



THE OFFICIAL

*Heritage
Hills
Newsletter*

JULY 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

Society Office 914-276-2908

Activities Office 914-276-2636

Bus 914-276-2877

Library 914-276-7655

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

ConEd 800-752-6633

NYSEG 800-572-1131

Verizon 800-922-0204

Water/Sewer (Veolia) 877-426-8969

SERVICES FOR SENIORS

TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

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

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 Kobroœ, 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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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



MEADOWLARK PARK COMMITTEE

For Thursday evening events, park in the Activities Center parking lot, if you can; otherwise, the upper Park Place parking lot. The lower parking lot in front of Park Place will serve as a pedestrian mall.



By Karl Milde

FOOD TRUCK THURSDAYS

By Pat Ploss

Tables are available behind Park Place, at the playground, and near the tennis courts - or bring your own table.

Thursdays from 5 to 7:30 pm

July 4 Sayit's Kitchen - Turkish and Greek

Frozen Fun - Ice cream

July 11 Taco Road Trip - Mexican (voted Connecticut's Best Food Truck by *Connecticut Insider Magazine*, and Best Vegan Food Truck by *Hudson Valley Magazine*)

Frozen Fun - Ice cream

July 18 CONCERT NIGHT - See right column.

Dough Nation Pizza - Pizza (voted Best Pizza Truck in *Westchester Magazine*)

Bona Bona - Ice cream

July 25 Three Little Pigs - Barbecue

American Swirl - Ice cream

POLLINATOR GARDEN TOUR

By Pat Ploss

Saturday, July 6, from 5 to 6 pm

Members of the Pollinator Gardens group will lead a tour of the pollinator gardens in Meadowlark Park for adults wishing to learn about pollinators. And bring along children for a themed art activity.

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, Karl Milde, Elizabeth Royston, Keri Reitman Schnapper, Carol Vartuli

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.

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ON THE COVER

While playing golf last summer, Patty Gallin captured the cover photo of a water lily blooming on one of the course's ponds. The water lilies should be blooming again soon.

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10-A-MEN CLUB

By Mike McBride

WEEKLY MEETING SCHEDULE

Wednesdays at 10 am in the Heritage Room

July 3 - PETER HARCKHAM

New York State Senator

July 10 - KARL MILDE

Experiences as an EV owner
TED Talks

July 17 - OPEN SESSION

Self Introductions
Misc Discussions

July 24 - GINA ARENA

Candidate for New York State Senate

July 31 - ROLAND CIOFRONE

Retired 32 year Utility Company employee
Issues re Mahopac Battery Energy Storage System

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, when the Pledge of Allegiance is said. That is followed by speakers and discussions until 11 am.

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

* * *



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.

AIN'T SHE SWEET

Cabaret Night with Peter Muir

Saturday, July 13, at 7 pm in the Activities Center

Peter Muir, PhD, a world-class musician, vocalist, and educator whose performances *Newsday* has praised as "terrific," will present a recital of songs and instrumentals by Jewish American composers for the Golden Age of American Popular Music, a/k/a, Tin Pan Alley (1900-1955). It features a curated selection of the work of both iconic songwriters like George Gershwin and Jerome Kern along with lesser known yet important figures such as Milton Ager, Jack Yellen, and Harry Akst. Join us for this inspiring, informative, and entertaining celebration of this most vibrant aspect of Jewish American culture.

Admission is \$15 per person. Light refreshments will be served. **By July 6**, place your check(s) in our mail slot by along with your name, phone number, and unit number. To sit with friends, put all checks in one envelope - ten people per table maximum.

WALKABOUT CLEARWATER CHORUS

Saturday, August 10, at 7 pm in the Activities Center

Founded in 1984 by folk music legend Pete Seeger, the Walkabout Clearwater Chorus is known not only as a singing group, but also as a group that is first and foremost activist in the tradition of its founder. Their songs focus on the Jewish tradition of Tikkun Olan (repairing the world). The group is dedicated to promoting environmental awareness and social action through song, education, and other activities. It is also known for its seven-foot-tall model of the sloop Clearwater which sails in the Hudson River. Come sing along or just enjoy the music. Light refreshments will be served. Admission is \$15 per person. **No later than August 5**, place your checks in our mailbox along with your name, phone number, and unit number.

* * *

HEALTH & SAFETY COMMITTEE

By Flo Brodley

W.I.N.K. (WHAT I NEED KNOWN)

Thursday, July 11, at 1:30 pm in the Activities Center

What if you are suddenly incapacitated, hospitalized, or worse?

The Friends of the Somers Library, in collaboration with the library staff and Tracy Christen Reimann, Esq., have created a program featuring a document that each person should complete in case of emergency, it's called "W.I.N.K. - Important Information About Me".

Join us for the discussion and receive a copy of the W.I.N.K. document, a gift from the Health & Safety Committee, as both a self-care document and one for your loved ones. Categories include personal, financial, home, and health information, and final wishes.

Each person will complete details they want to share, including items such as the garage door code, information about care of your pet, how you pay bills, etc. and make it easily accessible to your important friends and family members.

Register with Rosemary at rosern46@comcast.net to ensure your blank document copy, as only 50 copies will be available.

HOMEOPATHY—WHAT IS IT?

Lauri Grossman, DC, CCH

Thursday, July 25, at 1:30 pm in the Game Room

Homeopathy is the fastest growing way of natural healing today, with a record of safety, effectiveness, and affordability.

At this event, you will gain knowledge on how to use it to improve your health and skills needed for everyday injuries like cuts, bruises, sunburns, bites & stings and how homeopathy can reduce colds and allergies, as well.

Dr. Grossman is the President of the Board of Directors of the National Center for Homeopathy, and teaches at hospitals like Columbia Presbyterian Medical Center, Memorial Sloan Kettering Cancer Center, the Hospital for Special Surgery, and New York University. She is also in private practice.

FRIENDS IN THE HILLS

By Debbie Ferrara

If you have any questions regarding the following events, call Debbie at 914-924-3003 or Mary Ann at 914-318-1227.

FRANK DELPIZZO, COMEDIAN AND ENTERTAINER

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

MEMBERS ONLY, limited capacity. \$20 per person. If you have not done so already, put your check into our mail slot outside the Activities Office.

HOT DIGGITY DOG RACES

Friday, August 9

Hot dogs and chips will be served. If you have previously attended our Horse Races, this will be something you won't want to miss.

MEMBERS ONLY. Seating capacity is 136. \$10 per person. First paid, first served.

Fill out the attendance sheet and submit it with your check in our mail slot outside the Activities Office.

FUTURE EVENT DATES (subject to change):

September 7, October 10, November 8, and December 14.

* * *



**SOCIETY BOARD
SOCIETY BOARD MEETING**

Wednesday, July 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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INDEPENDENT AND FOREIGN FILM CLUB

By Steve Klepner

TAMPOPO

Thursday, July 18, at 7 pm in the Heritage Room

(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.

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.



TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, July 19, 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:

- *Your body language may shape who you are* – Amy Cuddy
- *Finding Confidence in Conflict* – Kwame Christian

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.

The August TED Talks event has been **cancelled** due to vacations. The next TED Talks event will be held on Friday, September 20.

* * *



CIAO ITALIA

Submitted by Michael Lanotte

ANNUAL BOCCE & BBQ

Saturday, July 20

The bocce courts will be open at 4 pm for those wishing to play, and refreshments will be available at the courts. For our BBQ, the Heritage Room doors will open at 6 pm.



Pick up a flyer outside the Activities Office containing important information regarding submitting checks and table seating.

COMING EVENTS

Look for flyers, email blasts, and TV notices containing all the information on the following events:



SOUNDS OF SINATRA AND DINO TRIBUTE SHOW

Friday, August 23, in the Heritage Room

The Sounds of Sinatra and Dino tribute artists along with the Tony T. Orchestra Trio pay homage to the legendary performers with stories and songs that bring back the golden era when swing was king!

SEPTEMBER

Bus trip to **Mohegan Sun. Pizza Night** will be rescheduled. Both events will be for **MEMBERS ONLY**.

RESIDENT ART SHOW

By Terry Clifford



SHOW SCHEDULE

Saturday, September 21, from 10 am to 6 pm

Sunday, September 22, from 10 am to 4 pm

The Annual Heritage Hills Resident Art Show is rapidly approaching. We encourage **artists of all ages** to share their talent in ceramics, drawing, digital art, fiber, jewelry, mixed media, needlecraft, painting, photography, printmaking, sculpture, silk painting, weaving, and woodcraft. We receive close to three hundred pieces of resident artwork each year.

APPLICATION DEADLINE

Wednesday, August 23

Obtain an exhibit application from the Activities Office or go to the hhsociety.org website. Art Show guidelines are attached to the "Exhibit Application."

SHOW SETUP VOLUNTEERS NEEDED

Friday, September 20, from 9 am to 3 pm

We need assistance installing the artwork. By **Sunday, September 1**, send your volunteer contact information to mattesjack@yahoo.com.

If there are any questions, contact the Activities Office at hhactivities.org or call 914-276-2636.

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

WELCOME NEW OWNERS

By Anna Milani

Society Office Administrator

During the month of May, ownership changed for 7 units. If you're a newcomer, you should have received a *New Resident* folder when obtaining your photo ID in the Activities Office. The folders are also available in the Society Office, open Monday through Friday from 9 am to 1 pm.

SUMMARY OF PORTIONS OF THE MAY 22 SOCIETY BOARD OF DIRECTORS MEETING

Compiled by Susan Statkowski-Rivalsi

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.

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

Board members absent: Joe Kelly and Dom Rubino

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

FINANCE & BUDGET, COMMITTEE - GENE ARCHER, CHAIR

Treasurer's Report

April Financials:

Income \$ 522,145.18

Expenses (484,902.38)

Surplus \$ 37,242.80

Insurance 2024-2025 Renewal:

Package (all property and grounds): \$93,461.16, Crime & Cyber Liability: \$2,860, Directors and Officers: \$5,959, Volunteer Accident: \$300, and Excess Liability: \$39,042, for a total of \$141,622.16.

ACTIVITIES COMMITTEE - ANN HARPER, CHAIR

New class: Sound Healing Meditation, a combination of meditation and yoga using Tibetan Indian bowls.

ANNUAL ART SHOW EVENT - JACK MATTES, CHAIR

[See pages # and ##]

LANDSCAPE COMMITTEE - PAT PLOSS, CHAIR

We'll be looking into continuing improvements in the parking lots and

islands in the vicinity of Pools 4 and 5, and an area near Pool 1 and the Paddle Tennis courts needs some attention, as does an area in the parking lot west of Lake Lodge and the pond area between Prime Pub and Lake Lodge.

MEADOWLARK PARK – PAT PLOSS, CHAIR

- **Food Truck Thursdays:** [See page 3 for details.]
- **Summer Concert:** [See page 3 for details.]

NEWSLETTER COMMITTEE – GLORIA ANDERSON

- Long-time member Stan Pearlman passed away in December. Stan contributed a lot of wonderful, humorous articles, and we have really missed that. In addition, we’re going to lose another valued member, Shirley Kesselman, who’s been on the Committee for about ten years and is moving on to another location to be near her children.
- We have been lucky to get two new members. The first is Patricia Adams, whose first article about adjusting to retirement [appeared] in the June issue. Rosetta Benson, who has also joined our Committee, will be interviewing various residents.

OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

- **Lake Lodge Roof:** The skylights will be replaced along with the flat roof.
- **Pools:** Pool 2 edge stones are being replaced.
- **Meadowlark Park:** Where the Warren Street Trail currently ends, we’re going to connect it to a breathtaking overlook
- **Storm Water Basins:** We’ll be weed-whacking around each basin on the West Hill.

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POST-MEETING DISCUSSION

- A resident questioned the policy of one vote per unit if there's more than one owner. Gloria Anderson explained that one vote per unit is specified in the Society’s Certificate of Incorporation and Bylaws, and that such a change would need a bylaw change voted on by the entire community. In addition, regardless of the number of owners on a unit’s deed, the unit pays only one monthly fee to the Society. (Bruce Prince pointed out that if there were six names on a deed, one vote per owner would entitle that unit to six votes.)
- The same resident also questioned why identical units may pay different Society dues, instead of the same type of unit-paying the same dues, Pat Ploss explained that individual unit fees are calculated based on the percentage of interest in the unit’s Condo. First, 2,606 units are divided into the budget, then the Society Board apportions the number of units in each Condo, and within the Condo it looks at the bylaws and the percentage of interest each unit has in the Condo. That’s why an identical unit in one Condo will pay a different amount than the same unit in another Condo.

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*.

MAY SECURITY CALL REPORT

During the month of May, our Security staff received and responded to a total of 291 calls including the following matters:

Medical.....	75	
Security	37	
Open Garage Doors	55	
Police	8	(5 Somers, 3 State)
Fire Calls	6	(automatic alarms)
Burglar Alarms.....	0	
Property Damage.....	0	
Service	101	(43 lift assists, 3 persons locked out, 10 welfare checks, and 45 other)
Maintenance.....	1	
Motor Vehicle Accidents.....	0	
Parking Violations.....	8	(in handicapped spaces, fire lanes, A roads, or B roads)

* * *

COUNCIL OF CONDOS

By Terry Clifford

The May 15, 2024, meeting of the Council of Condos was attended by: Condo 4, 5, 6, 7, 8, 11, 16, 17, 18, 19, 20, 21, 24, 25, 28, 29, 30.

Somers Fire Department Chief Lucia and Assistant Chief Wahlers attended the meeting. Chief Lucia served in the Somers Fire Department for 17 years. Somers has four fire stations and six ambulances serving the area. The Chief noted Heritage Hills is fortunate to have town water and hydrants. Homes in Somers which have well water require a water tanker truck to arrive for a fire.

CHIEF LUCIA SPOKE ABOUT THE FOLLOWING FIRE RELATED ISSUES

- **Electrical Vehicle Car Chargers:** Your home electricity panel must be able to manage the installation of the EV Charger. A licensed electrician must install the charger in your garage or carport.
- **Electrical Charges for Handheld Tools:** Buy only brand name lithium-ion batteries for your handheld tools. “Off brand” lithium-ion batteries do not have the appropriate circuit boards and may cause a fire.
- **Electrical Permits:** Electrical modification including high hat lighting need electrical permits from the Somers Town Building Department.

continued on page 8

- **Cell Phone Chargers:** Use manufacturer only charges for you cell phone. When charging your phone place your phones on a non-combustible surface. Never charge your phone on your bed.
- **Disposal of Lithium-Ion Batteries:** Store old batteries in individual plastic bags and place them in a bucket. To learn more about Westchester's disposal process, go to Westchestergov.com or call 914-813-5425.
- **Fire Extinguishers:** Check the date on your fire extinguishers. A fire doubles in size every 4 minutes. Shut all internal doors and establish a family safe zone outside your home. Do not stand in walkways or parking areas.
ABC of using an extinguisher:
 - A – Stand 8 feet **Away** from the Fire
 - B – Spray at the **Base** of the fire.
 - C – Call 911 for the fire regardless of the size.
- **Causes of Household Fires:** Kitchens, barbeques near walls or railings, smokers throwing cigarettes in the brush or flowerbeds, chimney fires – only burn real wood, candles must never be left unattended.

Thank you, Chief Lucia, for attending our meeting and supplying us with Fire prevention information.

VARIANCE DISCUSSION

If a Condo suspects work is being done without a variance, its board or management company should inquire. The Town can issue a stop-work order until a variance and permits are submitted.

All Heritage Hills Condos are invited to attend our **Wednesday, July 17** meeting.

* * *

SINGLES CLUB

Submitted by Diane Purr

Save the dates

- Friday, September 27 (details will be announced when the date nears)

- Thursday, October 24 for another fun filled B00-B-Q !

The Board wishes everyone a safe and healthy summer. See you in September!

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COMMUNITY THEATRE

By Muriel Millstein Weiss

The Board of the Heritage Hills Community Theatre thanks everyone who helped make our production of *Later Life* by A.R. Gurney a success. The performances have ended, but thoughts remain: Can we change and grow as we age? Did you want to join me in my message to Austin, "Carpe Diem."? What thoughts lingered on for you? Email responses to: must87@comcast.net.

Again, thank you for your ongoing support and loyalty.

HOW TO CREATE SOMETHING NEW HERE

By Karl Milde

As a resident of Heritage Hills, aren't you amazed at all the clubs, concerts, sports, and other stuff you're invited to participate in? It's a cornucopia of so many things it's hard to make sense of it all. I was confused when I moved here, until I spoke to the two people in the know: Society Board member Ann Harper, who's in charge of such activities, and our Activities Coordinator, Andrew Kaplan.

Here's the key that may clarify everything for you: the things we do are divided into three different categories: Clubs, Activities, and Classes. See the list of Clubs and Activities in the right column (note that some groups that have the word "Club" in their name, actually qualify as an Activity, not a Club).

A **Club** must draft a set of Bylaws, which are approved by Society, and must hold an annual meeting with recorded minutes. It may have a Board of Directors and Rules and Regulations, although neither are required. As a minimum it must have twelve members, at least, to start, a president to manage the club and a treasurer to take care of the money. The Club may meet at regular times, like once a month (for example the Photography Club), and may have dues to offset its costs. There are currently 23 registered Clubs here, as indicated in the column to the right.

An **Activity** is a recreational group for residents and their guests. It need not have Bylaws or officers. It uses Society facilities, such as a room at Lake Lodge or in the Activities Center for its events. Attendance at the Activity may be free (for example "TED Talks"), or the leader may charge a fee (for example, Continuing Education"). There are currently 16 registered Activity groups here, as indicated in the column to the right.

A **Class** is a group with an instructor who has been vetted and approved by the Society Board. The process is initiated by an instructor who submits his/her credentials and resumé to Andrew Kaplan and Ann Harper. If approved, Ann brings the idea to the Society Board for approval. The Class may be headed by a volunteer fee-free, or there may be a fee for attendance (for example, "Silk Fabric Painting Class").

All new Clubs, Activities, and Classes must be approved by the Society Board before they go "live." If you want to create a Club, Activity, or Class, run the idea by Andrew Kaplan first. He'll let you know what's required and give you a form to fill out. Once you have all your ducks in a row, you'll need to speak with Ann Harper. If she supports your idea, she'll take it to the Society Board for a vote.

Having Society Board approval, it's up to you to make your idea a reality. Not only will your leadership be personally rewarding, you'll be doing your part to make Heritage Hills the unique community that we all love.

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OUR CLUBS, ACTIVITIES, AND CLASSES

Compiled by Susan Statkowski-Rivalsi

In the *ACTIVITIES / CLASSES / CLUBS* section (pages 13, 14, and 15) you'll find details about the following registered Clubs and Activities. You'll find information about the registered classes under the *ARTS & CRAFTS* and *EXERCISE CLASSES* headings, there.

There are currently 23 registered Clubs:

Billiards	Friends in the Hills
Chess	Garden
Ciao Italia	Hikers and Walkers
Club Shalom	Independent and Foreign Film
Community Theatre	Photo
Concert Society	Rainbow Connection
Continuing Education	Singles
Culinary Club	Spanish Conversation
Duplicate Bridge	10-A-Men
East Hill Men's Golf Association	Travel
Family Network	Women's
French Conversation	

There are currently 16 registered Activity groups:

Bocce Committee	Needlecraft Group
Bowling League	Pickleball
Canasta	Ping Pong
Contemporary Fiction Book Club	Scrabblers
Flower Arrangements	Shakespeare Club
Friday Night Social Dance	Shuffleboard
Mah Jongg Club	Square Dancing
Morning Discussion Group	TED Talks

Residents with valid IDs can borrow - for the day - equipment kept at the Security Office for Basketball, Billiards, Bocce, Pickleball, Ping Pong, and Shuffleboard.

For information on how to start a new group, see *How to Create Something New in Heritage Hills* on page 8.

* * *

WOMEN'S CLUB

Submitted by Phyllis Bradbury

We send huge thanks to the members and guests that made the past several months a success.

Reminder - We do not meet in July and August. Look for a flyer and notification in the *Newsletter* for our meeting on September 11. Our board is always interested in ideas for future meetings, so don't hesitate to contact one of the Board members or leave a suggestion in the Women's Club mail slot in the area outside the Activities Office.

We wish everyone a happy and safe summer. We'll see you in September. If you have any membership questions, please contact Alfreda Savarese at 914-617-2007.

Library



SUMMER READING

This month the Library is adding books by a combination of new authors and old favorites.

As a nod to the coming summer days, we have a variety of beach reads, (or "pool reads" in Heritage Hills). Elin Hilderbrand is one of the Library's most popular authors, and her new novel *Swan Song* is advertised as her last Nantucket novel. Mary Kay Andrews' *Summer at the Saint* combines romance and mystery in a hotel on the Georgia coast.

For mystery and thriller readers, we are adding the new books of several popular authors to the collection this month, namely Lucy Foley, Riley Sager, and Jacqueline Winspear. We are also adding a new author to our collection, Jeneva Rose, whose intriguingly titled book, *Home Is Where the Bodies Are*, has already hit the *New York Times* Bestseller List.

As always, any of these books can be reserved by calling or stopping in the Library. Happy reading!

BOOK REVIEW

For a review of *James*, by Percival Everett, see page 36. The historical novel is a reimagining of Twain's classic *The Adventures of Huckleberry Finn* told from the character Jim's viewpoint.

NEW ADDITIONS TO OUR COLLECTION IN JULY

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

Fiction

Andrews, Mary Kay *Summers at the Saint*
 Henry, Emily *Funny Story*
 Hilderbrand, Elin *Swan Song*
 Kwan, Kevin *Lies and Weddings*
 Lauren, Christina *The Paradise Problem*
 Phillips, Julia *Bear*
 Wingate, Lisa *Shelterwood*

Mystery

Crichton, Michael,
 and Patterson, James . . . *Eruption*
 Burke, James Lee *Clete*
 Connolly, John *The Instruments of Darkness*
 Foley, Lucy *The Midnight Feast*
 Iles, Greg *Southern Man*
 Rose, Jeneva *Home Is Where the Bodies Are*
 Sager, Riley *Middle of the Night*
 Winspear, Jacqueline *The Comfort of Ghosts*

Biography

Fauci, Anthony *On Call: A Doctor's Journey in Public Service*
 O'Keefe, Edward F. *The Loves of Theodore Roosevelt: The Women Who Created a President*

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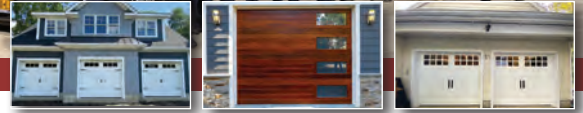
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A photograph of a middle-aged man with glasses and a mustache, smiling broadly while playing a trumpet. He is wearing a dark blue button-down shirt. The background is a bright window with white blinds.

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GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

Phone: 914-276-2636 or go to Activities at hhsociety.org

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

ARTS & CRAFTS

CRAFT CLUB: Join us to explore new media, share traditional crafts, and meet other crafters. Second Wednesday of the month from 1 to 3 pm and fourth Wednesday of the month from 6 to 8 pm. Email if you're interested in joining craftclubhh@gmail.com

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 11 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: 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.

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 evemusart@comcast.net.

WOODCRAFT CLUB: The shop at the Activities Center is available Monday thru Saturday from 9 am to 4 pm. For information and to register, contact Club President Ed at 914-276-0671 or 914-552-2303.

CIAO ITALIA: 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.

COMMUNITY THEATRE: We produce two main stage productions yearly in June and November with additional activities during the year. We welcome new members and encourage you to join us and try your hand at acting, directing, working behind the scenes etc. Annual membership is \$10 (supporter) and \$25 (angel). For more information, email Antonia Gisolfi at amalfi21@icloud.com or call 914-617-9329.

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.

CONTEMPORARY FICTION BOOK CLUB: Meets on the first Tuesday of each month from 2 to 3:30. Contact Myra Hopper at 520-390-5523 or myrahopper@gmail.com.

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.

SQUARE DANCING: We meet year-round usually – but not always – on Sunday evenings from 7 to 9 pm in the Activities Center Game Room. \$5 per person pays for the Caller. For more information, contact Annie Ramaglia at avmalarm@aol.com or 914-342-3918.

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.

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.

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.

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.

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 eefyjig@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 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.

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.

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.

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.

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.

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.

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 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 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 Call Cheryl Milde at 914-342-3068.

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.

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 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 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.

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: Tuesdays from 10 to 11:30 am in the Activities Center's Game Room, and on Zoom. See a film of a classic Shakespeare play, then read it and join in lively discussions. All are welcome! For more information, call Susan Ray at 914-391-6686 or Margaret Howlett at 973-746-7816.

SINGLES CLUB: If you are interested in joining the club, contact Pat Caruso at 914-276-2224 or carusop515@comcast.net. Membership dues are \$12 per year.

SPORTS

BOCCE GROUP: 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.

PICKLEBALL COMMITTEE: 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!

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, 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 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: 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, please 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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BOCCE
OPENING DAY

By Diane Purr, Commissioner



After a week delay because of weather, everyone turned out under sunny skies to get the 2024 season off to a great start.

We have a record number of players this year, and that is a testament to the popularity of this sport. There is also open play on Wednesday and Saturday from 9:30 to 11:30 am.

EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman

Chilly temperatures remained a challenge in early May, and heavy rains washed out two scheduled rounds. It finally warmed up late in the month, and by early June, our Tuesday and Thursday early morning rounds became welcome before the afternoon heat.

For those worried that it's too late to still join us this season, there's still **LOTS** of golf season left. Just call Bob Kenney at 914-617-9884.

Here are our results over the past month. As always, competition is kept fun for everyone by breaking participants into an A group with the better golfers and a B group for the rest of us, and adjusting gross scores down to a net score, reflecting each person's handicap.

May 7 Standard Stroke Play

A Flight: Low Gross – Bob Slotoroff; Low Net: 1st – Tom Reca, 2nd – Yogi Santa-Donato

B Flight: Low Gross – Nick Stanton; Low Net: 1st – John Mahoney, 2nd – Frank Gallo, 3rd – Subhash Sindhvani

May 9 Two-Man Team (1 A Player, 1 B Player) Alternate Shot Event

1st – Ed Yee & Howard Weiner, 2nd – Tom Reca & Jack O'Hanlon, 3rd – Bob Briganti & Ed Sottile

May 14 Standard Stroke Play

A Flight: Low Gross – Frank Servidio, Low Net – Tom Reca

B Flight: Low Gross – Nick Stanton; Low Net: 1st – Sandy Lieberman, 2nd – Rich O'Brien, 3rd – Jim Haggerty

May 21 Standard Stroke Play

A Flight: Low Gross – Joel Greenspan; Low Net: 1st – Frank Servidio, 2nd – Yogi Santa-Donato

B Flight: Low Gross – John Mahoney; Low Net: 1st – Sandy Lieberman, 2nd – Jack O'Hanlon, 3rd – Ed Sottile

May 28 Standard Stroke Play

A Flight: Low Gross – Yogi Santa-Donato; Low Net: 1st – Charlie Barrett, 2nd – Ed Yee

B Flight: Low Gross – Howard Weiner; Low Net: 1st – Ken Freeman, 2nd – Frank Gallo, 3rd – Charlie Kravetz, 4th – Rich O'Brien.

May 30 Round 1 of Annual Match Play Tournament

A Flight: Frank Servidio won vs. Ed Yee; Yogi Santa-Donato won vs. Bill Glass; Charlie Barrett won vs. Bob Slotoroff

B Flight: Subhash Sindhvani won vs. Bill Ablondi; Jack O'Hanlon won vs. Sandy Lieberman; Rich O'Brien won vs. Ed Sottile.

June 4 Standard Stroke Play

A Flight: Low Gross – Yogi Santa-Donato; Low Net: 1st – Charlie Barrett, 2nd – Ed Yee, 3rd – Joel Greenspan

B Flight: Low Gross – Ken Freeman; Low Net: 1st – Howard Weiner, 2nd – Ed Sottile, 3rd – John Mahoney, 4th -- Rich O'Brien.

PICKLEBALL

*Text by the Pickleball Committee,
photos by Kenneth Perry and Fran Boemio*

SPRING FLING!



On May 31, Fran Boemio hosted our awesome Spring Fling event at which 109 pickleball-loving, party-going, dance enthusiasts gathered in the Heritage Room. Everybody was out of their chairs dancing the night away to the music of our fabulous DJ Johnny Angel.



Each table coordinated the foods they brought to share. Desserts and beverages were available for the taking.

Why are our socials so successful and the talk of the town? We have built a culture of respect, inclusion, trust, and love of the sport and each other. Many long-lasting friendships have developed, and new people are always given a warm welcome. Our pickleball family can't

wait for the next social event where we will continue to create long lasting memories.

If you'd like to learn more about pickleball and our group, email the committee at PickleballHH@outlook.com with your unit number and phone number, and let us know what you're interested in.



* * *

TENNIS NEWS

By Dena Goldstein

The Tennis Committee will host a Women's Social on Saturday, July 27 - rain date, July 28. Look forward to the upcoming flyer and sign up for the Social.

There will also be a Men's Tournament on Saturday, August 24 - rain date August 25.

We have a lot of tennis players coming every Friday night for the Friday Night Social. Whether you are a new player or someone coming back after years of not playing tennis, come on down. We play every Friday night from 5:30 to 8 pm at Courts 1 and 2.

If you would like to know how to reserve a Court, you need to get the Playtomic App. If you have any issues, reach out to me, Dena Goldstein, at 914-589-3560.

* * *



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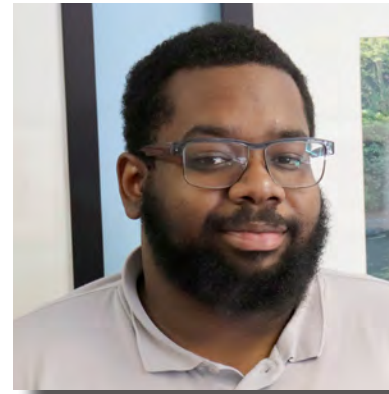
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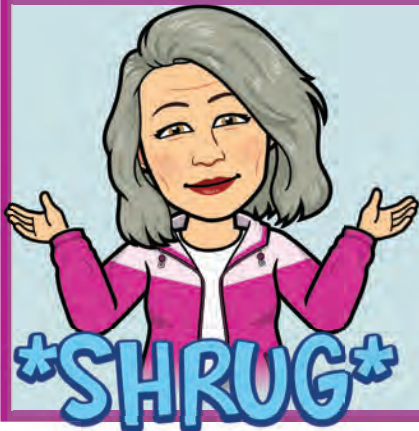
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MEET YOUR NEIGHBORS LYNNE KAHN AND DIANE FRIEDMAN

Text and photo by Rosetta Benson

In 2021, Lynne Kahn and Diane Friedman moved next door to me. Lynne had been living in Heritage Hills since 2002. In 2019, her partner for 25 years died. Diane had also lost her partner of 35 years. They met through *Match.com*. This home was the beginning of a new life together.



Lynne grew up in a Bronx apartment. She left home at age 18, worked three jobs while attending school full time, finished her bachelor's degree in physical education in three years, and graduated from Hunter College in 1963. She spent the next seventeen years teaching in Manhattan and on Staten Island. In her "spare time," she laughed, she "Got an M.S. Degree from Hunter College and a doctorate from NYU."

For Lynne, the introduction of Title 9 in the 1970s giving women equal rights in sports, and the enactment of Public Law 94142, giving the handicapped equal access to Special Education, led her into administration. Hunter College's Campus Schools recruited her to be Director of Physical Education. After three years, she became White Plains School District Coordinator, responsible for 4,000 + students, a job she held from 1984 until she retired in 1998. Lynne was recently inducted into White Plains High School's Hall of Fame.

Diane has a wry sense of humor. When she was six years old, she moved from the Upper West Side to "that part of Yonkers with a Scarsdale address." Summers, she went to sleepaway camp in New Hampshire, eventually becoming a counselor. Her B.S. degree, like Lynne's, is in Physical Education, and she taught for five years. However, "Diane is," according to Lynne, "a risk taker, and she rarely does the expected."

For example, in the 1970s, Diane became an entrepreneur. She began by importing *hand knitted* scarves, hats, and gloves from Europe and selling them to high end stores like Bendel's and Saks Fifth Avenue. Soon she was working exclusively with small European mills that only produced "pure fiber luxury yarns." Diane's company, Tahki Yarns, was soon the "Go to" source for these yarns needed to create Irish Donegal tweeds, classic cottons, and blends of wool with silk, angora, and cashmere. While Diane's clients included Anne Klein, Donna Karan, Ralph Lauren and Perry Ellis, the bulk of her business was independent hand knitting stores across America. In 2019, Diane received *Vogue Knitting* magazine's Lifetime Achievement Award.

Retired now, Lynne and Diane winter in Florida; enjoy traveling, playing golf and Mahjong; and are active members of the Rainbow Connection Club. An avid gardener, Diane's beautiful backyard garden was selected for the cover of this *Newsletter's* August 2023 issue!

MONARCHS AND MILKWEED IN MEADOWLARK PARK

By Dassi Citron and Nancy Israel



This May, a first-generation Monarch Butterfly was sighted dining on a milkweed in the pollinator garden just up the hill from the playground in Meadowlark Park. Migrating over a thousand miles after overwintering in Mexico, it arrived, dined on early spring flowers, and begin laying its eggs on the underside of the milkweed plant's leaves, beginning the annual cycle of spawning second, third, and fourth generations of this unique pollinator. In the Fall, the fifth and final generation of Monarch Butterflies will make the flight back to Mexico to survive the winter and start a new cycle next Spring.

Last year, with the support of the Meadowlark Park Committee, the Garden Club's Native Pollinator Garden group established the "Sunny Garden," so named for its full sun exposure. Full sun is a requirement for growing the varieties of milkweed that Monarch Butterflies need to survive. Due to habitat loss, the populations of Monarch Butterflies, both Eastern and Western, are seriously dwindling as the milkweed plants become increasingly rare. That is why the Native Pollinator Garden Group made planting milkweed a priority.

The Sunny Garden is planted with two types of milkweeds, Common Milkweed and Butterfly Weed. Did you know that because the milky sap of these plants is bitter, when the leaves and seed pods are ingested by Monarch caterpillars, the butterfly body becomes bitter, and therefore uninteresting to the birds it encounters on its trip back to Mexico. Survival of the bitterest! Wonders of nature never cease to amaze.

The Garden Club's Native Pollinator Garden Group, which volunteers its time in Meadowlark Park, is passionate about saving Monarch Butterflies. Consider a visit to the Sunny Garden this summer. Maybe you'll spot the eggs, larvae, or adult stage of the orange queen of the butterflies.

TRAVEL CLUB TRIP TO MET CLOISTERS AND ARTHUR AVENUE

Text by Susan Statkowski-Rivalsi, photo Sheelagh Kaplan



On May 24, around 50 of us boarded a bus at Lake Lodge's parking lot to embark on the Travel Clubs first 2024 trip, starting with a Middle Ages culture-filled morning at the Met Cloisters in Fort Tryon Park overlooking the Hudson River.

While some chose to tour the museum on their own, the rest of us enjoyed having a private tour guide explain all things Cloisters. During about two hours, he took us from one room to the next, then out to the garden courtyard, and then to more rooms, each unique. In the "tapestry room" he brought the huge wall hangings to life, pointing out minute details that would otherwise go unseen. The courtyard garden was its own tapestry of annual and perennial plants in full bloom. We next visited a chapel. Throughout the tour, there were ample provisions for those mobility challenged – opportunities to sit at each point along the way.

From Fort Tryon Park we then traveled across The Bronx to Ann & Tony's Restaurant on Arthur Avenue, at which we filled three long tables, family style, to enjoy a luscious generous traditional Italian lunch (many left with take-home bags). After lunch, we had an opportunity to visit the shops lining the streets, and then quite a few of us gathered at a corner park across the street from our bus pick-up point (I nicknamed it "Meadowlark Park Annex").

We arrived back at Lake Lodge at day's end fully culturally and gastronomically sated.

Thank you, Travel Club's Pam Arena for hosting this lovely spring day trip.

HEALTH & SAFETY COMMITTEE KNEE EVENT

Text by Flo Brodley, photos by Margaret Ribaldo, BSN, RN



At the May "Oh, My Aching Knees" presentation, Dr. Victor Khabie, Co-Director of Orthopedics at Northern Westchester Hospital, described the anatomy of the knee to 65 residents and updated them on the latest in the use of robotics for those undergoing a knee procedures.



MORNING DISCUSSION GROUP REMEMBERS D-DAY, JUDGE SUSAN CACACE VISITS

Text by Rosetta Benson

Prior to Judge Susan Cacace's arrival, Ken Benjamin, Chair of the Morning Discussion Group, played a six-minute video in honor both of D-Day and Memorial Day – a photographic tribute to the fallen highlighting their final resting places around the world. Of the more than 50 attendees, many found the tribute very emotional. Some shared their experiences visiting Normandy since the war; each commented they were so moved – after all these years – by the warm reception they received from, and the gratitude expressed by, the local French residents.

Promptly at 10 am, the day's guest, Judge Cacace, now a candidate for Westchester District Attorney, stopped by to speak about her qualifications (specifically noting her 15 years as an Assistant District Attorney and 19 years as a Westchester County Court Judge), but primarily to answer questions. The questions posed covered a wide range of issues: Willow Wood Gun Club's planned expansion, bail reform, and *accountability* (for example, how to treat repeat offenders of so-called small crimes such as shoplifting).



LECTURE ON ARTIFICIAL INTELLIGENCE AND BITCOIN

By Patricia Adams

Newsletter readers may recall that Stan Herz Pearlman discussed Artificial Intelligence ("AI") in two 2023 *Newsletter* issues. One even contained a poem about Heritage Hills



written by the AI tool ChatGPT! To catch up on this new phenomenon, I attended the June 4 Continuing Education lecture by former Vice President for Internet Technology at IBM, Dr. John Patrick.

Speaking to a packed house, Dr. Patrick enthralled his audience with example after example of how AI is already impacting our lives and can immediately solve multiple tasks in any industry - medical community, the airlines, just about all industries. For instance, AI can enable the elimination of boarding passes, in the airline industry. Dr. Patrick announced, "Cancer will be cured!"

Three primary features drive the popularity of AI: Speed, storage, and super smart scientists. While AI has been around since the early 1950s, the technology is now available to the marketplace and the public. There are currently approximately 8,000 startups racing to retail the new technology. Capacity is in the trillions.

Dr. Patrick sees healthcare as the biggest benefactor. Robots built with particular attention to how human joints move can be programmed to simulate difficult, dangerous, and boring jobs.

But, still under construction, right now AI can unintentionally include human biases, the software can make mistakes, and it can spread misinformation. Yes, this technology is still being refined. And issues abound about legal regulation which are already being addressed in Europe and China. The big deal with AI is its *REACH* - the ability to sift through all information, anywhere!

New technology means new skills, new education - it's the American way. Dr. Patrick compared the trolling out of AI today to the introduction of the internet to the public in the '90s.

During the Q&A, Dr. Patrick offered that those ready to put a toe in the water should log on to *Gemini.Google.com*.

Dr. Patrick went on to present information about Bitcoin, another new technology. Bitcoin is a type of cryptocurrency - digital money with a set value (it retains its value regardless of market activity). Dr. Patrick explained it as a currency of value that has a limit of \$21 million. Arguments rage about whether it is currency or security software. There are currently 30,000 crypto-currencies in startup and 600 cryptocurrency digital exchanges worldwide.

To learn more, Dr. Patrick suggests checking out *Coinbase.com*.

OPTUM MEDICAL EVENT

By Linda Grassia and Gloria Anderson

Thanks to the efforts of Flo Brodley, Chair of the Health & Safety Committee, and Committee member Bev Jacobson, Optum's Tri-State Leadership Team - including its Chief Operating Officer, President and Chief Medical Officer, and its Operations Leader - as well as its Chief Patient Experience Officer, came to Heritage Hills in late May to talk to residents.

There was great interest inside the packed large meeting room. Many residents had longstanding issues that began with Caremount, then worsened after Optum took over, and were exacerbated when the pandemic took its toll on staff. Patients wanted to know what management is going to do about long wait times, doctors leaving, and phone calls on hold for an hour.

Optum's representatives advised they are upgrading their Customer Service Department, retraining billing staff, and trying to hire physicians from outside the New York metro area to replace those who quit or retired. They announced that they will be joining the Epic portal in the first quarter of 2025, which will enable patient's physicians who are not part of Optum to access records of care the patients receive from Optum physicians.

Their new ombudsman program, the Patient Experience Department, can be reached by phone at 888-678-8648 or email at *patientissues@caremount.com*. There is also a web portal located at *east.optum.com/contact-us*.

Town Supervisor Rob Scorrano, Town Councilman Anthony Cirioco, and representatives from State Senator Peter Harckham's office also attended the meeting.

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MY FATHER'S CAMERA

Text by Karl Milde, Jr., photos by Cheryl and Karl Milde, Sr.

My parents gave me my first camera when I was about to leave for Germany to visit relatives on my father's side. I was eighteen; the year was 1957, I had just graduated from Phillips Academy in Andover, Massachusetts, and had been accepted at M.I.T., my dream school. I bought ten rolls of film (Kodak Ektachrome) for color slides and was ready for a great summer adventure.



Up to that point we had only one camera in our family: My father's Zeiss, which took photos on rolls of Kodak paper film. When developed, the film size became the size of the prints – 2" x 3".

Dad dutifully documented our family life with this camera – in black and white in my sister's and my early years – leaving an indelible impression we could and would treasure for the years to come. Wonderfully complicated when ready for use, the camera then folded flat, collapsing to almost smartphone size. It fit in a relatively small leather case which Dad carried around in his pocket wherever he went.



of photographs of and for his family, from which I have selected only three, seen here:



For those of us born before the age of the smartphone, our parents either made do with large cameras or they didn't take photographs at all. Having taken over *fifteen hundred* photos (yes, 1,500) on a recent trip to Europe, I can say: Maybe the fewer options we had in the old days were often a good thing.

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WHY I HAVE SUCH TALL SHRUBS

By Susan Statkowski-Rivalsi

People ask why the shrubs in front of my Stratford unit are so tall. "Don't they make the rooms dark and depressing, blocking the windows like that?" they ask.

Well, the windows there are bedroom windows - rooms that aren't used during the day. Facing front, they offer a view of a cul de sac consisting of seven driveways, a road around the center circle, and lights that remain lit all night. By allowing the shrubs to block the windows, they not only block the streetlights at night; in addition, upon opening the blinds in the morning

they render a vision of greenery (instead an unattractive "parking lot" view). Also, those windows face due west, so the shrubs block the summer afternoon sun's heat. And since they're evergreen, in the winter they provide a smidgen of insulation by blocking the wind and are lovely to see snow-covered in the morning.


When the landscapers arrive on shrub-trimming day and see my shrubs' height, their eyes bulge and mouths grin uncontrollably while revving their trimmers to "assault" mode. Their disappointment is literally *palpable* when I get out there and "supervise" to ensure they give the shrubs no more than a cursory trim.

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Submitted by Princess Guerra, Program Director

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- July 19Trader Joe's
- July 26Uncle Giuseppe's

NOW YOU KNOW!

* * *

WORD SEARCH

By Karl Milde

Circle the words in the grid which match the words listed below it

M	W	E	S	T	L	A	K	E	B	L	V	D	H
W	E	A	S	T	H	I	L	L	D	R	I	V	E
E	S	A	W	O	O	D	A	R	T	S	M	D	R
S	T	C	D	P	A	R	K	P	L	A	C	E	I
T	R	T	S	O	C	I	E	T	Y	M	D	E	T
H	I	I	F	E	W	S	L	O	D	G	E	R	A
I	D	V	I	V	C	L	U	P	I	N	E	V	G
L	G	I	T	E	L	U	A	O	A	K	R	A	E
L	E	T	N	N	U	K	R	R	K	N	O	L	H
D	D	I	E	T	B	M	T	I	K	I	A	L	I
R	R	E	S	S	S	E	E	B	T	P	K	E	L
I	I	S	S	S	O	M	E	R	S	Y	A	Y	L
V	V	C	E	N	T	E	R	B	I	R	D	R	S
E	E	L	K	S	F	R	E	D	S	W	A	Y	K

Words:

ACTIVITIES CENTER

ART

BEES

BIRD

CLUBS

DEER

DEER VALLEY

ELK

EAST HILL DRIVE

FRED'S WAY

FITNESS CENTER

HERITAGE HILLS

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FIT-BITS

By Mary Tedesco

ELEVEN FOODS THAT SUPPORT HEALTHY BRAIN FUNCTION:

Want to spruce up your thinking – get rid of a few cobwebs? Try eating for brain health with these few foods:


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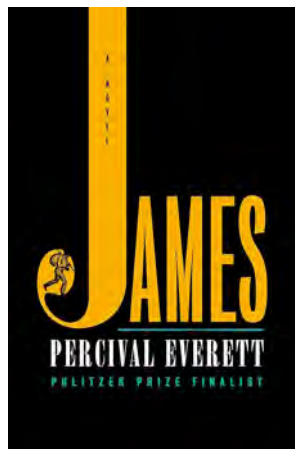
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THE BOOK SHELF

By Cindy Kennedy

Generations of writers have been inspired by Mark Twain's classic *The Adventures of Huckleberry Finn*. "All modern American literature," Ernest Hemingway once noted, "stems from this one book." In his new novel *James*, Percival Everett recasts Twain's iconic story from the viewpoint of Jim, Huck's companion on their Mississippi River excursion.

James is set in Hannibal, Missouri, just before the start of the Civil War. Jim is enslaved by Miss Watson, who is Huck's legal guardian. To protect Huck from his abusive, drunken father Pap, Judge Thatcher entrusted the boy to Miss Watson's care, hoping to "civilize" the unruly teen.

Unbeknownst to Miss Watson, Jim had taught himself to read, and he spent afternoons reading in Judge Thatcher's library while he was away. "I had wondered every time I sneaked in there," Jim pondered, "what white people would do to a slave who had learned to read?"

One afternoon, Jim's wife Sadie overheard Miss Watson tell Judge Thatcher that she planned to sell Jim to a man in New Orleans. Fearing separation from Sadie and their little daughter Lizzie, Jim decided to escape to a free state and then work to buy his family's freedom: "I slipped into the woods. I didn't run. Running was something a slave could never do, unless, of course, he was running. I was as much scared as angry, but where does a slave put anger?"

Hiding out on Jackson Island, Jim was surprised to find Huck, who was also on the lam. Huck explained that his Pap returned, threatening him in an alcoholic rage, and so Huck faked his own death and bolted. Miss Watson and Judge Thatcher assume that Jim had murdered Huck; now there is a \$300 bounty for Jim's capture. The two runaways – enslaved man and errant boy – fashion a raft and begin their Mississippi River adventure.

Along their perilous journey, Jim and Huck encounter a variety of obstacles, from rattlesnakes and floods to bounty hunters and slave catchers. For comic relief, a pair of con artists from Twain's original story reprise their roles in *James*. Known as the King and the Duke, they were "opposite in every way. The older man was very tall and gaunt, the younger nearly as short as Huck and fat. Older, bearded. Younger, clean-shaven. They had in common that they were white and shift-eyed."

Reimagining a Mark Twain classic is an audacious endeavor. Percival Everett brilliantly pulls it off, upending Twain's narrative by making Jim the hero of his own story. Compelling and memorable, *James* is a fine addition to the canon of American literature.

(Note: *James* is part of Heritage Hills Library and Somers Library collections. For a list of new books at Heritage Hills Library, see page 9.)

HOW DOES YOUR GARDEN GROW?

MAKING A "SEMI-RAISED BED"

Text by Karl Milde, photos by Cheryl Milde

If you're getting on in years, as I am, it may be time to do your gardening on a "raised bed." Problem is, commercially made raised beds are relatively small. They are also rather flimsy and yet expensive to buy. If you're handy with woodworking you can make one to your own specifications, but that's a lot of work and there's still the cost of the wood, preferably cedar.

I'm pleased to tell you I've found a solution. I call it the "semi-raised bed" and it looks like this:

This raised bed is made of ten-inch-wide cedar planks of any desired length. You can make the bed five feet square, as shown here, or any size, either square or rectangular.

Merely to tell the lumberyard the size of your proposed raised bed and they will cut the planks to length.



You can also make the bed as high as you like. Two boards high are shown here, but you could make the bed three boards, or even four boards (forty inches) high or even higher. When gardening you won't have to stoop at all!

What makes this "semi-raised bed" special is the ease by which it goes together. To assemble it, buy metal corner

elements that connect two boards at a 90-degree angle as shown in this photo (top view):

By stacking the corner elements, you can add boards side by side, one on top of the other.

Now I know what you're thinking: What about the topsoil? Doesn't this semi-raised-bed require a lot of topsoil? Not so! Here's the secret: Instead of topsoil, you can fill up the bottom with pallets. Yes, *pallets* - those things that are used by fork lift trucks to carry heavy loads. Used

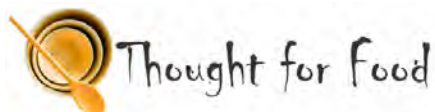


pallets are *free* at many lumberyards. They want to get rid of them.

Drop in as many pallets as are required to reach six inches below the top level of the bed. Since the pallets have slats with open gaps between them, you'll need to cover the top layer with canvas or a plastic sheet. You can then add topsoil and mulch. Depending on the size of your bed, three or four bags of the stuff will do.

And *presto*, you're done! It's time to get planting and, believe me: Gardening is pure pleasure if you don't have to reach down, all the way to the ground.

* * *



Submitted by Elizabeth Royston

For our May dinner, the Culinary Club reached into the past and asked the members to bring recipes from the women in their lives. Denise Hanlon submitted and made Artichoke Pie, a recipe from her Mom, Gloria, and a delicious dish for lunch or brunch. Judy Pique also made the recipe. We transcribed her handwritten work, with its special, homey instructions!



ARTICHOKE PIE

Sauté 5 large onions in equal parts olive oil and butter until limp.

Drain artichoke hearts (3 cans) and cut up and sauté with above.

Beat 8 large eggs, combine with about 2/3 cup grated cheese, about 1/2 cup parsley, 8 finely chopped garlic cloves, and about 8 ounces cubed mozzarella and add to onion mixture and pour into pie shells.

Bake 1/2 to 3/4 hour at 300 degrees.

3 cans artichoke hearts in water - whole mozzarella.

8 eggs - make 2 pies

12 eggs - make 3 pies

I find the Pillsbury crust closest to home made

You can add salami, bacon, or ham for variations.

Enjoy! Love, Gloria




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TOTAL UNITS SOLD BY ONEKEY/HGAR MLS AGENTS FROM 1/1/24 – 6/10/24

	2024	2023	2022	2021
TOTAL SOLD	49	38	73	51
	\$325,000-\$850,000	\$320,000-\$810,000	\$276,000-\$785,000	\$305,000-\$725,000

VARIOUS UNITS SOLD BY MLS AGENTS FROM JANUARY 1, 2024–JUNE 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	FAIRVIEW	\$539,000	MONROE	\$510,000; \$605,000
BERKSHIRE	\$650,000	HANOVER	\$500,000	PRINCETON	\$687,000
CANAAN	\$582,000	HAMILTON	\$391,000	SALEM	\$550,000; \$445,000; \$579,000
COLGATE	\$585,000; \$550,000	HARVARD	\$749,000	STRATFORD	\$580,000; \$568,000; \$533,000
		HARVARD II	\$775,000	WELLSLEY	\$613,500; \$705,000
		KATONAH	\$529,000		
		LITCHFIELD	\$460,000		

THREE BEDROOM

CONCORD	\$605,000	JEFFERSON II	\$674,000; \$575,000	SHERMAN II	\$850,000; \$795,000
CROTON II	\$699,000; \$729,000	SHERMAN I	\$718,000; \$650,000; \$690,000	YORK	\$680,000

ONEKEY/ HGMLS DATA AS OF 1/1/2024-6/10/2024

Some Interesting Thoughts Plus How To Increase the Value of Your Home

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- Repair & Replace items that could cause an inspection to fail
- Make sure you have approved Condo variance forms for any changes or updates to your unit
- Verify with the Town that all unit changes & updates meet current Town approvals & codes

Some Interesting Thoughts

- Unfortunately due to theft and vandalism, do not put checks in your mailbox
- If you and your doctor agree, add nuts to meals and snacks

I have learned many things over the years including the above as well as gathering real estate information. If you would like to know more about your unit, please do not hesitate to contact me. Call my cell, 914-420-1850 or send an email to mlowenfeld@houlihanlawrence.com

**Thank you,
Marti**



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