



THE OFFICIAL

*Heritage
Hills
Newsletter*

NOVEMBER 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

Society Fee

Financial Office 914-276-2509

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 Kobroo, Respite Specialist, ext. 310

Transportation for Cancer Treatments (free):

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

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

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

Private Ambulette Services

Superior Brewster 845-278-6992

CLC Trans 914-241-0112

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

Westchester County Office for the Disabled, includes hearing-defect

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

Veterans Guide to VA Health Care Benefits -

VA Hudson Valley Health Care System - 800-269-8749

Monday through Friday 8 am - 4 pm

Visiting Nurse Association of Hudson Valley

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

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845-208-8151 - freeman@halstonmedia.com - HalstonMedia.com
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

GENERAL ELECTION VOTING

By Susan Statkowski-Rivalsi

EARLY MAIL and ABSENTEE* BALLOTS

Filing Deadlines

- **By mail** - Must be postmarked **no later than November 5.**
- **In person** - You can drop off your Mail or Absentee Ballot either at any early voting poll until November 3, or at your poll (Somers Town House/Elephant Hotel) on Election Day, November 5, by 9 pm.
- * **New Absentee Ballot Procedure:** If you have been issued an Absentee Ballot, **you will not be permitted to cast a ballot on a voting machine on November 5.** Instead, you can bring your Absentee Ballot to the Heritage Room on that day, and it will be filed following a special procedure.

EARLY IN PERSON VOTING – UNTIL NOVEMBER 3

All registered Heritage Hills voters can vote early at any poll site in Westchester County including Somers Town House/Elephant Hotel. The November days and hours there are:

- Friday, November 1, from 8 am to 4 pm
- Saturday, November 2, from 10 am to 6 pm
- Sunday, November 3, from 10 am to 6 pm

ELECTION DAY VOTING – ON NOVEMBER 5

All Heritage Hills registered voters can only vote in the Heritage Room. They cannot vote at Somers Town House/Elephant Hotel or anywhere else in Westchester County.

* * *

WE OOPSSED!

On page 10 of the October issue, we oopsed twice!

We were wrong when we indicated our local post office has a Postmistress named Ms. Ashwin (we misunderstood a clerk there). In fact, we have a *Postmaster*, Mr. Ashwin Tewari. Thanks, resident Harvey Savadsky.

We neglected to reveal the source of the information in *Somers National Golf Course's Good Neighbor Efforts*. It was based on an article seen in the September issue of Condo 20's Newsletter.

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



PETER CALO AND ANNE CARPENTER – A CABARET ACT

By Joyce Spector



Sunday, November 10, at 1 pm in the Activities Center

Carol King and Paul Simon, two songwriting giants, created some of the most endearing and lasting music of all time. Anne Carpenter and Peter Calo visit their

immense library of music, performing classics and deep tracks from the likes of such giants.

Peter Calo has been Carly Simon's guitar player and backing vocalist for the last 20-plus years. He has also performed with James Taylor, Hall and Oates, Leonard Bernstein, and Andrea Bocelli, just to mention a few.

Anne Carpenter has been present on the New York scene for the past decade and has been performing with Peter for the past seven years.

Admission is \$15 per person. Light refreshments will be served. Place your check(s) in Club Shalom's mail slot **by November 5** along with your name, phone number, and unit number. If you want to sit with friends, put all checks in one envelope (ten people per table maximum).

If you have questions, call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com. Walk-ins are welcome as space permits.

* * *

ON THE COVER

Karl Milde took this photo of the afternoon sun shining on the trees at the intersection of the Deer Valley and West Hill Drives (near Recreation Area 4).

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WOMEN'S CLUB

Submitted by Phyllis Bradbury

HARVEST LUNCHEON

Wednesday, November 13, at 12:30 pm
at Southeast Grillhouse, on Route 6 in Brewster

Join us for our second combined Thanksgiving/Holiday luncheon. On the menu is an appetizer, salad, a choice of five entrees, dessert, and coffee/tea. The cost is \$42 for members and \$45 for non-members.

Leave your reservation and check in the Women's Club mail slot by **November 5**. To be seated with other attendees, indicate this on the reservation. Flyers with more information are available outside the Activities Office, or call Joan Jendras at 914-276-0488

* * *

10-A-MEN CLUB

By Mike McBride

WEEKLY MEETING SCHEDULE

Wednesdays at 10 am in the Heritage Room

November 6 Gary Parker, Resident
Real Estate Issues

November 13 Anthony & Lauren Enea, Esq's.
Estate Planning

November 20 Lee Golden, Esq.
use of trusts in estate planning

November 27 Princess Guerra - Somers Senior Services
Available Programs

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.



Tuesday, December 31, at 7:30 pm
in the Heritage Room

Catered by Uncle Giuseppe's, with music by Pro Sound/Anthony Sottile. \$65 per person. Make checks payable to the Ten-A-Men Club and leave them in the Club's mail slot outside the Activities Office by **Friday, December 20**. If you want to sit with friends, include all checks in one envelope (ten people per table maximum).

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.

PRESIDENTIAL ELECTION 2024 WRAP-UP: HISTORIC RACE, EITHER WAY

**A lecture by Christopher Malone, Ph.D,
Associate Provost and Professor of Political Science
at SUNY Farmingdale**

Tuesday, November 12, at 1:30 pm

With the outcome of the election now secured, the race's historic character cannot be denied. This presentation will break down the election outcome in detail, focusing on who won, who lost, why - and what it means for the future of the country.

THE FUTURE OF HEALTHCARE IN AMERICA: A BETTER OBAMACARE OR MEDICARE-FOR-ALL?

**A lecture by Jonathan Engel, Ph.D.,
Professor of Public Affairs
at Baruch College, CUNY**

Tuesday, December 3, at 1:30 pm

Dr. Engel teaches courses on healthcare policy in the Marxe School of Public and International Affairs in New York City. He also conducts research on the historical evolution of United States health and social welfare policy. Dr. Engle has written numerous books, including *Doctors and Reformers: Discussion and Debate on Health Policy* (2002) and *Unaffordable: American Healthcare from Johnson to Trump* (2018). He will use his expertise to help us better understand the current complexities of United States healthcare and discuss options for the future.

ANYTHING GOES: THE MUSIC OF COLE PORTER

**A lecture-recital by Peter Muir,
internationally recognized pianist, vocalist,
educator, musicologist, and conductor**

Tuesday, December 10 at 1:30 pm

Cole Porter (1891-1964), the creator of classic musicals like *Anything Goes* and *Kiss Me Kate*, as well as numerous standards such as *Night and Day* and *Just One of Those Things*, is rightly regarded as one of the greatest of American songwriters. His songs typically combine unforgettable melodies with urbane, witty lyrics, and, perhaps more than any other, perfectly embody the sophistication of his era. This lecture-recital looks in depth at some of Porter's most iconic work, showing what makes it unique and placing it within the context of American popular music of his time.

continued on page 5

CANNABIS NOW: THE HEALING BENEFITS OF MEDICAL MARIJUANA

A lecture by Lynn Parodneck, M.D., Certified Medical Marijuana Practitioner

Tuesday, December 17, at 1:30 pm

Dr. Parodneck is a physician who originally specialized in obstetrics and gynecology, but made a major career transition to become a medical cannabis specialist in 2016. Now a leading expert who has treated over 1,000 patients, Dr. Parodneck will discuss many aspects of cannabis as medicine, including types of medical problems it can help, dispensary programs, and methods of ingestion. Her talk will specifically highlight senior issues and dementia.

* * *



TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, November 15, 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:

- *How to spot a liar* - Pamela Meyer
- *How to seek truth in the era of fake news* - Christiane Amanpour

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, December 20.

* * *



CIAO ITALIA

Submitted by Michael Lanotte

VETERANS DAY DINNER

Friday, November 15

Celebrating those who served. Members \$25 per person, non-Members, \$30 per person. Flyers containing all the information are available outside the Activities Office. Fill out the form and include it with your payment – checks only.



CHRISTMAS DINNER

Saturday, December 21

Members Only. Flyers containing all the information will be available at the end of November.



INDEPENDENT AND FOREIGN FILM CLUB

By Steve Klepner

THE QUIET GIRL

Sunday, November 17, at 7 pm in the Heritage Room

(Ireland, 95 minutes. 2022.) Nine year old Cait is sent to live with foster parents. After struggles at home and school she adapts and blossoms. But she discovers one painful truth.

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

* * *



SOCIETY BOARD MONTHLY MEETING

Wednesday, November 20, at 1:30 pm in the Heritage Room

All unit owners are welcome to attend the meeting in person. It 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.**

* * *

COMMUNITY THEATRE

By Muriel Millstein Weiss

MURDER IS A GAME

**Friday and Saturday, November 22 and 23, at 7:30 pm
Sunday, November 24, at 2 pm in the Heritage Room**

We invite you to join us for a fun packed evening/afternoon as our talented actors entertain you. Challenge your detective skills as you tickle your soul with laughter.

Reservations: \$15 per person for Theatre members and \$20 per person for non-members. Place your check made payable to "HH Community Theatre" in the H.H. Theatre mail slot outside of the Activities Office, or mail it to:

H.H. Community Theatre
8 Heritage Hills
Somers, New York 10589

Include your phone number or email address, number of reservations, and performance dates. Look for our flyers in the Activities Center and at Lake Lodge. If you have any questions, call Helen at 917-554-4417 or Muriel at 914-277-8825.

See you at the Theatre!

SINGLES CLUB

By the Singles Club Board

HOLIDAY CELEBRATION

Thursday, December 5, at 6 pm in the Heritage Room

Enjoy a sit down dinner catered by Ledley with music by Christine Chanel. Details will be sent as the date nears. Since we're "vacationing" in November and not hosting any events, the Board wishes everyone a wonderful Thanksgiving.

* * *



HOLIDAY EXTRAVAGANZA

By Jack Mattes

Saturday, December 7, from 2 to 4 pm in the Heritage Room

Children living at Heritage Hills are invited to bring their parents, grandparents, aunts, uncles, and friends to this year's TOYS FOR TOTS Holiday Extravaganza. Admission cost is an unwrapped new toy (or toys), which will be distributed to underprivileged children in Westchester County by the United States Marine Corps Reserves. We're planning to have:

- **Games:** *Pin the Nose on the Snowman* and *Ring Toss*.
- **Art:** Two different projects.
- **Santa, Mrs. Claus and an Elf** all plan to visit.
- **Refreshments and snacks** for young and old, including candy canes, Chanukah gelt and eggnog.

Unable to attend? Leave unwrapped toys in the Toys For Tots collection boxes at the Activities Center and Lake Lodge. You can place a check payable to "Marine Toys For Tots Foundation" in an envelope and bring it to the TOYS FOR TOTS mail slot outside the Activities Office **until December 9**.

* * *

FRIENDS IN THE HILLS

By Deb Ferrara

THE SENSATIONAL SOUL CRUISERS

Saturday, December 14, at 7 pm in the Heritage Room

Doors open at 6:30

Don't miss our last and biggest performance yet for 2024!! *The Sensational Soul Cruisers* is an eleven-piece band that includes four vocalists, who pay tribute to the best of the 60s, 70s and 80s of Motown, Disco, R&B, and Classic Soul. Let them take you back to when you first heard that special song.

This is a **Members Only** event with limited auditorium seating. Admission is \$25. Refreshments will be served.

Deposit your checks in the Friends in the Hills mail slot with your name, unit number, and phone number. For additional information call Deb Ferrara at 914-924- 3003 or Mary Ann Walrath at 914-318-1227.



SOCIETY BOARD NEWS

Compiled by Susan Statkowski-Rivalsi

WELCOME NEW OWNERS

*By Anna Milani
Society Office Administrator*

During the month of September, ownership changed for 10 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.

OCTOBER 23 SOCIETY BOARD OF DIRECTORS MEETING

The meeting took place after this issue of the *Newsletter* went to press. So the summary of that meeting will be in the December issue. A video of the entire meeting and subsequent resident inquiries/responses can be seen on the Society Board's website and on Comcast's channels 21 and 1070 daily at 2 and 7 pm until the November 20 meeting occurs. The full transcript of this meeting's Minutes will be posted on the website after approval at that meeting

* * *

SECURITY

By Rob Casasanta, Prosecur Security

FILLING OUT SECURITY FORMS

Filing the following documents is important for your safety and security. Your information is entered into our *private, secure* database and will assist us in an emergency.

RESIDENT PROFILE (see page 11)

Fill in your information and deliver this form – preferably with a set of keys – to the Security Office. Supplying the keys is optional, but doing so gives Security staff the opportunity to easily gain access in an emergency.

On this form, provide the names of all individuals that live in your unit (including pets) and emergency contacts, and to whom (if anyone) you pre-approve the privilege of entering your unit when you are not present. Also indicate if you have any special medical equipment in your unit.

Remember to update your profile when there are changes.

DARK HOUSE REPORT (see page 9)

It is recommended that fill in and deliver this form to the Security Office when you will be away for a prolonged period. Security will increase patrols around your unit, if possible, during your absence,

continued on page 7

TEMPORARY ENTRY AUTHORIZATION (see page 12)

This document is used to authorize individuals, including contractors, to enter your unit when you are not present – for instance, for purposes of “winterizing” or “de-winterizing” your unit. The authorized individual will be required to produce a valid driver’s license or other photo identification to substantiate their identity. If you authorize the Security Office to lend your keys to an individual for temporary entry, it is your responsibility to ensure the any borrowed key has been returned to the Security Office.

SEPTEMBER SECURITY CALL REPORT

During the month of September, our Security staff received and responded to a total of 251 calls including the following matters:

Medical.....63
 Security60
 Open Garage Doors32
 Police16 (9 Somers, 7 State)
 Fire Calls 9 (4 automatic fire alarms, 2 smoke/CO2 alarms, 1 first, 2 other)
 Service57 (35 lift assists, 8 persons locked out, 7 welfare checks, 4 battery change, and 3 other)
 Maintenance..... 2
 Motor Vehicle Accidents. 3 (1 personal injury)
 Parking Violations. 9 (in handicapped spaces, fire lanes, A roads, or B roads)

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 September 18 Council of Condos Meeting was attended by the following Condos: 1, 3, 4, 5, 6, 7, 8, 10, 11, 12, 14, 15, 16, 17, 18, 19, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30.

Garbage Bins: Many Condos are staggering replacement as a cost saving. Condos have various types for Garbage Bins.

- Ninety-six-gallon wheeled totes enclosed by secured corals.
- Painted bins to match their condo.
- Metal lids painted to match colors
- Lid with a hinge and piston over each pail making lids easier to lift.
- Condos have found Azak frames were more durable when exposed to the elements.

Lithium-Ion Batteries: More safety education is required when charging and the disposal of Lithium-Ion Batteries. The presentation given a few months ago by Somers Fire Department concerning this issue will be published in an upcoming *Heritage Hills Newsletter*.

Gun Club Update: Condo 22 continues to battle with the Gun Club in their effort to confirm with the Carmel Planning Board the existence of a buffer the Gun Club claims to have but Condo 22 insists does not exist. Information will be shared with Heritage Hills Condos.

Window Coverings for Insulation: Some unit owners cover the inside of their windows with plastic to provide insulation. It is determined that Condo Managers cannot request removal of inside insulation.

The November Council of Condos Meeting will take place at the Heritage Hills Activities Center on Wednesday, November 20, at 7 pm.



WOMEN’S CLUB

Submitted by Phyllis Bradbury

Again, this year our Club will not have meetings in December and January, so the Board takes this opportunity to wish you and your family a happy, healthy 2025. We will resume monthly meetings in February.

We welcome new members. Our President, Rose O’Donnell (914-276-4204) or Membership Chairperson, Alfreda Savarese (914-617-2007) can be contacted with any questions.



COME SET SAIL WITH THE HERITAGE HILLS YACHT CLUB

Ahoy, neighbors. A few of us have this nauti idea Heritage Hills really should have a yacht club (HHYC).

Are you a current or former boat person – one who’s enjoyed spending time on the water on anything from surf boards to rubber rafts to canoes to rowboats to sailboats to power boats to cruise ships small and large – or a wannabe? Our plan is to have fun, year-round monthly afternoon “Dock Parties” at which we’ll share our sea faring experiences while partaking of snacks and beverages brought from our galleys and coolers (similar to what takes place for many boat people when returning to the marina dock after time spent out on the water). We also hope to cruise together on either local day trips or longer ones, domestic or even foreign.

If you think you might like to “set sail” with our social club, contact either the HHYC’s Commodore, Susan Statkowski-Rivalsi (914-617-9228 / *ciwhitestar@comcast.net*), or Vice Commodore, Ken Benjamin (914-617-9817 / *kenbenja@aol.com*), or Purser, Rosetta Benson (914-277-5217 / *rosetta22@aol.com*), providing your name(s), unit number, and phone number(s) (indicate “home” and/or “cell”).

Library

NEW BOOKS BY POPULAR AUTHORS

October and November are traditionally busy months in the publishing world with many well known authors coming out with new books in preparation for the holiday season. This year is no exception, and our November list features the addition of new books from several well respected, prize-winning, and prolific authors.



Two authors named Louise—Louise Erdrich and Louise Penny—are very different in terms of writing style and subject matter but are both very popular with our readers. Pulitzer Prize winner Louise Erdrich draws on her heritage to write literary novels, usually with a setting in the Native American community. Her new book is *The Mighty Red* set in North Dakota. Louise Penny is a beloved author of mystery novels that feature her French-Canadian Detective Inspector Gamache. Ms. Penny is now on her 19th novel in the series with the publication of *The Grey Wolf*.

Booker Prize winner John Banville writes both literary and mystery novels. His popular mystery novels featuring the Dublin pathologist Quirke are written under the name of “Benjamin Black.” However, his most recent mystery novels are written under his own name, including his latest, *The Drowned*.

Finally, there is Ian Rankin, creator of the unforgettable Detective John Rebus who solves murders while battling his own demons in modern day Edinburgh. The 25th Rebus novel *Midnight and Blue* is on our November list. Ian Rankin has received many awards including a Knighthood and is considered one of the leaders of the Tartan Noir genre.

BOOK REVIEW

For a review of *Tell Me Everything*, by Elizabeth Strout, see page 39. This contemporary novel is the Pulitzer Prize winning author’s tenth book.

NEW ADDITIONS TO OUR COLLECTION IN NOVEMBER

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

Fiction

- Alam, Rumaan*Entitlement*
- Erdrich, Louise.....*The Mighty Red*
- Hamya, Jo.....*The Hypocrite*
- Korelitz, Jean Hanff.....*The Sequel*
- Rieger, Susan*Like Mother, Like Mother*
- Steel, Danielle*Triangle*

Mystery

- Banville, John*The Drowned*
- Child, Lee, and Child, Andrew.....*In Too Deep*
- Connelly, Michael*The Waiting*
- Cornwell, Patricia*Identity Unknown*
- Hoag, Tami.....*Bad Liar*
- Hawkins, Paula*The Blue Hour*
- Penny, Louise.....*The Grey Wolf*
- Rankin, Ian*Midnight and Blue*

Non-Fiction

- Frazier, Ian.....*Paradise Bronx: The Life and Times of New York’s Greatest Borough*
- Harari, Yuval Noah*Nexus*

FRIENDS IN THE HILLS

By Deb Ferrara

With our December event (see page 6), Friends in the Hills is completing two years of bringing to our members a multitude of events. It has been amazing to hear all the positive feedback that we received after each and every one. Our fabulous committee members work very hard to provide a night of enjoyment to all. We hope you will join us again next year, as we plan to make 2025 even better. Thank you for your continued support.



Condo 25’s newly renovated Gazebo decorated for the Autumn. Photo by Patricia Caruso.

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.

DARK HOUSE REPORT

There are no specific inspection requirements for unoccupied units due to vacation, change of ownership, or other conditions.

Residents are encouraged to register with the Security Office the status of their residence to assist HH Security and Local Law Enforcement Officers who may be notified of unusual activity when the unit is vacant.

Resident's Name: _____ Unit # _____

Phone Number where you can be reached: _____

Unit Vacant From: _____ TO _____

Lights on a timer _____ YES _____ NO

Authorized to enter Property:

Name: _____ Phone #: _____

Name: _____ Phone #: _____

Does Security have a key? _____ YES _____ NO

Key elsewhere _____

Additional Comments: _____

Date Received _____ Security Officer _____

Date Cancelled _____ Security Officer _____

By signing this form, you are giving Security authorization to enter your unit in emergencies.

Signature _____ Date _____

TEMPORARY ENTRY AUTHORIZATION

I _____ Owner/Renter of Unit # _____ Heritage Hills request

Name(s): _____
have authorization to be admitted into my unit.

Company: _____

Phone #: _____

Admitted on Date: _____

Purpose of _____

I have informed the person(s) above they will have to produce a valid driver's license or other photo identification to substantiate their identity.

I also understand that it is my responsibility to ensure that any borrowed key has been returned by the person(s) to the Security Office.

In case of authorization of "winterizing" a unit, Security will retain this document on file for the "de-winterizing" of the unit until the residents return.

By signing this form, you are giving Security authorization to enter your unit in emergencies.

Signature _____

Date _____

Security Officer _____

Date _____

RESIDENT PROFILE

Date: ___/___/___

Unit Number _____ Condo _____

Owner Name(s) 1. _____ 2. _____

Home # _____ Mobile _____

Mobile _____ E-Mail: _____

Additional Occupants: _____

Pets: ___ Dogs ___ Cats

Does Security have a key? _____ YES _____ NO

Key elsewhere: _____

Pre-authorized access is given to: _____

Vehicle Information

Make _____ Model _____ Color _____ Plate # _____ State _____

Make _____ Model _____ Color _____ Plate # _____ State _____

Special Conditions: _____

● **If Unit is Rented, Name of Tenant(s):** _____

Phone: _____ E-Mail: _____

Emergency Contact: _____

Phone: _____ Email: _____

By signing this form, you are giving Security authorization to enter your unit in emergencies.

Signature _____ Date _____

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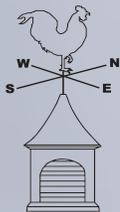
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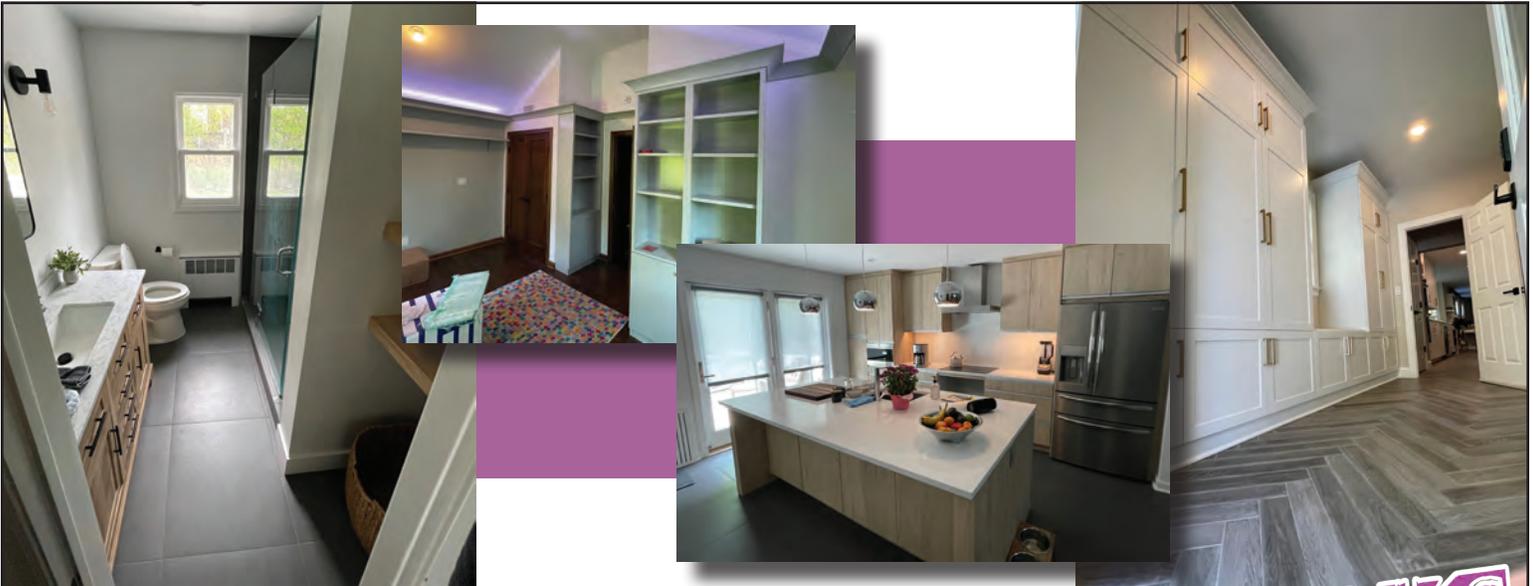
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GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

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

HH CRAFT CLUB: Calling all crafters! Join us to explore new media, share traditional crafts, and meet other crafters. 2nd Wed. of the month 1-3 pm and 4th Wed. of the month 6-8 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 welcome. \$20 annual dues. For questions or to register, call Linda at 914-277-2776.

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 evymusart@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.

CONTEMPORARY FICTION BOOK CLUB: Openings are available for residents interested in joining this Club. We meet on the first Tuesday of each month from 2 to 3:30 pm. Contact Myra Hopper at 520 390-5523 or myrahopper@gmail.com.

CIAO ITALIA: Membership, open to all residents, is \$12 per person for the year. Fill out a Membership Form available outside the Activities Office and include it in an envelope with your payment. Watch for flyers and TV notices announcing upcoming events.

CLUB SHALOM: You don't have to be Jewish to love Club Shalom, a Club dedicated to providing quality entertaining and educational Jewish cultural programs for the residents of Heritage Hills. Watch for information about upcoming events. All residents are welcome.

CONCERT SOCIETY: We present four classical concerts, featuring the best and brightest of classical music's Rising Stars, in May, June, September, and October on Sundays at 3 pm in the Activities Center's Heritage Room. Annual subscriptions are \$90 per person or pay \$26 per person per concert at the door. Subscription Forms are available at the Activities Center. If you have any questions, call Raina Lefkowitz at 914-262-4407.

CONTINUING EDUCATION: Our mission is to educate and entertain with monthly presentations by experts in the fields of art, literature, music, theater, history, and politics on specified Tuesdays at 1:30 pm in the Activities Center's Heritage Room. For more information, see the COMING EVENTS section of this *Newsletter* or call Ann at 914-617-9434.

CULINARY CLUB: We meet for dinner in the Activities Center once a month on a Wednesday evening at 6 pm. If you are interested, contact Barbara Gangemi at 914-617-9037.

DANCE

FRIDAY NIGHT SOCIAL DANCE: The first Friday of every month from 7 to 10 pm in the Activities Center's Heritage Room. \$10 per person includes coffee and cake. BYOB. For more information, call Angela Viscogliosi at 914-393-8736.

EXERCISE CLASSES

MINDFULNESS & MEDITATION: With Melanie Gambino BA BFA MA MSMT/Ed. RSDE. Mondays and Fridays from 9:30 to 10:30 am in Lake Lodge's first floor Room 3. \$12 per class. Wednesday and Thursday evenings from 7 to 8 pm in Lake Lodge. \$12 per class. Join me for a new kind of fluid fitness and mindful exploration in fluid movement meditation, breath, sound, and awareness into the interconnection of body/mind/spirit and nature. Contact Melanie with any questions and for more information by email at melaniegambinocontinuumteacher@gmail.com or by phone at 914 588-2450.

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 on Lake Lodge's 2nd floor. \$12 for a 75-minute class. Lisaathomas@optonline.net or 914-497-0243.

TAI CHI AND 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 heritagehillstaichi@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.

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.

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.

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. 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.

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.

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 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 in Lake Lodge's 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.

CANASTA CLUB: Saturdays from 12:30 to 4 pm. Contact Doris Simon at 914-276-0111 or Doris1121@me.com or Nancy Heilman at 914-224-7180 or 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 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 (contact Sue Furino 914-617-9110); Wednesdays at noon in the Activities Center (Contact Carol Tocci 914-471-5689); Fridays at 1 pm in Lake Lodge, and 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 hfgardenclubsecretary@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.

Spousal Bereavement Group: Led by Linda Ludwig, PsD (not PhD), we will start meeting again on the second Thursday of the month (November 14) at 12:30 pm in Lake Lodge's Room 1. Fee is \$20 per session. For more information, all 914-617-9328.

HIKERS & WALKERS GROUP: Weekly hikes from September to June. Information and our schedule are available in the mailroom.

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.

LET'S TALK SENIOR CARE: Join us the second Friday of every month at 1 pm. Stephanie Roberti, MHA, will be introducing different senior care topics to help educate us on this important subject. Next classes: November 8, December 13, January 10. For more information, Stephanie Roberti at 914-357-3049 or by email at Sroberti@Newbeginningsforseniors.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 him at 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 914-649-3232 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 in the Gym on Wednesdays from 1 to 3 pm, and on Saturdays from 9:30 am to noon.

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.

THRIVING IN YOUR PRIME: Join us every other week on Thursday at 1 pm in Room 3 of the Lake Lodge to discuss relevant topics and learn strategies that will help those over the age of 50 navigate the challenges they are confronted with. Each time we meet we will discuss a new topic, and you will learn strategies you can implement in your own life. The investment in each gathering is one hour of your time and \$5! The remaining 2024 dates are November 7 and 21 and December 5 and 19.

TRAVEL CLUB: Our mission is designed for those who enjoy traveling, whether the trips are to nearby or far away destinations. All details are handled by the Group. Buses leave from and return to Heritage Hills. Information on our trips is available on flyers in the Activities Center, on TV, and in this Newsletter.

WOMEN'S CLUB: Meets on the second Wednesday of the month, except for December, January, July, and August. See the COMING EVENTS section of this *Newsletter* for specific upcoming event details. Flyers are available outside the Activities Office. Membership dues for renewals and new members are \$12 for the year (January thru December). Include in an envelope with your check, your name, unit number and phone number and put it in the Women's Club mail slot. For further information, call Membership Chairperson, Alfreda Savarese at 914-617-2007.

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

Happy Thanksgiving

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ANNUAL RESIDENT ART SHOW UPDATE

By Terry Clifford

The more than 450 attendees at the resident Heritage Hills Art Show left saying once again what a beautiful event and what talented folks we have living in Heritage Hills. The artists presented their work in silk painting, oil and water color paintings, sculpting, jewelry making, woolen crafts, photography, pen and ink drawings, coloring, woodcraft, and computer graphics.

We thank the many residents who participated in putting the event together and those who assisted in taking it down; the pianist, Lynne Brennan; the Heritage Hills staff members who assist in making it happen, such as Markus Lovel; Andrew Kaplan in the Activities Center; the maintenance staff; and Jack Mattes, who heads the event.

Next year's event is scheduled on Saturday and Sunday September 13 and 14. We invite all residents of Heritage Hills, including resident children of all ages, to participate. Put the dates on your calendar.





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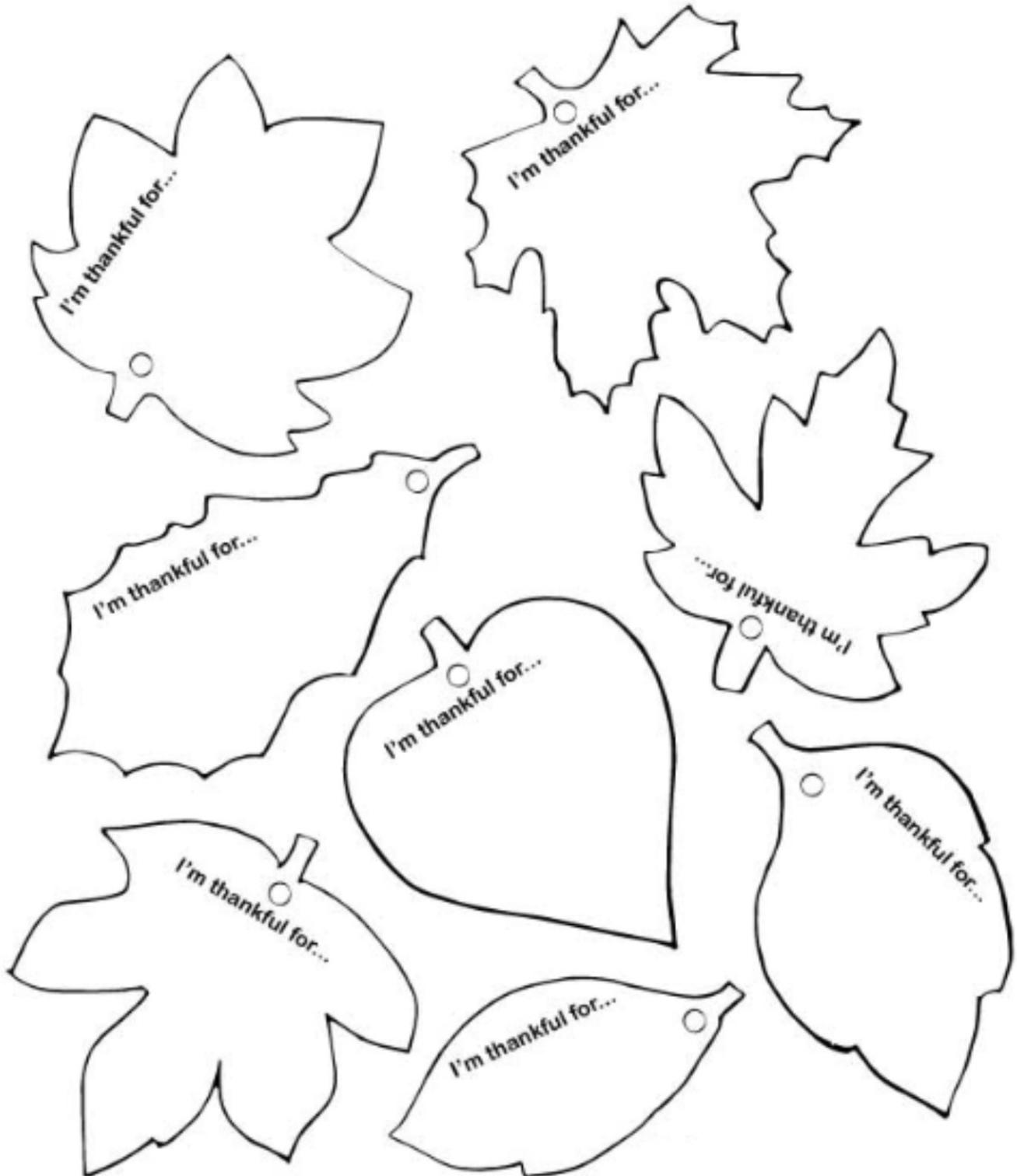
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Text and photos by Diane Purr, Commissioner



After having to cancel its year-end tournament in 2023 because of bad weather, the Bocce club's 2024 tournament was held under cloudy but dry skies. Twenty Teams of four competed for the number one spot on Saturday, September 27. It is a single elimination tournament – you win, you play again; you lose, you're out.

Throughout the morning, players were treated to coffee, bagels and donuts. And after many hours of stiff competition, we had a winning team!



The 2024 Tournament winners, seen here, were Charlie Kravitz, Ralph Gronbach, Hank Friedberg, and team captain, Tony Ferrara.

* * *

FALL INTO PICKLEBALL

By Fran Boemio

TOWN HALL

On September 17, the Pickleball Committee held its first Town Hall meeting in the Heritage Room, which was well attended. The community was given the opportunity to ask questions and share ideas and concerns. The Committee shared a lot of information and answered all questions.

SKILLS LESSONS



On September 22, Coaches Ken Henderson and Zorano Tubo, International Pickleball Teaching Professional Association Certified Instructors, led three skills training sessions on our courts with our

intermediate and advanced players, who were fully engaged and left having learned a lot. We are hoping for a second session for our players to build upon what they have learned.

KARAOKE

On September 24, we held a private Karaoke event at Somers Pointe with over 70 people attending. The staff couldn't have been more accommodating, the food was delicious, the room set up was beautiful, and the event planners were on point. DJ Bob had the crowd singing and dancing all night. We hope to hold more events there soon!

WELCOME TO HERITAGE EVENT



*Committee Members
Fran Boemio,
Eric Scorzelli, and
Denise Elliott*

Lots of new and not so new people visited the Pickleball table at this event. They were able to learn about the sport, meet Committee members, look at equipment, and sign up to play. Welcome to our new friends!

LADDERS

We've now implemented Ladder Leagues, a new competitive form of play. The men's league and women's league were played on Mondays and Wednesdays for five weeks in September/October. Ladder is a "points-based ladder" where you earn points based on your score for the game. Points are totaled each week and the following week you either move up or down the Ladder and the people who you play with changes accordingly. This is a fun, friendly and competitive way to play.

* * *

TENNIS COMMITTEE NEWS

Text and photos by Dena Goldstein

MIXED DOUBLES TOURNAMENT



We have a great mix of solid players, both women and men, in our Heritage Hills tennis community, and all participants enjoyed this competition on Saturday, September 21.



Main Draw finalists Ben Goodman and Louise Squitieri (Runners Up) and Behzad Dogahe and Marlene Bergman (Winners)



Consolation Draw finalists Aurimas Amanavicius and Fran Lupo (Winners) and Bob Berman and Leslie Douwes (Runners-Up)

Besides the main draw, a consolation draw continued play, so all teams played at least two matches. The sun filled day and tons of fun for all made it a terrific event!

WINTER TENNIS SOCIAL

Remember to save the date for this event taking place on Saturday evening, January 18, 2025, at Chestnut Ridge Racquet Club in Mount Kisco. More tennis, more fun, more friendship!



EAST HILL MEN'S GOLF ASSOCIATION

Text by Ken Freeman, photo by Randy Freeman

As you read this, it may be too cold for much golf, but sharing the latest available results (standard **Stroke Play** unless indicated otherwise) at *Newsletter* deadline should spark memories of great September golf weather and some especially memorable events.



Ken Freeman in Subhash Sindhvani-designed golf shirt

One such event was Subhash Sindhvani's return from his trip to India, bringing back custom-designed golf shirts for our club members. Big thanks to Subhash. They look great!

Another was Mike Flaherty's 9-hole round on October 1, when he posted a 35 – one BELOW par! In my four years in the club, it's the first time I can recall a member scoring below par. Rumor has it that the PGA tour is trying to sign him up!

PLAY RESULTS

September 12

A Flight*: Low Gross – Yogi Santa-Donato; Low Net – Ed Yee, 2nd Frank Servidio, 3rd Bill Glass

B Flight**: Low Gross – Frank Gallo; Low Net – Sandy Lieberman, 2nd Bob Kenney, 3rd Ed Sottile, 4th Jack O'Hanlon

September 17

A Flight: Low Gross – Mike Flaherty; Low Net – Charlie Barrett, 2nd Ed Yee, 3rd Bill Glass.

B Flight: Low Gross – Bill Ablondi; Low Net – Ed Sottile, 2nd Al Zaffiro, 3rd Subhash Sindhvani, 4th John Mahoney

September 19 – Par 3 Tournament, designed by Somers National Head Golf Pro Rich Corsetti

A Flight: Low Gross – Bob Briganti; Low Net – Joel Greenspan, 2nd Bob Sotoroff, 3rd Yogi Santa-Donato

B Flight: Low Gross – Nick Stanton; Low Net – Subhash Sindhvani, 2nd Bill Ablondi, 3rd Sandy Lieberman, 4th Ed Sottile

September 24

A Flight: Low Gross – Joel Greenspan; Low Net – Bob Sotoroff, 2nd Charlie Barrett, 3rd Howard Weiner

B Flight: Low Gross – Rob Leone; Low Net – Ed Sottile, 2nd Nick Stanton, 3rd Bill Ablondi

September 26 – Standard Stroke Play and Low Total Putts

Standard Stroke Play: Low Net – Ed Sottile, 2nd Subhash Sindhvani.

Low Putts: Frank Servidio (just 16 putts over 9 holes . . . professional-level play!)

October 1

A Flight: Low Gross -- Mike Flaherty; Low Net – Frank Servidio, 2nd Ed Yee

B Flight: Low Gross – Jim Haggerty; Low Net – Rich O'Brien, 2nd Al Zaffiro, 3rd Jack O'Hanlon

October 3

A Flight: Low Gross – Frank Servidio; Low Net – Bob Briganti, 2nd Ed Yee.

B Flight: Low Gross – Sandy Lieberman; Low Net – Frank Gallo, 2nd John Mahoney.

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THANK YOU

Submitted by Phyllis Bradbury

On October 9, the Women's Club was pleased to welcome Jim Rathschmidt, founder of United for the Troops, as our speaker.

Jim and the Club want to send a huge THANK YOU to the Heritage Hills community. The wonderful support shown for the many donations received from members and non-members exceeded our expectations. The items from their "wish list" will be packed in the next few weeks and sent to specific United States military personnel overseas.

Jim Rathschmidt and Eileen Butler of United for the Troops

* * *

SINGLES CLUB'S WELCOME TO THE MENAGERIE EVENT

Text and photo by Diane Purr

A talk and reading by Jo Pitkin, author of *Cradle of the American Circus: Poems from Somers, New York*, was hosted by the Singles Club on September 27.

Wine and cheese were served, and everyone enjoyed Jo's presentation. She was a fountain of knowledge about all things circus relating to Somers and around the country. Jo fielded many questions regarding residents and homes

in the area from a bygone era, and that prompted attendees to plan a scavenger hunt for some of the houses and properties.

She was gracious about signing her book with a special note for each purchaser.



HEALTH & SAFETY COMMITTEE SAFETY IN THE HOME - PART 3

BATHROOM SAFETY

By Arlene Hoffman

Whereas the bathroom is an important part of our day, it can also be a place of daunting hazards. Using it should be a calming and comfortable experience for us all. Please keep the following items in place to limit most unnecessary hazards:

- Ensure all medications are kept closed and out of the reach of children and pets.
- Install adequate, bright lighting.
- Remove all unnecessary items from the floor, allowing for a safe walking environment, especially during nighttime visits.
- Make sure all surfaces are skid-proof. Ensure area mats are secure.
- Add grab bars next to the toilet, shower, and bathtub.
- Install a handheld or adjustable shower head.
- Set your hot water tank to a reasonable temperature.
- Place electrical appliances away from water. Unplug and properly store all appliances when not in use.
- Install a walk-in bathtub (if possible).

As a standard piece of advice, always stay aware of trip hazards when moving about your home.

Here's wishing our Heritage Hills community residents a beautiful autumn.

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By Mary Tedesco,
Fitness Center Manager

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Emotional

The Emotional dimension involves managing your emotions in a constructive way. It involves appreciating the feelings of others, not just yourself, being enthusiastic and positive about your life, and respecting and understanding your own values, your attitudes and your feelings.

Social

The Social dimension involves helping out in your community, caring about others and letting others care about you, and maintaining healthy relationships.

Intellectual

The Intellectual dimension involves valuing lifelong learning and always striving to grow intellectually, and continuing to be curious about learning.

Spiritual

The Spiritual dimension involves engaging in activities that are in line with your values and beliefs - with or without organized religion, finding purpose, meaning, and value in your life.

HOW DOES YOUR GARDEN GROW?

PLANNING AND PLANTING FOR SPRING

Text by Karl Milde, photos by Cheryl Milde



NOW is the time to plant the bulbs if you want to see flowers appear in the early spring. What a wonderful sight after three months of a cold, dreary winter: white crocuses pushing up through the snow, followed by tulips and daffodils all in a row. It even rhymes!



I know what you're thinking: you have to kneel down, dig a hole with a hand tool, stick a flower bulb in the hole, and cover it up with dirt. Who wants to do that?

You don't have to plant your bulbs that way! You can remain standing when planting your bulbs. The secret word is...wait for it: auger.



You can buy an auger at any hardware store. Use it as an attachment to your battery-powered electric drill.

Make sure the battery is fully charged before you start. The auger consumes a lot of power to dig holes when the soil is still or there are stones. Depending upon how many holes you want to make, it's also useful to have a spare battery charged and ready.

Drill each hole four or five inches deep; drop in a bulb, pointy end up; and use a spade or other long-handled tool to close the hole with the dirt you removed. This process is so simple and easy, you'll want to repeat it - making the holes, inserting the bulbs, and covering them with dirt - all the while imagining what the area will look like in the spring. When you're done, you'll see...nothing. The space will look the same as when you started, but you've set the stage for the magic to happen.



You can plant daffodil and tulip bulbs to form any flower design you can imagine, for example forming a line along a walkway or border, or surrounding the base of a tree. Crocuses, on the other hand, should be planted in clusters of ten or more, rather than individually.

Now that you know what to do, get out there and do it. Let's make Heritage Hills bloom brightly in the spring!

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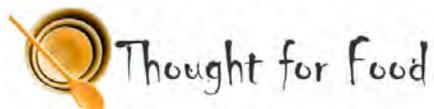
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Submitted by Elizabeth Royston



POACHING CHICKEN

Sometimes the Culinary Club emphasizes different techniques for producing the delicious dishes for our dinners.

This is a wonderful method of poaching chicken breasts that produces moist, tender white meat that can be used in many ways. The chicken breasts can be bone-

in or boneless and the skin can be removed. Do not use very large breasts because they do not cook in the time indicated in the recipe.

As always with chicken, use a thermometer to make sure that the chicken is completely cooked (165 degrees).

The cooking liquid that remains can be cooked down and strained to be used as stock or enhanced further for soup.

INGREDIENTS

- About 4 pounds of boneless, skinless chicken breasts
- 2 scallions cut into thirds
- 1 teaspoon salt
- 2 smashed garlic cloves
- 1 bay leaf
- 1 sliced onion
- 1/4 teaspoon black peppercorns

PREPARATION

1. Choose a large, heavy pot or Dutch oven with a tight-fitting lid. It should be large enough to fit the chicken breasts snugly, but not much larger.
2. Fill the pot 2/3 full with cold water, but do not put the chicken in yet.
3. Boil some extra water separately to have on hand if needed.
4. Put everything except the chicken into the pot, and cover and bring to a rolling boil.
5. Turn off the heat and add the chicken breasts. If needed, add boiling water until the chicken is covered by 2 inches of water.
6. Replace the pot lid and let the chicken rest in the hot liquid for about 2 hours. *Do not turn the heat on again.* The pot will retain enough heat to cook the chicken thoroughly and safely.
7. To test for doneness, cut into one breast. If it is still pink (or does not register 165 degrees), return it to the pot and heat it to a low simmer and simmer for 10 more minutes.
8. Let the chicken cool to room temperature still in the poaching liquid. **THIS MAY TAKE AN HOUR OR MORE.**
9. Slice and use in many different ways.



THE BOOK SHELF

By Cindy Kennedy

Prolific author Elizabeth Strout is perhaps best known for writing *Olive Kitteridge*, her Fiction Pulitzer Prize winner. Olive, that novel's endearing and exasperating title character, reprises her role in *Tell Me Everything*, Ms. Strout's tenth book, which also is set in Crosby, a coastal Maine town.

Tell Me Everything features returning characters from other Strout novels. Jim and Bob – the Burgess brothers – grew up in rural Maine and became New York City attorneys. A childhood tragedy had put a lifelong strain on their relationship. Bob moved back to Maine after he married his second wife, Margaret, a Unitarian minister.

Lucy Barton, a successful fiction writer, had relocated to Crosby from Manhattan with her former husband William during the Covid pandemic. Lucy, who had grown up in extreme poverty in Illinois, had met William, a parasitologist, in college. They remained friends after their divorce.

The local townspeople had mixed feelings about Manhattanites remaining in Crosby after the pandemic's lockdown was lifted: "The natural reticence towards New Yorkers was part of it, but also housing prices in Crosby had gone through the roof exactly because of people like Lucy Barton. Anyone from Maine who had been hoping to move into a nicer home found they could not afford one. On Main Street there were Help Wanted signs in most store windows, and along the coastline a few restaurants had to close because there were not enough people to work in them. What had gone wrong? They only knew the world was not what it once had been."

Olive, now 90 and living in a retirement community called Maple Tree Apartments, wanted to meet Lucy Barton. During the pandemic, Bob Burgess and Lucy had become friends, taking long walks together and talking about their fears and regrets. After Bob introduces Lucy to Olive, the two women meet often to tell each other stories about "unrecorded lives." Getting to know Lucy, Olive senses that Lucy and Bob are developing strong feelings for one another.

Although Bob is semi-retired from his law practice, he takes on a criminal case that has shocked the community. The body of an elderly woman was found in a quarry, and her son, Matt Beach, is suspected of murder. Bob steps in to represent the troubled young man.

Tell Me Everything is an introspective novel, more focused on the characters' innermost thoughts than on plot development. While Ms. Strout's tender tome might not appeal to readers new to her books, her loyal fanbase will cherish it.

(Note: *Tell Me Everything* is part of Heritage Hills Library and Somers Library collections. For a list of new books at Heritage Hills Library, see page 8.)

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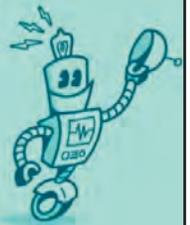
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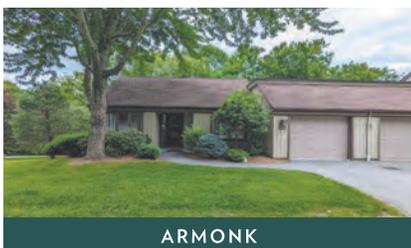
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