



THE OFFICIAL

# Heritage Hills Newsletters

SEPTEMBER 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

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](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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Contact Brett Freeman for advertising in any of our publications or online.

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

**10-A-MEN CLUB**

*By Mike McBride*

**WEEKLY MEETING SCHEDULE**

**Wednesdays at 10 am in the Heritage Room**

**September 4 . . . . . Dominick Rubino – Society Board President**  
Heritage Hills Updates

**September 11 . . . . . Open Session**  
Self Introductions and  
Miscellaneous Discussions

**September 18 . . . . . Robert Scorrano – Somers Town Supervisor**

**September 25 . . . . . John Milligan – HH Property Manager**

**October 2 . . . . . Congressman Mike Lawler**

**October 9 . . . . . Rob Casasanta – HH Security**  
Scams

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 in Heritage Hills and around Somers. As always, we respect, welcome, and listen to all.

\* \* \*



**COMMUNITY THEATRE**

*By Muriel Millstein Weiss*

**PLAY AUDITIONS**

**Thursday, September 5, and Monday, September 9,  
from 7 to 9 pm in the Heritage Room**

We have changed our tune. Due to a scheduling conflict we have found it necessary to reschedule our cabaret to a future date.

We are currently in the final phase of selecting our play for November. Audition dates are indicated above. Performance dates will be Friday

**WE OOPSED!**

Apologies to Club Shalom for inadvertently neglecting to acknowledge that they hosted the July 13 Cabaret Night (see page 32 of the August issue).

**HERITAGE HILLS NEWSLETTER COMMITTEE**

Chair/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

and Saturday evening, November 22 and 23, with a matinee on Sunday November 24.

We will be distributing flyers and email blasts with more detailed information. If you have any questions, contact Helen at 917-554-4417 or Muriel at 914-277-8825.

\* \* \*



**MEADOWLARK PARK COMMITTEE**

*By Pat Ploss*

**FOOD TRUCK THURSDAYS**



**Thursdays from 5 to 7:30 pm**

**September 5 . . . . . Three Pigs – Barbecue**

**September 12 . . . . . Dough Nation – Pizza**

Also, **Ice Cream** both evenings.

Tables are available behind Park Place, at the playground, and near the tennis courts.

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

**ON THE COVER**

Amy Saland captured this image of the sun setting on another wonderful Heritage Hills pool season. [See page 7 for our early September pool schedule.]

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## HEALTH & SAFETY COMMITTEE

Submitted by Flo Brodley

### COMMUNITY CPR CLASS

Thursday, September 12, from 5 to 8 pm in Lake Lodge's Room 3

Steven Pilla, of Spilla Learn CPR LLC, will be offering this class for 20 residents based on the American Heart Association's curriculum called "Family and Friends." This is a non-certificate course that includes CPR and AED (Automated External Defibrillator) for Adult, Child, and Infant, with choking. It is a 3-hour class with a break in the middle.

The cost is \$40 by check made payable to "Spilla.Learn CPR LLC." **By Monday, September 9**, include your unit number, cell/phone number, and email address with your check placed in the Health & Safety Committee mail slot outside the Activities Office.

### DOES FOOD REDUCE YOUR RISK OF CANCER?

Thursday, September 12, at 1 pm in Lake Lodge's Room 3

Nutrition is a central component of our lives providing support for our bodies. Join us for a delightful and informative presentation by Jackie Horne, Board Certified Dietitian Nutritionist of Northwell Health. Jackie will discuss healthier eating habits in caring for ourselves.

\* \* \*



By Alan Tepper

### DEBORAH ZECHER PERFORMS THE MUSIC OF LEONARD COHEN

Saturday, September 14, at 7 pm in the Activities Center

Rabbi Zecher and music director and songwriter Tracy Stark are delighted to be back with Club Shalom to share a program of Leonard Cohen's music and poetry. Leonard Cohen is acclaimed by many as a poet laureate of contemporary life. He has a particular feeling for the Hebrew month of Elul and the powerful time of the High Holidays. Mr. Cohen's poems and songs speak to the struggle for meaning and quest for wholeness in our complex and challenging lives.

After a 35-year career as a congregational rabbi mostly in Great Barrington, Massachusetts, Deborah Zecher now pursues her new career as a cabaret singer. Rabbi Zecher and Tracy Stark have presented several shows which were recognized with nominations by the Manhattan Association of Cabarets as well as Broadway World. Light refreshments will be served. Admission is \$15 per person. **No later than September 11**, place your checks payable to "Club Shalom" in our mail slot along with your name, phone number, and unit number. To sit with friends, put all checks in one envelope — ten people per table maximum.

## A LIFE IN PICTURES AND STORIES WITH IRA BERGER

Sunday, October 7, at 1 pm in the Activities Center

After working as an electrical engineer on nuclear submarine navigation, Ira embraced the '60s "do your thing" vibe and became a professional photographer. Later, he was advised by *People Magazine* to find his own stories, which it later published. His assignments included Jimmy Carter in the Oval Office, Dolly Parton, Big Bird, and shoots with Andy Warhol, Elizabeth Taylor, Pele, and many other celebrities. After years of traveling he put down his cameras and became a Photo Editor for *Star* and then *People Magazine*.

After retiring, he resumed his interest in photographing religious rituals and published a book called *The Bell in the Crown*. His next project was documenting religious diversity in Brooklyn and Queens - photographing Jews, Sikhs, Hindus, Buddhists, Muslims, and Christians. He jokes that by being amidst such rich diversity he was living on the pages of *National Geographic*.

Join us as we look at the photos and learn the stories behind them.

\* \* \*



## CIAO ITALIA

Submitted by Michael Lanotte



### CASINO BUS TRIP TO MOHEGAN SUN

Tuesday, September 10

**Members Only - Space is Limited.** \$40 per person. Flyers containing all of the information are outside the Activities Office. Fill out the form on the flyer and include it with your check made payable to "Ciao Italia" in an envelope labeled "Mohegan Sun." Leave the envelope in the Club's mail slot outside the Activities Office. Do not put cash in the envelope.



### PIZZA NIGHT

Saturday, September 28

**Members Only.** \$5 per person. Flyers containing all the information are outside the Activities Office. Fill out the form on the flyer and include it with your check, made out to "Ciao Italia" in an envelope labeled "Pizza Night." Leave the envelope on the Club's mail slot outside of the Activities Office. Do not put cash in the envelope. Remember, only 8 Slices per pizza means only 8 persons per table!

### UPCOMING DATES

Fridays, October 18 and November 15 will be for members and non-members.

Saturday, December 21, will be for members only.

**WOMEN'S CLUB**

*Submitted by Phyllis Bradbury*

**PIZZA PARTY**

**Wednesday, September 11, at 12:30 pm in the Heritage Room**

The cost for this **Members Only** event is \$12 per person. Hopefully, you've submitted your reservation. If not, call Joan at 914-276-0488.

**UNITED FOR THE TROOPS PRESENTATION**

**Wednesday, October 9, at 1:30 pm in the Heritage Room**

We are pleased to have Jim Rathschmidt, a Shrub Oak resident and the originator of *United for the Troops* (UFT). Jim will be introducing his valuable organization and the background of why it was formed, its mission, and how it supports United States military personnel (our Troops), which is very interesting and enlightening. He is hoping we'll have many questions which he'll be happy to answer.

There is a Wish List provided by UFT for items our Troops are very much in need of. No items are large, so we're hoping all members will participate. This list will be available in the Activities Center and will be posted with the flyer. The importance of UFT is to provide supplies to our troops around the world; We ask that attendees bring to this event one or more of the items on this Wish List. We support the wonderful organization Toys For Tots. Let's support our Troops with similar enthusiasm.



**CONCERT SOCIETY**

*By Teddi Meltzer*



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

Yes, it's hot and humid and sticky and icky, but look at what's practically around the corner. It's the second half of the Concert Society's 2024 season:

**VIOLINIST CHLOÉ KIFFER**

**Sunday, September 15, at 3 pm in the Heritage Room**

**PIANIST SOHEIL NASSERI**

**Sunday, October 20, at 3 pm in the Heritage Room**



That's a lot to look forward to this autumn.

Tickets are available at the door - \$26 per person. If you have any questions, call Teddi at 914-277-1418 - but not before 9 am!

**INDEPENDENT AND FOREIGN FILM CLUB**

*By Steve Klepner*

**PEACE BY CHOCOLATE**

**Sunday, September 15, at 7 pm in the Heritage Room**

(Canada, 2021, 96 minutes.) A Syrian Refugee struggles to settle into his new small-town life in Canada. He is caught between becoming a doctor or preserving his family's chocolate making legacy.

In consideration of others, the film will start promptly at 7 pm. A discussion led by Club member Rosetta Benson follows the screening.



**SOCIETY BOARD**

**SOCIETY BOARD MEETING**

**Wednesday, September 18, 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](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 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.**

**WELCOME TO HERITAGE HILLS EVENT/EXPO**

*By Karl Milde*

**Sunday, September 29, from 1 to 2:30 pm in the Heritage Room**

All residents, and especially newcomers, are invited to this huge informational event at which you can meet the leaders of our community and learn about our many varied activities here.

This year's Event/EXPO is shaping up to be extra special and exciting! We've invited Presidents of ALL our Condos, Clubs, and Activities; all Chairs of our Committees; and all Society Board members to be on hand to share with us what they do and to answer questions about what's happening here.

To avoid FOMO [fear of missing out], come and be a part of it!





## TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, September 20, from 3 to 5 pm in the Activities Center, Rooms 2/3

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:

- *How targeted ads might just save your life* – Sanderson Onie
- *My mother's final wish -- and the right to die with dignity* – Elaine Fong

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 next TED Talks event will be held on Friday, October 18.



## RESIDENT ART SHOW

By Terry Clifford

Saturday, September 21, from 10 am to 6 pm  
Sunday, September 22, from 10 am to 4 pm

Our resident Art Show is the highlight of the year. Come see the Heritage Room turn into a magnificent gallery of Ceramics, Paintings, Photography, Drawings, Sculpture, Digital Art, Fiber Art, Mixed Media, Needlecraft, Silk Painting, Weaving, Woodcraft and more, all created by our talented residents.

- Demonstrations will occur both days on Silk Fabric Painting, Portrait Sketching, Beaded Jewelry making, Loom Weaving and other art forms.
- A tour of the woodshop can be arranged for interested residents of Heritage Hills..

We look forward to seeing you and your guests at this amazing yearly event.



## SINGLES CLUB

By the Singles Club Board

### PRESENTATION BY AUTHOR JO PITKIN

Friday, September 27, from 3 to 5 pm in the Heritage Room

Come and enjoy a presentation from Somers native, Jo Pitkin, an award-winning poet and the author of *Cradle of the American Circus, Poems from Somers, New York*. Come get the facts, both fascinating and informative, about the history of Somers and the Circus.

Wine and cheese will be served. Admission for members is free; for non-members it's \$5. Call **no later than September 22** to reserve your spot for the afternoon – Pat Caruso at 914-649-3232.

## B00-B-Q

Thursday, October 24, at 5 pm at Lake Lodge

Catered by Ledley. Wear orange and black or a costume if you dare! \$45 for members, \$50 for non-members. BYOB.

RSVP **no later than October 17**. Leave your check in our mail slot at the Activities Center.

If you have any questions, call Pat Caruso at 914-649-3232.



## CONTINUING EDUCATION

By Karen Baker

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.

### FREE CABARET AUTUMN'S EMBRACE

Emily Bindiger and Robbie Kondor, Musical Duo

Sunday, October 6, at 2 pm

Acclaimed musicians Emily Bindiger and Robbie Kondor return to Heritage Hills with another wonderful cabaret performance! Emily is a vocalist, songwriter, arranger, and recording artist who has performed on Broadway as well as TV. Husband Robbie is an Emmy award-winning musician, composer, and arranger. Together they will entertain us with a program focused on welcoming the new fall season!

### CLASSIC AMERICAN NOVELS

Two Lectures by Maggie Seligman, Professor of Literature and Writing Professional

#### BILLY BUDD: INNOCENCE BETRAYED

Tuesday, October 15, at 1:30 pm

Published posthumously, Herman Melville's novel *Billy Budd* is a brief but profound work which explores the nature of justice, official stories ("fake news" versus truth), persecution, closeted homosexuality, good versus evil, relationships between fathers/sons/siblings, and a myriad of other ideas. From all perspectives, *Billy Budd* is a complex novel that retains importance and relevance for readers today.

#### THE PEARL: A PARABLE OF THE PRESENT

Tuesday, October 22, at 1:30 pm

John Steinbeck's deceptively simple novel takes the reader far beyond considering its didactic elements and offers a penetrating look at racism, greed, religion, exploitation, predator versus prey, and the individual versus society. Readers of *The Pearl* cannot help but draw parallels between aspects of today's world and Steinbeck's literary landscape and characters.



## FRIENDS IN THE HILLS

By Deborah Ferrara

### ROCK THIS TOWN 50s & 60s Band

Thursday, October 10, in the Heritage Room  
Doors open at 6:30 pm. Show starts at 7 pm.

Swing through the 50s and 60s with the rock-and-roll band *Rock This Town*. Sit back and enjoy the American sounds of Buddy Holly, Elvis Presley, Bobby Darin, and Bill Haley and the Comets, to name a few. They blew the roof off at Daryl's House Club in Pawling, New York.

This **Members Only** event is \$25 per person (auditorium seating). Refreshments will be served. Fill out and submit your attendance sheet along with your check, in our mail slot at the Activities Center. If you have any questions, call Debbie at 914-924-3003 or Mary Ann at 914-318-1227.

**Future Event Dates** (subject to change): November 8 and December 14.

\* \* \*

## TRAVEL CLUB

By Elaine Soliman

### I WANNA DANCE WITH SOMEBODY WHITNEY HOUSTON TRIBUTE SHOW AND BUFFET LUNCH

Friday, November 15, from 10:15 am to 5:15 pm

Come join the Travel Club at the Nelson Hall Performing Art Center in Cheshire, Connecticut, following lunch at the Elm Park Dining Room.

We will be leaving Lake Lodge by motor coach to attend a special tribute to Whitney Houston. *Soul Train* award winning vocalist Nicole Henry sets the stage ablaze with this electrifying new theatrical event overflowing with excitement and elation. It gives the audience two divas for the price of one. You will think Whitney is in the room as Nicole performs!

A preshow buffet lunch served in the Elm Park Dining Room includes salad; chicken francaise, scrod provincial, pasta primavera; vegetables; desert; and coffee.

Cost is \$139 per person. **By October 10**, include your unit number and phone number with a check payable to "Heritage Hills Travel Club" and place it in the Club's mail slot in the Activities Center. To make a reservation, call Pam Arena at 914-476 4295. Flyers are available in the Activities Center.

Cancellation policy : No refund once final payment is received, unless a substitute traveler is provided.

\* \* \*



## SOCIETY BOARD NEWS

### WELCOME NEW OWNERS

By Anna Milani

*Society Office Administrator*

During the month of July, 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. Also, see page 5 regarding the September 29 Welcome to Heritage Hills Event/Expo.

### EXTENDED POOL SEASON

Pool 4 will remain open past Labor Day and will close for the season at the end of the day on Sunday, September 15. All other pools will close for the season at the end of the day on Monday, September 2. All pools close at 7 pm daily during September.

### SUMMARY OF PORTIONS OF THE JULY 17 SOCIETY BOARD OF DIRECTORS MONTHLY MEETING

*Compiled by Susan Statkowski-Rivalsi*

This is a summary of some portions of the meeting. Videos of these monthly meetings have been posted on the Society Board website, [hhsociety.org](http://hhsociety.org). The minutes of this meeting will be published after they are approved at the next monthly meeting in September (there's no August meeting).

**Board members in attendance:** Gloria Anderson, Gene Archer, Denise Elliott, Ralph Fatigate, Joe Kelly, Jack Mattes, Karl Milde, Patricia Ploss, Bruce Prince, Deica Ruiz, Art Singer, Alan Tepper, and Jay Wright

**Board members absent:** Ann Harper and Dom Rubino

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

### INTRODUCTORY COMMENTS - GLORIA ANDERSON, FIRST VICE PRESIDENT

At the Board's work session last week, we elected the members of the Executive Committee. Dom Rubino was re-elected President, I'm the newly-elected First Vice President, Bruce Prince was elected to be Second Vice President, Gene Archer was re-elected to the position of Treasurer, and Deica Ruiz is our re-elected Secretary.

As announced at the June Society Board meeting, our two new Board members are Denise Elliott and Ralph Fatigate. Denise, with banking background, has been appointed to serve on the Finance Committee; and Ralph, former Mount Vernon Police Commissioner, has been appointed Chair of our Security Committee.

FINANCE & BUDGET, COMMITTEE - GENE ARCHER, CHAIR

Treasurer's Report

June Financials:

Income . . . . \$ 518,440 83
Expenses . . . . (528,625 11)
Deficit . . . . \$( 10,184 28)

FITNESS CENTER COMMITTEE - JOE KELLY, CHAIR

- We had an 11% increase in usage in June:
- Exercise room: 3,474 swipes (532 users)
- Gymnasium: 319 swipes (97 users)
- Quarterly Deep Cleaning: This was done at the Fitness Center and Gym at month-end - equipment, carpeting, and the air filtration system .
- Weights Section: We added more rubber mats .
- Mary and Jon: They're not just certified personal trainers; they're also certified in corrective exercises for those who have limitations, and can tailor a routine to limitations and needs .

POOL COMMITTEE - ALAN TEPPER, CHAIR

- Pool Statistics in June:
- Pools 1, 3, and 4 (30 days):
Pool 1: 3,689 residents (123 per day) and 442 guests (15 per day)
Pool 3: 1,543 residents (51 per day) and 223 guests (8 per day)
Pool 4: 2,214 residents (74 per day) and 402 guests (15 per day)
- Pools 2 and 5 (16 days):
Pool 2: 504 residents (32 per day) and 61 guests (4 per day)
Pool 5: 792 residents (50 per day) and 90 guests (6 per day)

COMMUNITY AFFAIRS/ANNUAL ART SHOW EVENT - JACK MATTES, CHAIR

[See page 6]

WELCOME TO HERITAGE HILLS EVENT/EXPO - KARL MILDE, CHAIR

[See page 5]

TOWN UPDATE - BRUCE PRINCE, CHAIR

Somers National Golf Course: The town approved a six-month extension for the permit for the development of the maintenance building, changing it to a cigar bar and golf simulation facility .

Crosswalk/sidewalk project: Plans continue to take shape for a crosswalk from DeCicco & Sons across Route 202 and a sidewalk along Route 202 in front of PSCB Bank so that pedestrians can safely cross over to the Heritage 202 strip mall .

Restaurant Outdoor Dining Criteria: A study is being conducted by the Town .

OPERATIONS REPORT - JOHN MILLIGAN, PROPERTY MANAGER

Pools: A pest control company inspected all pools for bee nests and removed some from two pool areas .

Activities Center Outdoor WiFi: We've ordered an additional piece of equipment that should provide access when at Pool 1 and the various courts .It may also allow Pool 1 to be card-access only (no sign-in sheets needed) .

Main Entrance Sign: Has been removed and is being restored .

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POST-MEETING DISCUSSIONS

- A resident stated that Pool 5 being closed from 10 am to noon results in Pool 4 being overcrowded .She was advised the statistics will be reviewed .
- There was a long discussion regarding "missing" street sign names . [View the meeting video on the Society website ]

\* \* \*

SECURITY

By Rob Casasanta, Prosegur Security

SCAM SEMINAR

On July 16, 73 residents attended our seminar How to Avoid Internet Phone Scams .I set it up having learned of two recent incidents: One resident lost a good amount of money and the other a substantial amount of money .Presenters were from the New York State Police, Somers Police, Westchester County District Attorneys Office, and Chase Bank .There will be a repeat seminar in the Fall .

JULY SECURITY CALL REPORT

During the month of July, our Security staff received and responded to a total of 311 calls including the following matters:

Table with 2 columns: Category and Count. Rows include Medical (64), Security (63), Open Garage Doors (49), Police (9), Fire Calls (7), Burglar Alarms (0), Service (99), Maintenance (11), Motor Vehicle Accidents (1), and Parking Violations (8).

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.

## COUNCIL OF CONDOS

By Terry Clifford

The Council of Condos July 17 meeting included the attendance of the following Condos: 3, 4, 5, 6, 7, 8, 12, 14, 16, 17, 22, 25, 26, 27, 28, 29, and 30.

**Election of Officers:** Since there were no other candidates nominated for the Council of Condos Board, the Election Committee Chair made a motion for the Secretary to propose one vote for the following slate of candidates: Louise Squitieri, President, Terry Clifford, Vice President, Doris Simon, Treasurer, and Linda Grassia, Secretary, which was unanimously approved by those in attendance.

**Additional Condo Fees:** Condo attorneys have advised that to collect a "Buyer's Contribution" (fees) they must amend their By-Laws with ratification by a percentage of their unit owners. Some Condos also charge fees to those unit owners who rent their units either by By-Law amendment or in their "Rules and Regulations."

**Condos with Websites:** Some Condos use email to communicate with their unit owners but deliver hard copies to those who do not use email. Many property managers provide a communication portal which includes email, Condo documents, and unit owner maintenance notifications. One Condo has a volunteer administrator who monitors their website. The proposed Society website may provide an option for Condos to use a password protected site within the website.

**Corporate Transparency Act:** This Act is a federal anti-corruption law adopted to combat financial crime by requiring a broad range of companies to disclose board information by December 31, 2024, or receive severe fines. Incorporated Condos must abide by this law. However, the "Community Institute Association" (CIA) - an international HOA, Condominium, Cooperative organization - has submitted an action to exempt the above-mentioned organizations from this law.

**Council Directory:** The new "Council Directory of Contractors & Suppliers" will be available to Condos in August for distribution to Heritage Hills residents and unit owners.

**Gun Club Follow Up:** A letter from Jack Stein was read and will be distributed to Condo Presidents for distribution to their residents.

**Carmel Lithium-Ion Battery Farm:** The Town of Carmel passed a six-month moratorium on this issue with the possibility of an extension.

Hope to see all condominiums represented at our meeting on **Wednesday, September 18, 7 pm in the Activities Center Heritage Room.**

\* \* \*

## SOCIAL BRIDGE CLUB IS BACK!

By Marie Sugar

**Wednesdays from 10 am to noon at Lake Lodge**

Bridge players, let's get together! Research shows how you spend your day can have a big impact on brain health. Eat well, move often, see friends, get good sleep, manage stress, and keep learning. Be social and engage your brain to improve health. Bridge has a lot going for it, and if you count the walk from the parking lot, you can also include the element of exercise. Bring your bridge partner or come solo. Meet other bridge players, and make new friends.

For more information, contact Marie Sugar at [msugar156@gmail.com](mailto:msugar156@gmail.com) or 914-277-4266, or Marge Slachmuylder at [marge.slachmuylder@gmail.com](mailto:marge.slachmuylder@gmail.com) or 914-276-1009

\* \* \*

## Library



### OUR GROWING FICTION COLLECTION

This month we are adding several novels written by popular authors such as Rhys Bowen, William Kent Krueger, and Kate Quinn. *The Winner*, by Teddy Wayne, a writer new to our collection, is also included. The contemporary novel was well reviewed by *The New York Times*.

### RESERVING BOOKS

One of the advantages of our small Heritage Hills Library is that we serve a relatively small clientele compared to the local public libraries. If you are looking to read a newly published popular book, you may be able to get it faster by reserving it at our Library where the waiting list will most likely be much shorter than at the public library. You can reserve materials by calling the Library at 914-276-7655 or stopping by when the Library is open. Our current hours are 10 am to 3 pm on weekdays and 10 am to 1 pm on Saturdays.

### BOOK REVIEW

For a review of *The Wide Wide Sea: Imperial Ambition, First Contact and the Fateful Final Voyage of Captain James Cook*, by Hampton Sides, see page 39. The non-fiction book was added to our collection in July.

*continued on page 10*

**NEW ADDITIONS TO OUR COLLECTION IN AUGUST**

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

**Fiction**

- Bowen, Rhys.....*The Rose Arbor*
- Griffin, Emily.....*The Summer Pact*
- Krueger, William Kent...*Spirit Crossing*
- Mayes, Frances.....*A Great Marriage*
- Quinn, Kate.....*The Briar Club*
- Picoult, Jodi.....*By Any Other Name*
- Steel, Danielle.....*Joy*
- Wayne, Teddy.....*The Winner*

**Mystery**

- Jewell, Lisa.....*Breaking the Dark*
- Lapena Shari.....*What Have You Done?*
- Leon, Donna.....*A Refiner's Fire*
- Preston & Child.....*Angel of Vengeance*
- Reichs, Kathy.....*Fire and Bones*
- Slaughter, Karin.....*This Is Why We Lied*
- Thor, Brad.....*Shadow of Doubt*

**Non-Fiction**

- Finkel, Michael.....*The Art Thief: A True Story about Love, Crime, and a Dangerous Obsession*



**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.**

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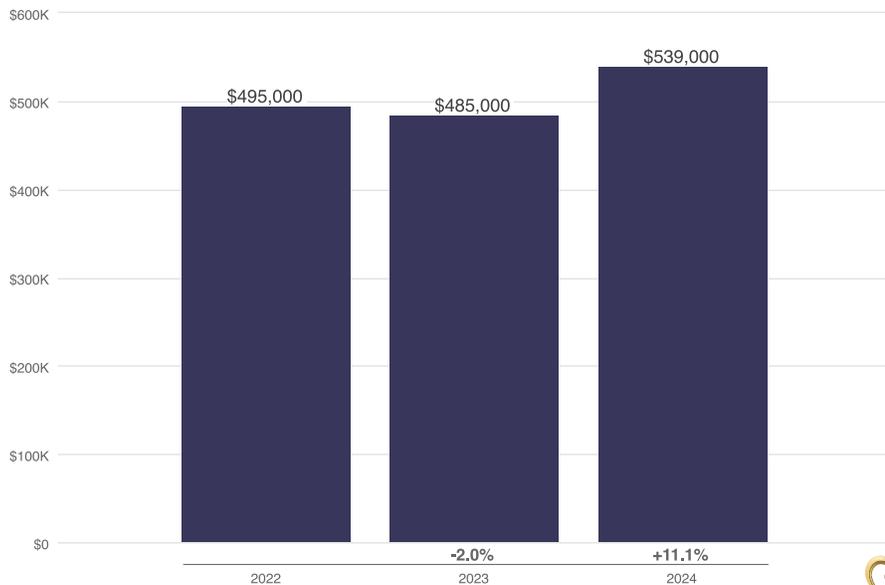
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## ACTIVITIES / CLASSES / CLUBS

### 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 11 am in Room B. Each class is \$25, which includes the 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).

**CRAFT CLUB:** Calling all crafters! Join us to explore new media, share traditional crafts, and meet other crafters on the second Wednesday of the month from 1 to 3 pm and the fourth Wednesday of the month from 6 to 8 pm. If interested, send an email to [craftclubhh@gmail.com](mailto:craftclubhh@gmail.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:** Second Friday of the 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 from 9:30 to 11:30 am in the 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 is available.

**SILK FABRIC PAINTING CLASS:** Fee \$135. Must sign up for a full four-week session at the Activities Center. Space is limited. For more information, contact Evey at 914-276-0737 or email her at [evaymusart@comcast.net](mailto:evaymusart@comcast.net).

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

**CIAO ITALIA:** Membership, open to all residents, is \$12 per person for the year. 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.

**CONTEMPORARY FICTION BOOK CLUB:** First Tuesday of each month from 2 to 3:30 pm. Openings are available for residents interested in joining. Contact Myra Hopper at 520-390-5523 or [myrahopper@gmail.com](mailto: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:** We gather on 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 Angela Viscogliosi at 914-393-8736.

**SQUARE DANCING:** We gather Sunday evenings from 7 to 9 pm in the Activities Center's Game Room. \$5 per person pays for the Caller. For more information, contact Annie Ramaglia at [aynalarm@aol.com](mailto:aynalarm@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](mailto:zumbawithme@aol.com).

**GENTLE YOGA WITH LISA:** Mondays at 11:30 am and Fridays at 10 am on 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:** 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, and 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. A fun, safe, effective workout consisting of 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! The class is also available on Zoom. Email Lori at [eefyjig@gmail.com](mailto: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 instructor Linda Zeiss 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). On Hiatus Until Fall.

**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). On Hiatus Until Fall.

**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). On Hiatus Until Fall.

**VINYASA YOGA WITH JOE:** Saturdays at 9 am on 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 to join the group "Heritage Hills Family Network" or email [keri.reitman@gmail.com](mailto:keri.reitman@gmail.com).

### FOREIGN LANGUAGE GROUPS

**FRENCH CONVERSATION GROUP:** Second and fourth 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:** First 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.

**BRIDGE-SOCIAL:** Wednesdays at 10 am in Lake Lodge

**CANASTA CLUB:** Saturdays from 12:30 to 4 pm. Contact Doris Simon at 914-276-0111 or [Doris1121@me.com](mailto:Doris1121@me.com) or Nancy Heilman at 914-224-7180 or [Nancy.C.Heilman@gmail.com](mailto:Nancy.C.Heilman@gmail.com).

**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 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 (contact Sue Furino 914-617-9110); Tuesdays and Thursdays from 11 am to 1 pm; Wednesdays at noon in the Activities Center (Contact Carol Tocci 914-471-5689); and Fridays at 1 pm in Lake Lodge. 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 one or more games. All levels of players, 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 / Activities / All Activities / Hikers and Walkers](http://hhsociety.org/Activities/AllActivities/HikersandWalkers).

**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](mailto:spk010@yahoo.com).

**LIBRARY:** Open Monday through Friday from 10 am to 3 pm and Saturday from 10 am to 1 pm. For information on the collection, visit the Heritage Hills Library webpage at [hhsociety.org](http://hhsociety.org) or call 914-276-7655.

**MORNING DISCUSSION GROUP:** Discussion group on current event topics. 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:** First Thursday of each month at Lake Lodge from 5 to 7 pm. We're a group for LGBTQ members and their families, friends, and neighbors. All are welcome. 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. View 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.

**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:** Open play on the outdoor courts, no reservations required. Indoor play is also available in the Gym. 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:** Wednesdays from 1 to 3 pm and Saturdays from 9:30 am to noon, October through March, 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:** 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.

**THRIVING IN YOUR PRIME:** Join us every other week to discuss relevant topics and learn strategies that will help those over the age of 50 navigate the challenges they are confronted with. We will discuss a new topic each time we meet, and you will learn strategies you can implement in your own life. Dates through year-end are September 5; October 3, 17, and 31; November 7 and 21; and December 5 and 19. Each get-together will take place at 1 pm in Room 3 of Lake Lodge, except the October 17 one, which will take place in the Game Room of the Activities Center. \$5 per session.

**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:** 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 \$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 information, call Membership Chairperson Alfreda Savarese at 914-617-2007.

**WRITERS WORKSHOP CLASS:** Mondays at 1 pm on Google Meet! and Saturdays at 10:30 am in Lake Lodge. To arrange to join us, email Linda Spear, workshop facilitator, at [Lindaspear211@gmail.com](mailto:Lindaspear211@gmail.com).

\* \* \*



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## **BARRY THE BAD BUMBLEBEE**

*By Karl Milde, free image by Shutterstock*



"But it's not right!" Bumblebee Betty argued with her friend Barry. "That's not fair!"

They stood in the underground nest their queen had created earlier in the spring. Barry had just told her secretly he was going to steal some of the honey. When all the worker bees had finally turned in for night, he'd sneak over to the store and grab all he could carry. He'd have a feast!

"It's easier than flying from flower to flower," Barry replied. "You girls just don't understand. It's harder for us guys to hover."

It was a matter of math. Barry knew that for male bumblebees the wing area to body weight ratio means they shouldn't be able to fly. But they twist their wings when flapping them – vertical when up, horizontal when down – and they fly anyway. Female bumblebees were lighter than males. They can hover. No problem.

"We're not honeybees," Betty reminded him sharply. "We only keep enough honey on hand for when it rains." The voice of reason, Betty had tried to stop Barry from breaking bad but he was determined to do this thing.

"You ought to try it. Our honey tastes terrific," Barry said. "Much better than that honeybee stuff"

Betty threw up her wings, turned, and stomped off in a huff. "I'm going to tell the Queen Mother," she shouted over her shoulder, catching Barry up short. He'd told Betty his plan in confidence, and now she was going to tell on him?

He thought for a quick moment, then shouted back. "I have another idea! Come back here and I'll tell you."

Betty hesitated, her curiosity welling up. She turned around, frowning. "Okay. What?"

"Let's start a new nest. Both you and me. You can bring some of your girlfriends with you if you want."

Betty stared at him blankly. "What about our Queen?"

"You said yourself: We're bumblebees, not honeybees. You can be our new queen."

"Oh?" Betty's lips revealed the barest smile. "I could be queen? You would do that for me?" Barry could tell she was intrigued and felt flattered.

"Sure. Bumblebee queens are a dime a dozen." Barry immediately realized he shouldn't have said that. "I'm sorry. I just meant..."

"I know what you meant. I'm not cut out to be a queen. Well, listen here: I can fake it until I become it."

"Now that's my girl," Barry said encouragingly. "We'll leave tonight. We'll make a new life!"

Barry left the nest with Betty that night and together they found another nest in the ground, even cozier than the one they grew up in. They mated, and a month later "Queen Betty" laid her eggs to start a new colony of bumblebees.

\* \* \*

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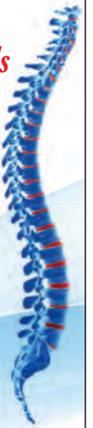
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## ALFRED LONGHITANO, PRESIDENT EAST HILL MEN'S GOLF ASSOCIATION

Text and photo by Rosetta Benson

Meadowlark Park used to be the East Hill Golf Course. Although the course is now "repurposed" as a playground and hiking trails, the East Hill Men's Golf Association never changed its name. With a membership of approximately 40, it offers weekly competitions in a variety of formats on Tuesdays and Thursdays from April through November at the Somers National Golf Club (located on the West Hill) and runs three tournaments: *Match Play Championship* in July; the *Ryder Cup Championship* in August; and the *Club Championship* in September.

The Association's current president is Alfred Longhitano. Al and his wife Teresa moved from Chappaqua to Heritage Hills in December 2016. He joined the East Hill Men's Golf Association in 2018.

After talking with Al for a short time, it was obvious that he had spent – continues to spend – his life looking out for others. For example, I asked him about the Chappaqua Fire Department decal on his car. He said he was an active member up until he moved to Heritage Hills. He joined the Fire Department in 1977, worked his way up the ranks, first as a driver/trainer, then Patrol Captain, Assistant Chief, and finally Chief (from 1988 to 1990). In addition to volunteering for the Fire Department, he (and Teresa) became certified EMTs (Emergency Medical Technicians) in 1980 for the Chappaqua Ambulance Corps. Teresa showed me the plaque awarded to *both* of them by the Rotary Club of Chappaqua dated January 21, 1995, which reads: "In recognition of years of dedicated and exemplary community service."

A Professional Engineer with a degree in Mechanical Engineering from Polytechnic Institute of Brooklyn (now NYU), Al retired after 30 years (from 1970 to 2001) as a Fire Protection Engineer with Gage-Babcock & Associates, Inc., Mount Kisco. In 2002, he started his own consulting company, which notably discovered a niche market: prisons. It wasn't unusual for architects, utility companies, hotels, sports arenas, and apartment building owners to depend on his expert inspection-recommendation services. What became notable was how success does indeed breed success, because it wasn't long before his client list included over 30 prisons in Puerto Rico alone, 50 when you added United States prisons. "My job was twofold," he explained. "I had to tell clients how to prevent fires *and*, if there were a fire – especially in a prison – how to be prepared to get people out!"

Al retired "for good" in 2022. Interesting phrase. "Retired from working," I thought, "but not from caring about other people." Sure enough, he tells me, "Everyone knows my door is always open," and that is the beginning of a whole other story.

## W.I.N.K PROGRAM PRESENTATION

By Flo Brodley



The Health & Safety Committee hosted the W.I.N.K. program created by Friends of the Somers Library, Susan Berkow, and Tracy Christen Reimann, Esq.

Attendees received a W.I.N.K. self-care document with categories such as personal, financial, home and health information, pet care, door and computer codes, and final wishes – making that information easily accessible to your important friends and family members in case of emergencies.

## IT TAKES A VILLAGE

By Susan Statkowski-Rivalsi

### CAROL'S CADILLAC

While playing Scrabble with Carol, I noticed and complimented her on her fancy, shiny, new red walker. It was unlike any I'd seen before – very sleek, modern, heavy-gauge steel supports; a really nice seat with more storage than usual, and good quality wheels – the *Cadillac* of walkers.

Carol commenced to tell us fellow players that recently, when she was leaving Pool 4 with her aide, a gentleman walking behind her mentioned that the walker she was using seemed to be showing its age, and said he had one at home that was no longer needed and asked if she'd like to have it – *FREE*. He provided his contact information, and Carol's aide picked it up the next day.

**It takes a village.**

## MEN'S HEALTH PRESENTATION

By Flo Brodley



Dr. Rajiv Punn spoke on Men's Health at an August 10-A-Men meeting. He was introduced by Leslie Guttman, member and former Chair of the Health & Safety Committee, which co-sponsored the event.

Dr. Punn is a 2015 graduate of St. George's University Medical School. He was a Resident in the Phelps Family Medicine Residency program from 2015 to 2018, where he became Chief Resident. He is currently with Northwell Physician Partners Family Medicine at Yorktown.

## THE CONCERT IN THE PARK

Text by Karl Milde, photos by Cheryl Milde



On Thursday, July 18, we held our first live Concert in Meadowlark Park, sponsored by the Society Board, amid sunny and mild summer weather. The Meadowlark Park Committee agreed it should take place simultaneously on one of our Food Truck Thursdays.

Concerned there might not be enough parking for all the cars expected at our "mini-Woodstock," our Property Manager, John Milligan, arranged for two of our buses to shuttle residents from the parking lots at Lake Lodge and the Community Garden. The Security Director, Rob Casasanta, arranged for the presence of Somers Police and Somers EMS Ambulance, ready for any emergency.

The crowd started streaming in at 4:30 in anticipation of the 5 pm concert. In the course of the evening, about 250 residents were lounging comfortably in their folding chairs and on blankets facing the patio at Park Place, listening to the beautiful sound. The band turned out to be fabulous – nine people, consisting of three singers, two guitars, two horns, a drummer, and the bandleader, "Captain Kirk," who played the keyboard.

The event is hugely successful. Here are just a few of the compliments received:

"What a great show last night! Thanks to the organizers."  
Peggy DeGasperis

"Nice night. Thanks to all who organized."  
Patti Dowd



"It was great!!!!"  
Joan Ann Gasparre

"We played pickleball for three hours to the sounds of [The] Independence. They sounded great and it was nice to see all our neighbors out enjoying the beautiful evening."  
Eric Scorzelli

"Outstanding."  
Peter Pollack

"Heard them from my patio...great!!"  
Pamela Everitt

"Great idea. Next one for sure."  
Carol Lederer

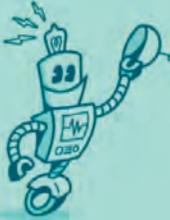
"Wonderful evening!"  
Cathy Sweeney

"Fabulous event."  
Louise Fusco

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## SOMERS WOMEN'S CLUB COMMUNITY OUTREACH

*Text by Cindy Kennedy, photo by John Petroccione*

In 2022, the Somers Women's Club (SWC) celebrated 50 years of service to our community. Heritage Hills residents comprise nearly half of the non-profit organization's membership.

The all-volunteer group supports Somers families in need by providing children with new clothing, school supplies, and summer-camp scholarships. SWC members also plant and maintain a seasonal garden at the intersection of Routes 100 and 138, and they participate in town-wide roadside cleanups. Other initiatives include supporting the Somers Library, Support Connection, and the Community Center of Northern Westchester.

Last year, the SWC donated the necessary funds for the Somers Volunteer Fire Department (SVFD) to purchase a much-needed rescue boat. Our local fire district contains several waterways, and the SVFD often responds to water emergencies.

Supporting veterans is another of the Club's endeavors. The women donated a Yamaha digital piano to the New York State Veterans' Home at Montrose early last December. It was delivered and set up by two Heritage Hills residents—a SWC member and her Vietnam Veteran husband—just in time for the first day of Hanukkah.



To raise funds for its many initiatives, the SWC holds an annual **Autumn Sale at Reis Park**. Heritage Hills neighbors Susan Petroccione and Sandy Pope, seen here, are co-chairing this year's Sale, which will be held **Sunday, September 22, from 9 am to 4 pm**. Featured at

the Autumn Sale are craft vendors, a raffle, housewares, jewelry, toys, books, garden supplies, and a bake sale. For more information, call Susan at 914-299-3688 or Sandy at 914-318-2034.

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*Submitted by Princess Guerra, Program Director*

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- September 16 Walmart
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*It's been awhile since my boys all fit on one raft. Looking back at this photo brought back fantastic memories, that don't actually seem all that long ago. Fast forward and the eldest is 28, middle is 25 and youngest is 22. Of course, I haven't aged at all. So, yes, it happens to all of us - and sometimes, it's just time to move on. When that time comes you'll need excellent guidance, warm encouragement and white glove service in the business of helping people move. #UGottaHaveHope*

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## BOWLING LEAGUE

By Joe Thornley

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\* \* \*

## TENNIS NEWS

By Dena Goldstein

### FRIDAY NIGHT TENNIS SOCIAL

This has been well attended. Thank you all for supporting Tennis here at Heritage Hills. For those who are new here and would like to play Tennis, come on down Friday Nights at 5:30 pm on Courts 1 and 2 at the Activities Center to meet Tennis players and join in the fun.

### MIXED DOUBLES TOURNAMENT

**REMINDER** – This has been rescheduled for Saturday, September 21. For those of you who have not signed up yet, there is still time to do so. You can reach out to me at 914-589-3560 if you are interested.

### ANNUAL WINTER SOCIAL

**Save the date:** The Social will be held Saturday evening, January 18, 2025, at Chestnut Ridge Racquet Club in Mount Kisco, New York.

Hope to see you on the Courts.

\* \* \*

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## THE ABC'S OF PICKLEBALL

By Fran Boemio

Pickleball, a racquet sport, has become popular all over the world. It's gained so much popularity because any age group can play; and it's great exercise, easy to learn, a very social game, and can be played for fun or as a fast paced, competitive game like we do here.

Perhaps you've heard some commotion on our courts with terms yelled out that are puzzling! Here's a sampling of these terms and what they mean:

**Ace** is a serve that is unreturnable, in other words, a winning serve!

**Banger** is a player that loves to hit the pickleball hard.

**Chip or cut shot** is when a serve is returned with a lot of backspins on the ball.

**Dinking** when done correctly is an unattackable shot.

**Even** is what most pickleball games are played to and you must win by 2.

**First server** is the player that serves to start the game.

**Grip** is how you hold your paddle.

**Half volley** is a shot that's hit immediately upon bouncing on the court.

**Inside the line** is where you want to hit your ball.

**Jammed** is when you hit the ball too close to your body.

**Kitchen** is the 14-foot area in the middle of the court.

**Lob** is a shot where you send the ball high in the air.

**Middle** is near or around the center line.

**Non volley zone** is affectionately known as the kitchen.

**Open play** is a format of recreational play.

**Pickled** means you lost the game 11-0.

**Questionable call** is ruling that may/may not be the wrong call.

**Rally** is continuous play between opponents.

**Soft shot** is focused on finesse and placement rather than driving the ball.

**Two-bounce Rule** is both the serve and return of serve must bounce.

**Underhand serve** is to be hit below your waist unlike tennis.

**Volley** is a hit of the ball out of the air before it bounces on the court.

**What's the Score?** is frequently asked when players are having fun and forget!

**Xtra fun** is what this game is all about!

**Yellow** is the most common color of the pickleball.

**Zero-Zero Two** is the score called out to start the game.

## EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman

### RYDERS CUP TOURNAMENT

Fashioned after the USA versus Europe competition, our Hackers and Duffers competed over three rounds. The Hackers, led by Yogi Santa-Donato and Bob Briganti, included Steve Cerbone, Ken Freeman, Bill Glass, Bob Kenney, Charlie Kravetz, Sandy Lieberman, Jack O'Hanlon, Frank Servidio, Ed Sottile, and Al Zaffiro. The Duffers, led by Bob Slotoroff and Ed Yee, included Bill Ablondi, Charlie Barrett, Joel Greenspan, Dan Lanza, Rob Leone, John Mahoney, Rich O'Brien, Ray Ormerod, Nick Stanton, Howard Weiner, and Tom Witmer.

**Round 1:** On July 18, the Hackers took a 3/2 lead in the "alternate shot" round, with Briganti/Sottile beating Yee/Ormerod, Glass/Kenney besting Stanton/Mahoney, and Kravetz/Freeman beating Slotoroff/Ablondi. The Duffers kept it close, with wins for Lanza/Leone over Servidio/Lieberman and Weiner/O'Brien over Santa-Donato/O'Hanlon.

**Round 2:** The Duffers' 3/2 advantage on the July 25 "4 balls" round evened the score at 5/5, as Lanza/Leone beat Briganti/Sottile and Stanton/Ablondi bested Glass/Kenney, while the Hackers' Lieberman/Cerbone beat Yee/Mahoney. Matches between Hackers Santa-Donato/O'Hanlon versus Duffers Greenspan/Weiner and Hackers Servidio/Zaffiro versus Duffers Slotoroff/Ormerod were draws.

**Round 3:** But on August 1, the Hackers surged in a series of close "singles" matches, winning 8-1/2 to 2-1/2, to win the tournament 13-1/2 to 7-1/2 over the Duffers. Hackers winners were Briganti over Greenspan, Santa-Donato over Yee, Sottile versus O'Brien, Cerbone versus Lanza, Zaffiro over Witmer, Kenney versus Mahoney, Servidio over Weiner, and Freeman over Ablondi. Duffers winners were Slotoroff over Glass and Barrett versus Kravetz. The Lieberman/Ormerod match was even.

### JULY STROKE PLAY

**July 9**

**A Flight:** Low Gross – Yogi Santa-Donato; Low Net – Frank Servidio

**B Flight:** Low Gross – Bob Kenney; Low Net – Subhash Sindhwani, 2nd Rich O'Brien, 3rd Rob Leone, 4th Jack O'Hanlon, 5th Sandy Lieberman

**July 11**

**A Flight:** Low Gross – Yogi Santa-Donato; Low Net – Bill Glass, 2nd Bob Briganti

**B Flight:** Low Gross – Bob Kenney; Low Net – Rich O'Brien, 2nd Bill Ablondi, 3rd Ray Ormerod

**July 16**

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

**B Flight:** Low Gross – Howard Weiner; Low Net – Charlie Kravetz, 2nd Ed Sottile, 3rd Eric Scorzelli, 4th Ken Freeman, 5th Bob Kenney.

**July 23**

**A Flight:** Low Gross – Yogi Santa-Donato; Low Net – Bill Glass, 2nd Bob Briganti, 3rd Howard Weiner

**B Flight:** Low Gross – Jim Haggerty; Low Net – Rob Leone, 2nd John Mahoney, 3rd Al Zaffiro, 4th Tom Witmer.

**July 30**

**A Flight:** Low Gross – Yogi Santa-Donato; Low Net – Bob Briganti, 2nd Bob Slotoroff, 3rd Frank Servidio

**B Flight:** Low Gross – Charlie Kravetz; Low Net – Tom Witmer, 2nd Jim Haggerty, 3rd Eric Scorzelli, 4th Ray Ormerod.

\* \* \*

## POETRY

### TV JUSTICE WITH JUDGE BEAUTY

By William A. Colavito

Her hair up high, tied tight in a bun, she sits up on the bench,  
 Closely watched by the audience, all enwrapped in suspense,  
 Her spectacles perched at the end of her nose,  
 A glance in your direction, you immediately froze,  
 She looks upon litigants with cold steely eyes,  
 Trying to separate their truths from their lies,  
 They come before Judge Beauty, to argue their case,  
 It's up to Judge Beauty, to determine their fate,

The Judge sits austere in her black silken robe,  
 Asking hard questions as she stares and she probes,  
 Her voice shrill as needles, piercing the air,  
 Answering the questions, from those who did dare,  
 The trial is now over, the parties had their day,  
 Each hoping it's the other, the judge says must pay,  
 Judge Beauty, a TV must, the viewers do say.

**HONEY**

*By Thomas Mittag*

Before the year 1850, most people ate better quality honey than the honey available commercially today. Honey was a local product then, eaten in the comb or as a liquid pressed from crushed combs. Invention of the movable frame beehive by L.L. Langstroth transformed honey into a commercial product with equipment designed to handle it on a large scale. Unfortunately, the processes used today to produce liquid honey tend to degrade it.

The first step in producing liquid honey is extraction by centrifuging the combs. Honey spun out of the comb loses part of its floral aroma/scent into the air, the same way perfume does. Virtually all beekeepers use centrifuge extraction. Honey produced solely this way is usually termed RAW honey. Further processing steps degrade honey even further beyond this initial loss of taste and floral character.

Liquid extracted RAW honey is unstable. Sooner or later it will crystallize into a semi-solid. This property is useful for the consumer (no drips!) but it's a big problem in the equipment used for honey production. For this reason, despite degrading the quality, heating and filtering to delay crystallization are widely used for commercial honey production. These methods are used to produce bottled honey for retail sale in the belief customers prefer it for its longer shelf life as a liquid, and for convenient packaging like the plastic squeeze bottle. In one case, however, crystallization can be used to advantage: in "creamed" honey made by seeding RAW extracted honey with fine granulation crystals.

Delaying crystallization by heating and pressure filtration removes components that initiate crystal formation. But this destroys the potential medicinal properties of honey by filtering out or inactivating traces of pollen, propolis, and plant-based antigens that de-sensitize some people against pollen/plant allergies.

RAW honey also has some anti-microbial activity and is antiseptic due to the osmotic effect, peroxidase activity, and other components secreted into honey by bees. The most effective medicinal honey is from the Manuka bush, which is native to New Zealand. The New Zealand government certifies this honey as a medicine that is highly effective as an anti-microbial, especially against bacteria that are resistant to many standard antibiotics.

The above description of honey produced for market shows that people should preferably buy RAW honey that has not been heated or filtered. Such honey is usually available from local beekeepers and sold in specialty stores for natural products and at farmer's markets. The best quality honey to eat is in the comb. The next best is honey produced the "old-fashioned" way, by crushing combs and pressing out the honey directly into bottles. It is rare to find a beekeeper who does this nowadays, but "Meadowlark Honey" is produced this way.

\* \* \*



**SOMERS SENIOR SERVICES  
CITY ISLAND TRIP**

*By Susan Statkowski-Rivalsi*

Around 9:30 one mid-July heat wave morning, two Somers Senior Services buses filled with seniors, including a number of Heritage Hills residents, left Van Tassel House for a day trip to City Island. (Some passengers had been picked up at their homes a little while earlier that morning.)

Although I lived on City Island for 33 years, I hadn't been there for quite a while. So I decided to "take a trip down Memory Lane." En route, I gave the riders on "my" bus a bit of inside information about The Island - what life was like for hubby and me when we lived on this bit of land 1.5 miles long and just a quarter mile wide (population about the same as Heritage Hills).

Our first stop was at the City Island Nautical Museum, housed on the first floor of the former Schoolhouse located on the highest point on The Island. In fact, in one of the rooms I saw the very bell a former friend rang outside the front door at the top of the stairs each school day morning. (There's now a serpentine ramp for easy access.)

While everyone filed into the largest display room, I had a quick reunion with two of the docents I knew but hadn't seen for years. One of them then regaled us with a brief history of The Island, the building, and museum, and told us what we'd find in each of the "classrooms" and "school office," as well as in the hallway leading to them. (One classroom still had some of the original school desks and even its blackboard.)

After a quick stop at the "gift shop," we got back onto our buses for a brief ride to The Island's Crab Shanty Restaurant, in the former United States Post Office building, for quite a feast - they don't "speak" lunch portions at The Shanty!

When we arrived back a Van Tassel House around 3-ish, we all agreed it was a lovely day. Thank you, Somers Senior Services Programs Director Princess Guerrero and staff.

P.S. - When first announced, this trip was so popular it was immediately filled, and a second fully-booked one occurred a week later. In fact, a third one is now scheduled for September 9; see page 26 for details.

## HEALTH & SAFETY COMMITTEE

### SAFETY IN THE HOME - PART I

*Submitted by Arlene Hoffman*

There are never enough warnings to prevent an accident. Here are a few to check out that may ensure your safety in and around the place you call home:

- Ensure good lighting, especially around stairs.
- Install handrails along all steps/stairs.
- Stay diligent and remove any and all water spills.
- Install grab bars near toilets and showers.
- Remove area rugs and fasten all carpeting firmly to floors.
- Cords of all kinds should be batched and fixed along skirting boards.
- Every home should have a working fire extinguisher and working CO2 and fire alarms.
- The front door and storm doors ought to be lightweight/easy to open.
- Door mats should be low-profile and not create a fall risk.
- A clear walkway is needed from the parking area to the home entry (including steps).
- Consider a ramp installation (if needed).
- Install a security system to prevent home intrusion.

\* \* \*

## YOUR BIRTHDAY REPORT CARD

*By Patricia Adams*

This year, I turned 83. Somehow it seems an inauspicious number. Yet birthdays are an annual reminder to each of us how special we are from the day we are born. Birthdays are a big deal, acknowledged by parents, siblings, friends, colleagues, classmates from kindergarten all the way up through the ranks of our careers and retirement. Birthdays are celebrated by most of us for most of our lives. And that's all birthdays meant to me until this year.

This year I had no expectations. It made me all the more aware when gifts, cards and phone visits started to arrive. The email cards with their sparkling backgrounds and glowing candles on a cake swaying to and fro across the screen. Then came the traditional cards, like the one from a favorite former colleague. Then, the phone visits started – fun catchups with those who cared enough to pick up the phone. My neighbor took me to dinner, which turned out to be an adventure because we never found our restaurant but were able to celebrate at Barnwood Grill on Route 118 – no reservations, great seats, eager young waiters who kept wishing me a happy birthday every time they passed by, terrific food – as perfect a day as anyone could want.

Birthdays are a day of feedback about friendship. That's a pretty big deal. I get to grade myself. Look out 84. Here I come!

## RAINBOW CONNECTION BARBEQUE

*Submitted by Joanne Pasquerello, President*

The Annual Barbeque of the Rainbow Connection Club was a huge success. The weather – which threatened to rain on us – cooperated and stalled just as the grill fired up. We had hot dogs and hamburgers cooked to perfection by Joan and Teresa, assisted by Sharon.

Our members always generously prepare delicious side dishes par excellence and desserts galore. This year we had an extra special dessert – a birthday cake – presented to honor our esteemed Treasurer Muriel.

As an extra surprise, Mother nature honored us with a beautiful rainbow.

A good time was of course had by all.

\* \* \*

## SEPTEMBER STOW-AWAYS

*By Susan Statkowski-Rivalsi*

Seeing more butterflies – due to the transition over recent years of our community's landscaping to more pollinator-friendly plantings – has reminded me of a lovely annual event hubby and I would experience while plying the waters of Long Island Sound in our boat, the White Star.

For a few weeks each September, every so often some Monarch Butterflies would alight on our boat's fly bridge, taking around a ten-minute break from their arduous journey to their winter home in Mexico. This would happen both when we were under way as well as at anchor or dockside. Curious as to why they would be flying over such a large body of water instead of inland, research revealed that it was because our late summer prevailing winds from the southwest blow them towards the east coast.

While resting mere inches from us, when we'd offer them the opportunity to perch on our hands, they'd willingly do so. Silly us, we couldn't resist asking "Where'd you spend your summer?" And when they left us, we'd always wish them "Hasta la vista!"

This month, watch for Monarch Butterflies stopping for a meal at our pollinator-friendly plantings here, while heading south.



*By Tracy Giachetti*

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# FIT-BITS

By Mary Tedesco,  
Fitness Center Manager

## WHY YOU NEED TO STOP HOLDING ONTO THE TREADMILL HANDRAILS

At the Fitness Center we see a lot of people who come in, get on a treadmill, crank up the speed and incline, and then hold onto the handrails dearly while they walk or run.

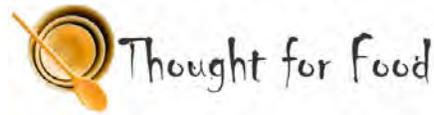
If you feel you need to hold onto the handrails while walking or running, you should consider taking the speed or incline *down* a notch or two.

Unless you have a medical condition that interferes with your balance, or a serious impairment, you should *not* be holding onto the treadmill handrails when using the treadmill.

In addition to decreasing effort, holding onto the handrails:

- Promotes poor posture.
- Burns less calories.
- Can lead to injuries.

\* \* \*



Text and photo by Elizabeth Royston

When the theme of our Culinary Club's July dinner was "The Culinary Traditions of Lebanon," it will not be a surprise that one of the dishes was Grilled Lamb Kofta Kabobs. Pat and Sal Santamorena prepared a delicious version of this traditional dish. Together with other main course dishes, the members of the Club thoroughly enjoyed each other's company and a lovely dinner.

### GRILLED LAMB KOFTA KEBABS

(Serves 4)

#### INGREDIENTS

- 1 pound lean ground lamb (or beef)
- 1 medium Spanish onion, minced
- 1 clove garlic, minced
- 1/4 cup finely chopped curly parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/8 teaspoon ground cloves



#### PREPARATION

1. Preheat grill to medium-high heat
2. Knead lamb, onion, garlic, parsley, salt, pepper, cinnamon, allspice, and cloves in a medium bowl until the seasonings are evenly distributed.
3. Divide into 4 portions. Shape each portion into an 8 inch sausage shape. Thread meat onto a heavy metal skewer. If using wooden skewers, beforehand you must soak them in water for about 30 minutes.
4. Soak a folded paper towel with oil. Hold the towel with tongs and drag it along the grill grates towards you to oil the grill rack. Do this immediately before adding the meat, as the oil will cook off quickly.
5. Grill kebabs, turning every 3 to 4 minutes until cooked through – 9 to 13 minutes. Let the kebabs rest on a cutting board for 4 minutes before removing the skewer and slicing the meat.
6. The kebabs may be made smaller sizes, but then adjust the grilling time.

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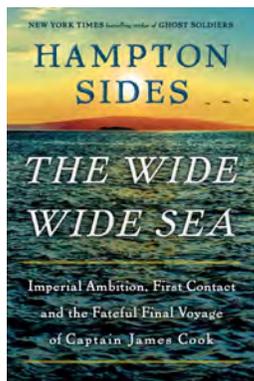
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## THE BOOK SHELF

By Cindy Kennedy

Non-fiction author Hampton Sides is renowned for writing captivating historical narratives. *The Wide Wide Sea*, his latest book, subtitled "Imperial Ambition, First Contact and the Fateful Final Voyage of Captain James Cook," is a rousing maritime adventure.

In 1776, while the American colonies were declaring their independence from Britain,

Captain James Cook was celebrated as a national hero in London. Deemed the greatest navigator England had ever produced, Cook had circumnavigated the globe twice. "If I had failed in discovering a continent," he wrote, "it is because it does not exist...and not for want of trying."

One more venture required Cook's nautical skills: the search for the Northwest Passage, a navigable waterway connecting England to the markets of Asia. The elusive channel through the Canadian province had "for nearly 300 years been the grail, the phantom. Many European nations had yearned to find it, but for the British it had become an obsession."

Aboard his flagship *Resolution*, Cook set sail alongside its sister ship *Discovery* in July 1776. Veteran seamen from Cook's past excursions had signed on. Among them was Lieutenant William Bligh. A decade later, Bligh would command the *Bounty*, made infamous by its mutiny.

Although Cook's objective was finding the Northwest Passage, the Admiralty gave Cook an additional order. After sailing around the tip of Africa and proceeding to the Pacific, Cook was to transport Mai, a young Polynesian man, back to Tahiti. Mai, who was brought to London two years earlier, was a favorite of the royal court.

After their stopover in Tahiti, Cook's ships proceeded northward, not expecting to encounter land until they reached the North American coast. On January 18, 1778, however, a lookout spotted a volcanic island: Kauai, "this gem of malachite green, with undulating cliffs and razorback ridges." Cook would be credited as the first European to discover the Hawaiian chain. His expedition's initial contact with the native population was mutually beneficial.

Reluctant to leave the tropical paradise, Cook and his crew pressed northward in search of the Northwest Passage. Crossing into the Arctic Sea, the expedition sought a waterway route through interior Canada, only to encounter gargantuan walls of ice. Not one to admit defeat, Cook ordered the ships to sail south back to lush Hawaii where the seamen could winter before trying again to discover the Northwest Passage.

For generations, historians have debated just what happened during Cook's second landing in Hawaii. Through his prodigious research, Hampton Sides offers fresh insight into that fatal encounter. Fascinating and well written, *The Wide Wide Sea* is highly recommended.

(Note: *The Wide Wide Sea* is part of Heritage Hills Library and Somers Library collections. For a list of new books at Heritage Hills Library, see page 10.)

## HOW DOES YOUR GARDEN GROW?

### PLANT LETTUCE SEEDS IN LATE SUMMER!

Text by Karl Milde; photo by Cheryl Milde



Up to now I've resisted planting in mid-to-late summer for a second crop of veggies in the fall. I would incubate vegetable seeds at home in winter, transfer them to my Community Garden square in the spring, and harvest the delicious veggies (peas, lettuce, cucumbers, tomatoes, beets, carrots, and melons) during the warm summer months. This labor of love had three seasons. Having completed the spring planting, I was done with the hard work.

Not this year! In early July I decided to plant a second crop. I harvested the scallions, the beets, and the carrots, leaving an empty space where I prepared the ground for a new crop.

From April through June, my Romaine lettuce had grown so well that my soil seemed especially formulated for that particular crop, so I wanted to plant the same Romaine seeds I'd purchased before. I returned to the nursery from whence they originally came but, to my great dismay, those seeds were sold out. I ended up buying a different brand of Romaine lettuce and, while I was at it, some Boston lettuce seeds as well. Armed with several seed packets, I headed for the garden.

Why did I limit my second planting to just lettuce? For four reasons:

1. Lettuce grows quickly and is ready for harvest within a month. Most other vegetables take two months or more.
2. The seeds don't need to be planted individually. You just drop them in a row. Like the seeds for root vegetables, they are teeny tiny. I've always had a problem planting individual seeds, one at a time, because I simply can't trust that a whole beet or carrot will arise from such a small speck.
3. It's easy to see when lettuce is ready. You can cut the leaves when they are young and tender, or you can wait until they mature. Compare this to guessing when a beet or carrot is ready to pull out of the ground.
4. Last but not least, when you cut off leaves from your lettuce plants, they grow back! Pull out a beet or carrot and there's just an empty hole.

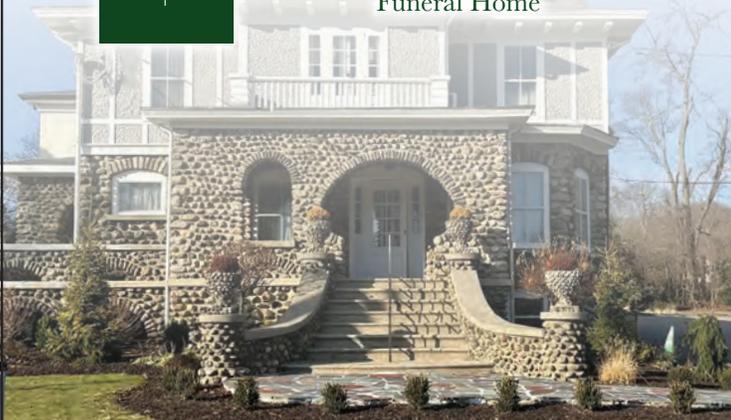
If you act right away, you, too, can reap a fall harvest. Plant a second crop of lettuce now and you'll enjoy fresh greens until the frost bites. I'll smile back when you thank me.



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JR, HH Condo Sale 2024

## "MOVING WORDS" FROM YOUR LOCAL EXPERT



*It's been awhile since my boys all fit on one raft. Looking back at this photo brought back fantastic memories, that don't actually seem all that long ago. Fast forward and the eldest is 28, middle is 25 and youngest is 22. Of course, I haven't aged at all. So, yes, it happens to all of us - and sometimes, it's just time to move on. When that time comes you'll need excellent guidance, warm encouragement and white glove service in the business of helping people move. #UGottaHaveHope*

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*By Elizabeth Royston*



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JULY  
2024



13

NUMBER OF  
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41

AVG. DAYS ON  
MARKET

\$824,900

MEDIAN SALE  
PRICE

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% SALE TO LIST  
PRICE RATIO

ONEKEY/ HGMLS DATA AS OF 1/1/2024-7/31/2024

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

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- Declutter & depersonalize when you are not under pressure to sell
- 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.

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](mailto:mlowenfeld@houlihanlawrence.com)

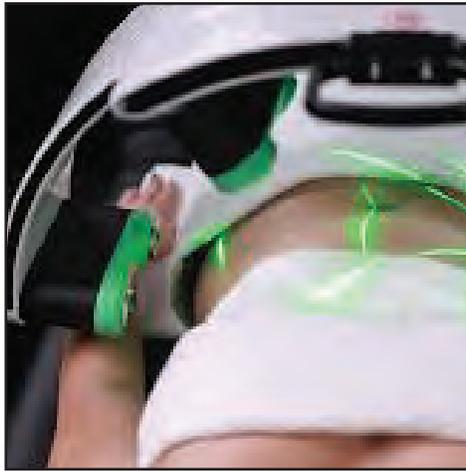
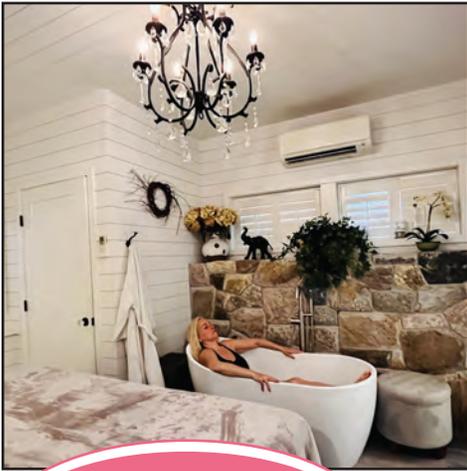
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