON CHICKEN

### INGREDIENTS

8 skinless, boneless chicken breasts  
Flour for dredging  
Salt and pepper (add to flour)  
Oil for frying  
1/3 cup white wine or dry vermouth  
3 cups chicken stock  
Knorr Roasted Chicken Gravy mix  
1/3 cup fresh lemon juice  
1/3 cup rinsed capers  
1 tablespoon butter

### PREPARATION

1. Slice chicken breasts in half horizontally to achieve a thinner breast. Place between waxed paper or Saran wrap and pound until quite thin.
2. Dip pieces in seasoned flour and fry in oil until crispy. Remove to a serving plate and keep warm.
3. To make the sauce, deglaze the pan with the wine until almost evaporated. Add 2 cups chicken broth and bring to a simmer.
4. Put the gravy mix in a separate bowl and add the remaining cup of broth. Mix well until dissolved. Add this mix to the simmering sauce and add the lemon juice. Simmer until slightly thickened. Add capers and butter and mix well.
5. To serve, pour some of the sauce over the warmed chicken, and serve the remaining sauce on the side.



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## TOTAL UNITS SOLD BY ONEKEY/HGAR MLS AGENTS FROM 1/1/24 – 5/10/24

	2024	2023	2022	2021
TOTAL SOLD	42	32	55	40
	\$325,000-\$850,000	\$320,000-\$810,000	\$276,000-\$785,000	\$342,000-\$690,000

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

### ONE BEDROOM

FRANKLIN	\$375,000; \$360,000; \$330,000; \$338,000	GUILFORD	\$325,000; \$407,500; \$444,000; \$449,000	RADCLIFFE	\$571,000
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### TWO BEDROOM

ARMONK	\$375,000; \$560,000; \$595,000; \$485,000; \$565,000; \$535,000; \$650,000	COLGATE	\$585,000; \$550,000	MONROE	\$510,000
BERKSHIRE	\$650,000	FAIRVIEW	\$539,000	KATONAH	\$529,000
CANAAN	\$582,000	HANOVER	\$500,000	SALEM	\$550,000; \$445,000; \$579,000
		HAMILTON	\$391,000	STRATFORD	\$580,000; \$568,000
		HARVARD	\$749,000	WELLSLEY	\$613,500
		LITCHFIELD	\$460,000		

### THREE BEDROOM

CROTON II	\$699,000; \$729,000	SHERMAN I	\$718,000; \$650,000; \$690,000	SHERMAN II	\$850,000; \$795,000
JEFFERSON II	\$674,000; \$575,000				

ONEKEY/ HGMLS DATA AS OF 1/1/2024-5/10/2024

## Increase the Selling Price of Your Home

You can still **increase** the selling price of your home and create a wonderful first impression by doing some or all of the following. I know how difficult it might be to implement these suggestions but in working with **buyers** I have learned how important that **first impression** is. For **sellers**, and sometimes their heirs, realizing that their **home should be empty** is not always possible. You can also ask trusted friends and family members if they think there is a better way to place furniture and favorite items. This is one of the most **stressful situations a person can experience** and if that is not possible there are still several things you can do to ease the stress and still increase the selling price.

- Declutter & depersonalize when you are not under pressure to sell
- Hire people who specialize in any of the areas on this list
- Repair & Replace items that could cause an inspection to fail
- Make sure any changes or updates you made meet Condo & Town approvals & code
- Have friends or family members re-enter your home to make sure it smells fresh & cleans

If you have any questions or would like to know about sales for your particular model, please do not hesitate to contact me. Call my cell phone at 914-420-1850 or send an email to [mlowenfeld@houlihanlawrence.com](mailto:mlowenfeld@houlihanlawrence.com)

**Thank you ,  
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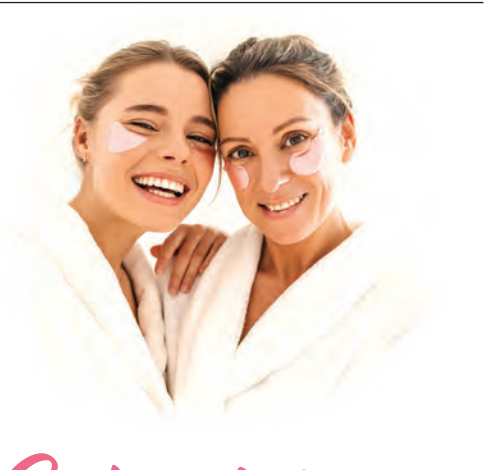


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