



THE OFFICIAL  
*Heritage  
Hills  
Newsletter*

FEBRUARY 2025





# Heritage Hills Society Information

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

## CONTACT INFORMATION - EMAIL

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

## CONTACT INFORMATION - TELEPHONE

Security ..... 914-276-2592      Bus ..... 914-276-2877  
Society Office ..... 914-276-2908      Library ..... 914-276-7655  
Activities Office ..... 914-276-2636      Fitness Center ..... 914-669-5028  
Society Fee  
Financial Office ..... 914-276-2509

## EMERGENCIES 9-1-1

## Hours of Operation

### Activities Center

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

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

#### Goldens Bridge MetroNorth Station Trips

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

#### Midday Trips - Reservations Required

To/From Activities Center, Lake Lodge, Meadowlark Park, and off site, including Goldens Bridge MetroNorth Station

**Outbound**, hourly 8:45 am to 12:45 pm

**Inbound**, hourly 9:10 am to 1:45 pm (last train station pick up 12:45 pm)

To/From Pools 2 thru 5 / Tennis areas

**To**: 8:45 am (pool 4), hourly, 9:45 am to 1:45 pm

**From**: Hourly from 9:10 am to 2:10 pm

## UTILITIES CONTACT INFORMATION

**Comcast** ..... 800-934-6489      **NYSEG** ..... 800-572-1131      **Water/Sewer (Veolia)** ..... 877-426-8969  
**ConEd** ..... 800-752-6633      **Verizon** ..... 800-922-0204

## SERVICES FOR SENIORS

### TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

Princess Guerra, Director

#### Hot Lunch

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

#### Medical Appointments - Transportation Available

Tuesday thru Thursday, for appointments between 10:30 am to 2 pm  
Suggested round-trip donation: **\$10**

#### Shopping Trips by Bus

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

### OTHER SENIOR SERVICES

#### RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

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

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

#### EPIC - 800-332-3742

New York State Senior Prescription Reduction

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

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

## SERVICES FOR ALL AGES, INCLUDING SENIORS

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

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

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

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

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

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

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

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

#### VVNA Home Health Services, part of Northwell Health at Home

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

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845-208-8151 - [freeman@halstonmedia.com](mailto:freeman@halstonmedia.com) - [HalstonMedia.com](http://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**

**WOMEN'S CLUB**

*Submitted by Phyllis Bradbury*

**WINE AND CHEESE PARTY**

**Wednesday, February 12, at 1:30 pm in the Heritage Room**

Join us in the Activities Center for our "Welcome 2025 Wine and Cheese Party" for **members only** – no charge. Flyers have been emailed and are available in the Activities Center vestibule. Fill out and return the bottom part to the Women's Club mail slot **by February 5**, or you can put a reservation slip there with your name and telephone number.

If you have not renewed your annual membership or would like to join our group, fill out the membership form available in the Activities Center and place it in our mail slot there.

\* \* \*

**10-A-MEN CLUB**

*By Mike McBride*

**WEEKLY MEETING SCHEDULE**

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

- February 5** . . . . . **John Katzenstein**  
Alzheimer's Discussion
- February 12** . . . . . **Anthony Sutton**  
Somers Fire Department Commissioner
- February 19** . . . . . **John Milligan – HH Property Manager**  
Updates, Q & A
- February 26** . . . . . **Harry LeFevere**  
Somers Schools Interim Superintendent

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 until 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.

**ON THE COVER**

Last winter, Susan Williams took the cover photo of a Great Blue Heron waiting for spring at the edge of a pond on West Hill Drive.

**HERITAGE HILLS NEWSLETTER COMMITTEE**

Chair/Editor in Chief: Susan Statkowski-Rivalsi  
Writers/Editors/Photographers: Patricia Adams, Rosetta Benson, Phyllis Bradbury, Dassi Citron, Terry Clifford, Karl Milde, Elizabeth Royston, Keri Reitman Schnapper



*By Joyce Spector*

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

**FREE MOVIE - THE CHOSEN AND SING-ALONG FEATURING DEENA GOIDEL**



**Sunday, February 23, at 1 pm in the Activities Center**

*The Chosen* is a 1981 film directed by Jeremy Kagan, based on the book of the same name by Chiam Potok, and stars Robby Benson, Barry Miller, Maximilian Schell, and Rod Steiger. It explores the dynamic between two Jewish kids in 1944 Brooklyn who become friends despite their different backgrounds. One is from a very conservative family and the other is more liberal. The importance of tradition, parental expectations, and the formation of Israel cause constant friction in this drama.

*Sing Away The Blues*. Deena Goidel, a talented singer and pianist, will lead us in song. You select the music, and sing along with her.

Light refreshments will be served. Look for our flyer with tear sheet to

*continued on page 4*

**OOPS!**

**Society Board Meeting Canceled:** In last month's issue it was indicated there will be a February 19 meeting. That meeting has been canceled. The first 2025 meeting will take place on Wednesday, March 19, at 1:30 pm in the Heritage Room.

**Ciao Italia Date Change:** The schedule for the year seen on page 7 of the January issue had an erroneous date. The October event will take place on Saturday, the 18th (not the 11th).

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save your reservation. Place your reservation in our mail slot by **February 18**. Seating is Auditorium style.

### **SUPER JEWS A PRESENTATION BY LONG TIME RADIO HOSTS SUSAN AND ART ZUCKERMAN.**

**Sunday March 23 at 1 pm in the Activities Center**

This husband-and-wife duo broadcasting on WVOX 1460 AM radio will delve into the lives of Jewish heroes Albert Einstein, J. Robert Oppenheimer, and Gertrude Ederly, as well as others, during this program. Save the date and look for our flyer with reservation details.

\* \* \*



### **TED TALKS AT HERITAGE HILLS**

*By Karl Milde*

**Friday, February 21, from 3 to 5 pm  
in the Heritage Room**

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

*How our Friendship Survives our Opposing Politics* / by Caitlin Quattromani and Lauren Arledge

*The Secret to Living Longer may be your Social Life* / by Susan Pinker

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, March 21.

\* \* \*

### **HEALTH & SAFETY COMMITTEE**

*Submitted by Flo Brodley*

### **FOOD & MOOD**

**Tuesday, February 25, at 10 am in the Heritage Room**

During this Heart Healthy Month, we offer a conversation with Stef and Lara.

Hosted by Stefanie Schwartz, a Registered Dietician, and Lara Fastman, LCSW, a Psychotherapist, the conversation will focus on the connection between the foods we eat, the moods we experience, and how they interact with each other. Join us and bring your friends and neighbors with you.

\* \* \*

## **SPECIAL ELECTION FOR WESTCHESTER COUNTY EXECUTIVE**

*By Susan Statkowski-Rivalsi*

**Tuesday, February 11, from 6 am to 9 pm in the Activities Center**

On January 2, George Latimer stepped down as County Executive, having been sworn in as a member of the United States House of Representatives. Mr. Latimer's Deputy, Democrat Ken Jenkins, was appointed County Executive by the County's Board of Legislators pending the results of this Special Election.

Running against Mr. Jenkins is Republican Christine Sculti. The winner will cover the balance of Mr. Latimer's term, through year-end. In November, there will be an election for County Executive for a full, four-year term.

**Early Voting:** From February 1 to 9, registered voters can vote at any polling place in Westchester County, including Somers Town House (the Elephant Hotel). Call 914-277-3323 for details.

**On February 11**, Heritage Hills registered voters can only vote at the Activities Center.



*Rainbow Cloud, by Paula Higgins*

### **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.**





## SOCIETY BOARD NEWS

Compiled by Susan Statkowski-Rivalsi

### WELCOME NEW OWNERS

By Anna Milani

Society Office Administrator

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

### SUMMARY OF PORTIONS OF THE DECEMBER 18 BOARD OF DIRECTORS 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 the monthly meeting will be published after they are approved at the next monthly meeting on March 19.

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

**Board members absent:** Ann Harper, Bruce Prince, Dom Rubino, and Jay Wright

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

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

#### Treasurer's Report

- November Financials**

Income . . . . . \$ 539,375.75

Expenses . . . . . (500,875.90)

Debit Balance . . . . . \$ 38, 499.85

Cash on hand at month end: \$859,987.77

- There is a year-to-date budget surplus of \$18,368, and we anticipate we will be within budget at year-end.

### FITNESS CENTER COMMITTEE - JOE KELLY, CHAIR

- November Usage:**

- Exercise room: 3,486 swipes

- Gymnasium: 492 swipes

- Free Consultations:** Certified Personal Trainers Mary and Jonathan did 21 of these in November.

- Shoe Change Requirement:** Be mindful of the need to do so for both rooms to avoid damaging the floors and equipment with winter road treatment.

### MEADOWLARK PARK - PATRICA PLOSS, CHAIR

- Food Trucks and Music:** The Board has agreed to bring food trucks into the park next summer for the 16 weeks on Thursdays from Memorial Day to Labor Day. We're also planning to have music in the park.
- Trail Maintenance:** We do not clear the trails in the winter.

### OPERATIONS REPORT - JOHN MILLIGAN, PROPERTY MANAGER

- Gymnasium Schedule Change:** Effective Saturday, December 21, based on swipe card statistics regarding usage, some time was swapped between Pickleball hours and Open Gym hours. Class schedules remain the same.
- Fitness Center/Gymnasium Sprinkler System:** Is now fully functional
- Ladies Locker Room:** Hot water has been restored.
- Lake Lodge**
  - **Veolia:** Their plumbing work is complete, but pavement restoration may not take place until the spring.
  - **Windows:** In the lobby, some with broken seals were replaced, restoring a clear view of the pond.
  - **Window Treatments:** Some vertical blinds were replaced with shades.

### NEW BUSINESS

Jack Mattes gave the following summary of that morning's 10-A-Men presentation by Security Manager Robert Casasanta regarding recognizing scams:

I thought I was pretty knowledgeable, but at this morning's presentation I learned more.

Guest Speakers included an expert from the State Police who specializes in scams and how they affect seniors and Chase Bank's local branch manager who had eye-opening information, as well.

One important recommendation was that under no circumstances should you answer the phone if you don't recognize the name of the caller [or the number], as there's a very strong chance it's a scam. If you *do* answer it, and the caller asks, "Is this [your name]?" and you reply, "Yes," that response of "yes" likely will be recorded and can be used against you. Likewise if you say, "I agree" or "Okay," etc.

The Chase Bank representative indicated that checks are not a good way to transfer funds - not to a friend, not to a relative, not to pay a bill, not for any reason. There are inexpensive or free things you can do to transfer your funds, such as "bill-pay" - it doesn't have to be *automatic* bill pay - but most banks have a service where you can go and list who you want to pay, how much, when you want that paid, and the bank will not charge you - there's no fee for the service, and your funds will be safely sent to the recipient.

Rob Casasanta indicated that in the spring he will offer a seminar on fraud prevention/internet scams, and Chase Bank is working with the 10-A-Men Club to return to speak regarding estate planning, internet scams, and phone scams.

Watch for announcements in advance in the COMING EVENTS section of this *Newsletter*.

*continued on page 6*

\* \* \*

**POST-MEETING DISCUSSION**

A resident asked why there is no shuttle bus service to/from her unit – that she has to walk down and up a very steep hill. She stated that service to her location would not require the bus to go in reverse. She was advised that the long-standing policy of the Board that it does not provide shuttle bus service to/from units on C roads; it only provides service to units on the main A and B roads. John Milligan elaborated on the many reasons the policy is in place. To see the entire discussion, log onto the website [hhsociety.org](http://hhsociety.org), choose Heritage Hills Society, then Board Meetings & Documents, and at the December 2024 video, advance to 30 minutes.

\* \* \*

**SECURITY**

*By Rob Casasanta, Prosegur Security*

**DECEMBER SECURITY CALL REPORT**

During the month of December, our Security staff received and responded to a total of 269 calls including the following matters:

Service .....	103	(33 lift assists, 17 welfare checks, 10 persons locked out, 7 battery change, and 36 other)
Medical.....	76	(1 Security EMT rode in ambulance to hospital)
Security .....	53	
Open Garage Doors .....	17	
Fire Calls .....	6	(3 automatic fire alarms, 1 smoke/CO2 alarms, 2 fire)
Parking Violations.....	4	(in handicapped spaces, fire lanes, A roads, or B roads)
Police .....	4	(2 Somers, 2 State)
Maintenance.....	2	
Motor Vehicle Accidents... ..	2	(2 property damage, 0 personal injury)
Burglar Alarms.....	1	

**2024 SECURITY CALL REPORT**

During the year 2024, our Security staff received and responded to a total of 3,255 calls including the following matters:

Service .....	981	(426 lift assists, 114 welfare checks, 93 persons locked out, 81 battery change, and 266 other)
Medical.....	909	(7 Security EMT rode in ambulance to hospital)
Security .....	568	
Open Garage Doors .....	402	
Police .....	111	(56 Somers, 55 State)
Parking Violations.....	88	(in handicapped spaces, fire lanes, A roads, or B roads)
Fire Calls .....	82	(32 automatic fire alarms, 21 smoke/CO2 alarms, 6 fire, 23 other)
Maintenance.....	75	
Motor Vehicle Accidents... ..	20	(17 property damage, 3 personal injury)
Burglar Alarms.....	12	

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

**COUNCIL OF CONDOS**

*By Terry Clifford*

**The December meeting** was attended by the following condominiums 4, 5, 6, 11, 12, 15, 16, 17, 18, 19, 22, 25, 28, 29.

**Willow Wood Gun Club Update:** Jack Stein, Treasurer of Condo 22, distributed an opinion piece he sent to the *Putnam Courier*. His discussion included shooting noise from the Gun Club of more than the legal limit of sixty decibels and land surveys due to their interpretation of the buffer zone. Environmental concerns include lead shot polluting the ground. The Gun Club has failed to do any mitigation, and Jack is determined to pursue this with all news media.

**Corporate Transparency Act (CTA) Implementation:** Has once again been placed on hold by the Texas Supreme Court. They insist Condominiums and HOA organizations should not be included in this law. It is up to each individual condominium to determine how to proceed.

**Updating Windows:** It is not clear if there is a requirement of a permit for replacing Condo unit windows.

**Board Member Recruitment:** Heritage Hills Condo Boards vary on how they recruit and assign duties to Board members. The consensus is that Board members need to work together to get things done.

**Verizon Voice Connect:** Verizon no longer supports or replaces copper wiring to homes with land lines. They provide a "Voice Connect Box" for land line phone service which works through their cell phone towers.

**Every Heritage Hills Condominium President receives an "Agenda" and last month's minutes.**

**Have a representative attend the next Council of Condos Meeting at 7 pm on Wednesday, February 19, at the Activities Center in the Heritage Room.**

\* \* \*

 **SOCIAL BRIDGE CLUB**  
*By Marie Sugar*

**JOIN THE FUN - THE JOY OF WEEKLY SOCIAL BRIDGE GATHERINGS**

Calling all Bridge enthusiasts! If you love the game of Bridge and enjoy the camaraderie that comes with it, it's time to consider joining a weekly social bridge gathering. Here are some great reasons to take part:

- Sharpen Your Skills:** Playing regularly with a variety of partners and opponents can significantly improve your game. You'll encounter different strategies and approaches, helping you become a more versatile player.
- Meet New Friends:** Bridge is a game of partnership and connection. By joining a weekly gathering, you'll meet like-minded individuals who share your passion. The friendships formed over the Bridge table often extend beyond the game.
- Friendly Competition:** While competitive, Social Bridge gatherings are also about having fun. The relaxed atmosphere ensures that everyone enjoys the game, whether they win or lose.



- 4. **Mental Exercise:** Bridge is a great way to keep your mind sharp. The game involves strategy, memory, and problem-solving, providing an excellent mental workout.
- 5. **Community and Support:** Being part of a regular group creates a sense of belonging. You'll find a supportive community where players encourage and help each other.

So, if you're looking for a fun, social activity that challenges your mind and brings joy, join our weekly Social Bridge gathering. Whether you're a seasoned player or just starting, there's always room at the table. We gather on Wednesday mornings from 10 am to noon at Lake Lodge. See you at the next game.

If you have any questions, contact me, Marie Sugar, at 914-277-4266.



**WOMEN'S CLUB**

Submitted by Phyllis Bradbury

**THANK YOU!**

We want to thank the secret Santa who left the beautiful Christmas ornament under the tree in the Activities Center lobby. Such a nice surprise when we were taking the decorations down. It's stored with our other ornaments. Look for its debut on the tree next year.



**SINGLES CLUB**

By Diane Purr

Our holiday party in December was well attended, and our members enjoyed great food catered by Ledley and wonderful music provided by Christine Chanel.

We don't have any events planned until March, and are looking forward to another year filled with fun and friends.

Dues are \$12 annually. A membership form is available at the Activities Center.

If you want any additional information about the club, contact Pat Caruso either by phone at 914-649-3232 or by email at [caruso515@comcast.net](mailto:caruso515@comcast.net).

**Hlibrary**



**AUTHORS NEW TO HHLIBRARY**

This month, the Library is adding several authors who are new to our collection. Mexican writer Alvaro Enrigue's acclaimed historical novel, *You Dreamed of Empires*, was cited in *New York Times* 10 Best Books of 2024 list. Works by fiction writers Weike Wang (*Rental House*) and Nilanjana Roy (*Black River*) are also included.

In our Non-Fiction section, we are debuting Nicholas Carr, who writes about the human consequences of technology. We have added his latest book, *Superbloom: How Technologies of Connection Tear Us Apart*, which was published in January.

**NEW ADDITIONS TO OUR COLLECTION IN FEBRUARY**

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

**Fiction**

- Enrigue, Alvaro..... *You Dreamed of Empires*
- Davis, Fiona..... *The Stolen Queen*
- Genova, Lisa..... *More or Less Maddy*
- Roy, Nilanjana ..... *Black River*
- Sligar, Sara ..... *Vantage Point*
- Wang, Weike..... *Rental House*

**Mystery**

- Feeney, Alice..... *Beautiful Ugly*
- Grey, Iona..... *The Housekeeper's Secret*
- Grippando, James..... *Grave Danger*
- Patterson, James  
and Sitts, Brian ..... *Holmes Is Missing*
- Turow, Scott..... *Presumed Guilty*

**Non-Fiction**

- Carr, Nicholas..... *Superbloom: How Technologies of Connection Tear Us Apart*
- Purnell, Sonia..... *Kingmaker: Pamela Harriman's Astonishing Life of Power, Seduction, and Intrigue*



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## HERITAGE HILLS SOCIETY, LTD. 2025 BUDGET DETAILS

*Provided by Gene Archer, Society Board Treasurer*

If you have any questions, submit them to the Society Board Office either by email at [society@hhsociety.org](mailto:society@hhsociety.org) or by phone at 914-276-2908.

Heritage Hills Society, LTD REVISED 11-14-2024			3.5%
	Account	Description	2025 Budget
<b>Operating Accounts</b>			
<b>Income Accounts</b>			
<b>SOCIETY FEE INCOME</b>			
	40-6310-00	Society Fees - Operating	\$4,994,603
	41-6910-01	Society Fees - Major Projects Reserves Xfer	\$1,147,000
<b>MISCELLANEOUS INCOME</b>			
	40-6315-00	Purchasers Contribution Sale	\$180,000
	40-6316-00	Halston Media (Advertising Contribution)-	\$15,000
	40-6335-00	Bridge Club Donations	\$2,500
	40-6340-00	Late Fee Income	\$7,500
	40-6350-00	Legal Fees Reimbursement	\$3,500
	40-6380-00	Owner NSF Fees Income	\$125
	40-6400-00	Operating Interest	\$12,000
	40-6440-00	Replacement ID Cards-Income	\$300
	40-6450-00	Miscellaneous Revenue	\$3,100
	40-6455-00	Maint Yard/Mdwlrk Park Income	\$100,015
<b>Income Accounts Total</b>			<b>\$6,465,643</b>
<b>Expense Accounts</b>			
<b>ACTIVITIES BUILDING</b>			
	70-7015-00	Activities-Electricity	\$16,000
	70-7020-00	Activities-Oil & Propane	\$30,000
	70-7025-00	Activities-Water/Sewer	\$5,000
	70-7030-00	Activities-Communication	\$17,500
	70-7040-00	Activities-Repair/Maint	\$30,000
			<b>\$98,500</b>
<b>COMMUNITY ACTIVITIES</b>			
	71-7050-00	Library-Supplemental Activit	\$5,000
	71-7055-00	Library Communications	\$0
	71-7060-00	Garden-Supplemental Activ.	\$0
	71-7061-00	Garden Maintenance	\$0
	71-7070-00	Bocce-Court Maintenance	\$2,500
	71-7075-00	Concert Society	\$0
	71-7077-00	Health & Safety Committee	\$1,250
	71-7080-00	Community Mailings	\$17,500
	71-7090-00	Community Activities	\$15,000
	71-7091-00	Continuing Education	\$0
	71-7092-00	Woodshop	\$0
			<b>\$41,250</b>
<b>FITNESS CENTER</b>			
	72-7105-00	Fitness-Personnel/Staff	\$105,538
	72-7115-00	Fitness-Electricity	\$12,500



	<b>Account</b>	<b>Description</b>	<b>2025 Budget</b>
	72-7120-00	Fitness-Heating Oil	\$17,000
	72-7125-00	Fitness-Water/Sewer	\$11,000
	72-7130-00	Fitness-Communication	\$2,400
	72-7135-00	Fitness-Bldg Repair/Maint	\$17,500
	72-7140-00	Fitness-Equip Repair/Maint	\$12,000
			\$177,938
<b>LAKE LODGE</b>			
	73-7205-00	Lake Lodge-Electric	\$10,000
	73-7210-00	Lake Lodge-Heating Oil/Propane	\$17,500
	73-7215-00	Lake Lodge-Water/Sewer	\$2,000
	73-7220-00	Lake Lodge-Communications	\$3,500
	73-7225-00	Lake Lodge - Repairs/Maint	\$25,000
			\$58,000
<b>TENNIS/PLATFORM TENNIS</b>			
	74-7305-00	Tennis-Electricity	\$1,000
	74-7310-00	Paddle Tennis Propane	\$2,000
	74-7315-00	Tennis-Repairs/Maint	\$10,000
	74-7320-00	Tennis Reconditioning Contract	\$12,000
			\$25,000
<b>POOLS</b>			
	75-7410-00	Pools-Lifeguards	\$185,000
	75-7415-00	Pools-Maintenance/Seasonal	\$25,000
	75-7420-00	Pools-Furniture & Equipment	\$10,000
	75-7425-00	Pools-Electricity	\$13,000
	75-7430-00	Pools-Natural Gas & Propane	\$22,500
	75-7435-00	Pools-Water/Sewer	\$10,000
	75-7465-00	Pools-Communications	\$2,500
	75-7470-00	Pools-Repairs & Maintenance	\$40,000
	75-7475-00	Blue Water Contract	\$65,020
	75-7480-00	Pool Supplies	\$14,000
	75-7485-00	Lifeguard Supplies	\$6,500
			\$393,520
<b>TRANSPORTATION</b>			
	76-7510-00	Transportation-Personnel Staff	\$92,453
	76-7515-00	Bus Transportation-Gasoline	\$17,500
	76-7520-00	Transportation-Repairs	\$10,000
			\$119,953
<b>ROADS &amp; GROUNDS</b>			
	77-7605-00	Electricity-Str Lights/Grounds	\$45,000
	77-7615-00	Road Signs/Guide Rails	\$15,000

	<b>Account</b>	<b>Description</b>	<b>2025 Budget</b>
	77-7620-00	Pond Maintenance	\$30,000
	77-7625-00	Street Light Maintenance	\$25,000
	77-7630-00	Landscaping/Snow Removal Contr	\$829,745
	77-7632-00	Landscape Plantings	\$28,000
	77-7633-00	Landscape Projects	\$10,000
	77-7635-00	Storm Cleanup/Addl SnowRemoval	\$50,000
	77-7640-00	Society Vehicles-Gasoline	\$12,000
	77-7645-00	Vehicles-Repairs	\$6,000
			\$1,050,745
<b>SECURITY</b>			
	78-7705-00	Security Contract	\$1,216,870
	78-7710-00	Security Communication	\$1,000
	78-7711-00	Security Repairs and Maintenance	-\$3,500
			\$1,214,370
<b>GENERAL ADMINISTRATION</b>			
	79-7805-00	Bank Fees/ILate Fees	\$250
	79-7810-00	Personnel-Staffing/Admin	\$137,533
	79-7815-00	Personnel-Staffing/Maintenance	\$523,241
	79-7820-00	Audit & Accounting Fees	\$12,000
	79-7830-00	Management Fees-Property	\$173,764
	79-7835-00	Managment Fees-Finance	\$205,528
	79-7838-00	Professional Services	\$3,312
	79-7840-00	Office Equipment	\$10,000
	79-7841-00	AV & Tech Equipment	\$15,000
	79-7845-00	Legal Fees-General	\$30,000
	79-7850-00	Legal Expenses-Collections	\$12,500
	79-7853-00	Miscellaneous Expenses	\$0
	79-7855-00	Permits & Fees	\$6,500
	79-7860-00	Refuse Removal	\$10,000
			\$1,139,628
<b>MAINTENANCE YARD</b>			
	80-7905-00	Yard-Personnel Staff	\$86,313
	80-7915-00	Yard-Electricity	\$7,500
	80-7918-00	Yard-Gas Fuel Expense	\$0
	80-7919-00	Yard- Diesel Fuel Expense	\$0
	80-7920-00	Yard-Heating Oil	\$7,500
	80-7925-00	Yard-Water & Sewer	\$3,000
	80-7930-00	Yard-Communications	\$4,000
	80-7935-00	Yard-Repairs & Maintenance	\$17,500
			\$125,813
<b>CENTRAL SUPPLY</b>			



	<b>Account</b>	<b>Description</b>	<b>2025 Budget</b>
	81-8010-00	Central Office Expenses	\$35,000
	81-8020-00	Cleaning & Bldg Supplies	\$50,000
			\$85,000
<b>MEADOWLARK PARK</b>			
	82-8101-00	Meadowlark Park-Electricity	\$12,500
	82-8103-00	Meadowlark Park-Water & Sewer	\$3,000
	82-8104-00	Meadowlark Park-Bldg R&M	\$7,500
	82-8105-00	Meadowlark Pk-Landscape Maint.	\$55,000
	82-8106-00	Meadowlark Park-Storm Cleanup	\$15,000
			\$93,000
<b>INSURANCE</b>			
	83-8210-00	Insurance Expense	\$169,473
			\$169,473
<b>TAXES</b>			
	84-8310-00	Income Taxes	\$1,250
	84-8320-00	Real Estate Taxes	\$600
			\$1,850
<b>DEBIT SERVICE</b>			
	85-8406-00	PCSB Bank Yard Loan Principal	\$79,792
	85-8407-00	PCSB Bank EHGC Loan Principal	\$145,623
	85-8410-00	Interest Expense-Yard Loan	\$13,503
	85-8411-00	Interest Expense-EHGC	\$15,130
			\$254,048
<b>EMPLOYEE BENEFITS</b>			
	86-8505-00	Health Insurance	\$145,183
	86-8510-00	Dental Insurance	\$8,694
	86-8515-00	Life and AD&D Insurance	\$3,962
	86-8520-00	Retirement Plan-401K ER	\$3,250
	86-8525-00	Payroll Taxes-Employer Liabty	\$81,024
	86-8530-00	Workers Compensation	\$22,000
	86-8535-00	Disability & PFL Insurance	\$250
	86-8540-00	Benefit Management	\$2,840
	86-8545-00	Payroll Processing	\$3,352
			\$270,555
<b>MAJOR PROJECTS EXPENSES</b>			
	90-9005-01	New Access Card System	\$20,000
	90-9060-01	Storm Water Mgmt	\$150,000
	90-9070-01	Road Pavings	\$400,000
		Line Striping	\$0

Account	Description	2025 Budget
90-9099-01	Contingency	\$228,438
90-9307-01	New Fitness Ctr Equipment	\$32,000
90-9309-01	MLP Trail work/enhancements	\$0
90-9311-01	Replace Pool #3 Mechanical Equipment	\$120,000
90-9313-01	Pool 4 Repairs	\$0
90-9315-01	Purchase New Shuttle Bus	\$76,098
90-9316-01	Website Development/Communication	\$3,500
90-9317-01	Replace Larger LL Flat Roof-2024	\$0
	Replace (3) art studio doors, sidelite & frame	\$23,400
	Install split system LL -Rooms 1, 2, kitchen & comp room	\$45,000
	Activities Center Re-decorating	\$20,000
	Audio Equipment upgrade (Madeo)	\$9,813
	Re-locate broadcast equipment (Madeo)	\$6,751
	Pickleball Canopy	\$12,000
<b>Operating Expenses Total:</b>		<b>\$5,318,643</b>
<b>Major Projects Expense Total:</b>		<b>\$1,147,000</b>
<b>Expense Accounts Total</b>		<b>\$6,465,643</b>
<b>Income Accounts Total:</b>		<b>\$6,465,643</b>
<b>Year-End Net</b>		<b>\$0</b>



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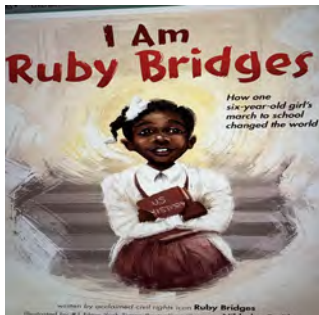
*By Dassi Citron*

February is a month rich in holidays: Valentine's Day, Groundhog Day, and Presidents Day. The month also celebrates Black History, offering students a deep dive into an often-neglected part of our American History. Teaching Black History as part of the elementary school curriculum over the years provided me the opportunity to enlighten, share values, and learn about remarkable individuals.

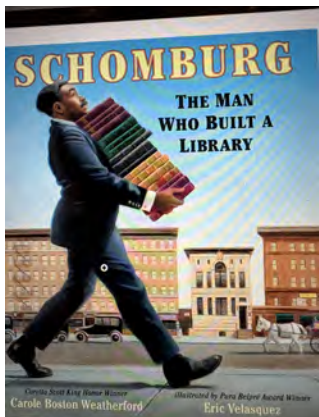
Here are a few children's books that beg to be read and discussed with your children, grandchildren, nieces, nephews, and neighbors. Of course, they can also be read year-round; February just nudges and reminds.



**A LIBRARY** by Nikki Giovanni, with colorful illustrations by Erin K. Robinson, is a great read. Rich with references to the literate world of libraries, Ms. Giovanni delivers and delights, echoing the language used in her amazing poems.



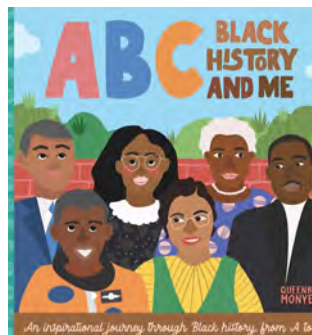
**I AM RUBY BRIDGES.** There are many books that detail the iconic first steps that Ruby Bridges took, being the first to integrate her New Orleans school. "I didn't know what being the first really meant until the day I arrived," Ms. Bridges writes in this true profile in courage.



**SCHOMBURG, THE MAN WHO BUILT A LIBRARY** by Carole Boston Weatherford, for older children, not only tells a compelling story, it also considers the importance of learning the history of people of color.



**THE BLACK KIDS**, by Christina Hammonds Reed is ideal for teens. It follows a Black teenager who attends a predominantly white high school in Los Angeles. This book's historical focus is on the Rodney King episode.



**ABC BLACK HISTORY AND ME**, by Queenbe Monyei, is picture book for the littlest ones. It features Black historical figures for each letter of the alphabet, including President Obama and Vice President Harris.

You can find additional lists and resources in the library and on the web. Picture books offer a rich palate, suitable for all to enjoy while learning together. During my teaching years this was a powerful way to engage youngsters. Go for it.



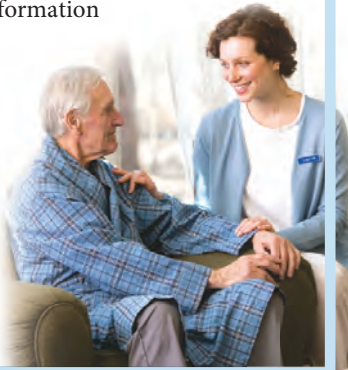
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## GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

Produced by the Activities Office

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

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

### ARTS & CRAFTS

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

**LEARN TO BEAD WITH ALLISON:** Join us on Mondays at 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](mailto:ahrubin521@yahoo.com).

**CRAFT CLUB:** Calling all crafters! Join us to explore new media, share traditional crafts, and meet other crafters. second Wednesday of the month from 1 to 3 pm and fourth Wednesday of the month from 6 to 8 pm. Email if you're interested in joining [craftclubhhs@gmail.com](mailto:craftclubhhs@gmail.com).

**NEEDLECRAFT GROUP:** Charitable needlecraft group meets Wednesdays at 12:30 pm in the Game Room. All skill levels welcome. \$20 annual dues. Proof of vaccination is required. 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](mailto:myrahopper@gmail.com).

**SILK FABRIC PAINTING CLASS:** Fee \$135. Must sign up for a full 4-week session at the Activities Center. Space is limited. For more information, contact Evey at 914-276-0737 or email her at [evemusart@comcast.net](mailto:evemusart@comcast.net).

**SKETCH WORKSHOP:** Wednesdays 9:30 to 11:30 am in 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.

**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:** We meet on the first Tuesday of each month from 2 to 3:30 in the Activities Building. For more information contact Myra Hopper at [myrahopper@gmail.com](mailto:myrahopper@gmail.com) or 520 390-5523.

**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 residents. 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 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 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 Heritage Room. \$10 per person includes coffee and cake. BYOB. For more information, call Angela Viscogliosi at 914-393-8736.

### EXERCISE CLASSES

**MINDFULNESS & MEDITATION:** Mondays and Fridays from 9:30 to 10:30 am in Lake Lodge's 1st floor, Room 3. Wednesday and Thursday evenings from 7 to 8 pm in Lake Lodge. With Melanie Gambino BA BFA MA MSMT/Ed. RSDE. \$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](mailto: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](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 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](mailto:heritagehillstaichi@gmail.com).

**LINDA'S LAKE LODGE CLASSES:** Body Conditioning: Tuesdays and Thursdays at 8:30 am. Rock & Roll Workout: Tuesdays at 9:30 am. Yoga Pilates: Thursdays at 9:30 am. Sports Conditioning: Sundays at 9 am. All classes are \$10 per class. Register at the start of the month for the classes you plan to attend. Contact Linda Zeiss instructor at [Labzeiss@gmail.com](mailto:Labzeiss@gmail.com) or 718-541-0861.

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

**BALANCE AND AGILITY FOR ACTIVE SENIORS:** Wednesdays at 10:30 am on the 2nd floor at Lake Lodge. Navigate obstacles; strengthen balance; move better for walks, hikes, or pickleball. Learn from a master teacher with years of experience, Elena Remais. \$80 for 4 weeks \$25 for drop-in. [Elenathetrainer@yahoo.com](mailto:Elenathetrainer@yahoo.com) and 917-848-3174.

**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.

**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).

**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).

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

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

### **FOREIGN LANGUAGE GROUPS**

**FRENCH CONVERSATION GROUP:** 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 at 914-260-9182 or by email her at [carellis14@yahoo.com](mailto:carellis14@yahoo.com).

**SPANISH CONVERSATION GROUP:** Meets the 1st Thursday of the month in Lake Lodge's Room 1 at 11 am. Group is open to intermediate through fluent Spanish speakers. ¡Vengan! Contact Mike at [elprofesor55@aol.com](mailto:elprofesor55@aol.com).

### **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:** Wednesday mornings from 10 am to noon at Lake Lodge. For information, call Marie Sugar at 914-277-4266.

**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); 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 (Contact MaryAnne McMullen at 914-414-9116 or Terry Colomer at 914-342-3610).

**SCRABBLERS:** Thursdays starting promptly at 1 pm in Room 2 in the Activities Center. Casual Scrabble game play. Play 1 or more games. All levels of play, including newbies, are welcome. For more information, just walk in or contact Susan at 914-617-9228 or [ciwhitestar@comcast.net](mailto:ciwhitestar@comcast.net).

**GARDEN CLUB:** For information, including questions on membership and use of the Community Garden, please send an email to [hhgardenclubsecretary@gmail.com](mailto:hhgardenclubsecretary@gmail.com).

### **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, Psy.D. To register, call 914-617-9328 or email [ludwiglr@aol.com](mailto:ludwiglr@aol.com).

**Spousal Bereavement Group:** Led by Linda Ludwig, PsD, we will resume meeting in the Spring.

**HIKERS & WALKERS GROUP:** Weekly hikes from September to June. Information and our schedule are available in the Activities Center 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](mailto: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



## ACTIVITIES/CLASSES/CLUBS

senior care topics to help educate us on this important subject. Next class:, January 10. For more information, Stephanie Roberti at 914-357-3049 or by email at [Sroberti@Newbeginningsforseniors.com](mailto: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](http://hhsociety.org) or call 914-276-7655.

**MORNING DISCUSSION GROUP:** Discussion group on current event topics. Meets Mondays from 9:30 to 11 am in the Activities Center. For information, email Ken Benjamin at [kenbenja@aol.com](mailto:kenbenja@aol.com) or call 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](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 Sandy Lieberman at 914-438-6762 or [golfer61345@gmail.com](mailto:golfer61345@gmail.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](mailto:PickleballHH@Outlook.com). See you on the courts!

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

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

**TED TALKS:** On the third Friday of the month, from 3 to 5 pm in the Heritage Room, hosts Ami Stokhamer and Karl Milde (residents) present two thought-provoking TED Talk videos, after which there is open discussion. 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 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 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!

**WOMEN'S CLUB:** Meets the second Wednesday of the month, except for January, July, and August. See the COMING EVENTS section of this Newsletter for specific upcoming event details. We welcome new members! Dues are \$12 for the year. Insert your check in an envelope with your name, unit number, phone number, and email address, and put it in the Women's Club mail slot. Application forms are available outside the Activities Office. For more information, call Membership Chairperson Alfreda Savarese at 914-617-2007.

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

**YACHT GROUP ("HHYC"):** The HHYC is a fee-free social club of past and present water fans (swimmers, boaters, fishers, cruisers, surfers, whatever). At our monthly pot luck "dock parties" on the first Friday of the month in the Lobby at Lake Lodge, we share our experiences and plan future ones (theme parties, day trips/activities, or even cruises). For more information, contact Commadorable Susan at [ciwhitestar@omcast.net](mailto:ciwhitestar@omcast.net) or 914-617-9228.



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**A WALK IN MEADOWLARK PARK**

**Part 2 of 3**

*Text and photos by Karl Milde*

Continuing from last month, just at that point the path forked. I had to make a choice: If I chose the left path, I'd climb straight up to the top. Instead, I chose right, and followed the path that went around a bend, and darn! It also turned sharply upward.



I gazed way up the hill. There was a park bench up there with a man sitting, facing my way and watching what I was doing. "I'd better get cracking," I thought, "or whoever that is will laugh at me for my procrastination." No pressure! As I came closer the man smiled and I saw it was Mike McBride. Terrific guy. We got to talking about different subjects including some upcoming Ten-a-Men meetings. He'd invited me to speak there. I didn't want to disappoint, but I'm a writer not a talker.

We bid goodbye and I was again alone. I kept going up, slower this time. I must admit I struggled. As I climbed higher and higher I imagined trudging up a steep mountain, footstep after footstep. This hill was not a mountain at all but, when the path finally levelled off at the top, I was overcome with exhilaration. Wow! I was here, where I'd wanted to be when I started.

I looked to the right and took in the great expanse of pasture. I grew up on a dairy farm and our childhood images are always with us. I could envision cows and sheep grazing - cows on one side, sheep on the other. Others may not understand how I felt but I'm sure the peaceful nature scene would affect them in some similar way.



*Continued next month*

**A DECEMBER TO REMEMBER**

*Text and photos by Fran Boemio*

On December 7, the Pickleball Community came together and danced the night away to the amazing sounds of DJ Johnny Angel. This social marked our celebration of the holiday season.



*Our longest table ever of partygoers!*

Food and desserts were bountiful, lots of flashes at the photo ops went off, and many door prizes were won. A plethora of upcoming social events were announced, and the excitement was hard to contain.



*Jane Ceraldi, Fran Boemio, Jean Scorzelli, and Joan Titus. (Fran is Event Coordinator, and Jane, Jean, and Joan form the Social Sub-Committee)*

Thank you to the new Social Sub-Committee who helped in planning this event. Their dedication and commitment were evident as the social was a huge success.



*Pickleball Committee: Kenneth Perry, Denise Elliott, Eric Scorzelli, Fran Boemio, and Len Captan*

You can count on the Pickleball Community enjoying each other's company on and off the courts!



## THE "PEN MAN" OF HERITAGE HILLS TURNS 90

Text and photos by Karl Milde



Clifford (Cliff) Wolberg turned ninety on December 24, 2024. Known as the "Pen Man" to those in the Woodcraft Club, he loves to use one of the four wood lathes to make ballpoint pens. Fellow Woodcraft Club member Bill Felling opined that, at the rate he makes pens (one per day), he makes about 200 a year. Cliff moved to Heritage Hills more than twenty years ago. You do the math.

Cliff gives his pens to friends and family members alike, each pen specially made with the new owner in mind. Knowing that I loved trains as well as writing articles for this *Newsletter*, he made me a writing instrument with a steam locomotive.



Cliff chooses with care the wood he uses to make his pens. He especially likes wood from olive trees and claims this wood dates back 2,000 years to the time of Jesus. We listen politely with a wink whenever Cliff tells this story.

Cliff comes to the woodcraft shop almost every day. He has a special workbench with a swivel chair that members consider his "throne." He shares wood-crafting advice on his favorite subject (pen making), especially with newbies to the shop, although there isn't a Woodcraft Club member who hasn't learned volumes from his many years of experience.

Cliff is Generous and Kind – yes, with a capital G and capital K. His wife, Sandy, is used to the adoration her husband receives from his many friends, and even likes that he's the center of attention.

On December 23, 2024, the day before Cliff's 90th birthday, Woodcraft Club members gathered in the shop to celebrate. Member Jimmy O'Connor had collected donations from fellow members, collected signatures on the back of a mug shot (seen over Sandy and Cliff in the above photo), and even crafted a huge sign which read "HAPPY 90TH BIRTHDAY CLIFFORD" that extended all the way across the Woodcraft Shop from one wall to the other. Sandy and Cliff brought in pizza, buffalo wings, cookies, and Coke, and a darn good time was had by all.



## HAIKU FOR FEBRUARY

Verse and photo by Sue Shea

Feb brings day of love

When we show our heart felt joy

With kisses, hugs and gifts



## MEET YOUR NEIGHBOR RICHARD DORFMAN

Text and photo by Rosetta Benson



Seeing, hearing, smelling, tasting, touching... for Richard Dorfman, *every sense* draws him, irresistibly, to water. Intrigued to read that some residents here with a seafaring / yachting background were hoping to form a social group of those of similar interest, he couldn't wait to join!

I met Richard at the group's second meeting. He responded to the question: Would anyone like to talk about a disastrous experience they had at sea? "It was the first day and night of Hurricane Sandy, October 22, 2012," he said. At that time, he was working full time as Captain of the South Street Seaport Museum's 1885 schooner *Pioneer*, which offers tourists a two-hour sail daily around New York Harbor. He and his crew were caught upriver and had taken temporary refuge in Verplank (town of Cortlandt). They had secured the schooner; however, when the tide rose over 23 feet and the wind whipped up waves over the dock, the ropes loosened and pulled free from the pilings. The ship and the crew were now totally at the mercy of the storm. Everyone was scared and looking at him. What to do? He started the motor and headed out into the roiling Hudson.

Hearing that, I decided it would be very interesting for our readers to meet this neighbor!

Richard and his wife Beth met as students at Drew University in New Jersey, where Richard majored in Theatre Arts. He received his MFA in Theatrical Design from New York University's Tisch School of the Arts and thereafter spent ten years working either as stage manager or lighting designer on about seventy shows on and off-Broadway. His off-off Broadway experience brought him back to his alma mater, as he was both stage manager and resident Lighting Designer for the Jersey Shakespeare Festival (held on the Drew campus) for seven years. In 1987, he decided he needed to make a real living. He left the footlights for the commercial world of architectural lighting and found his skills much in demand by museums, department stores, and, who would have guessed it, office buildings.

Always, the sea beckoned. By 1996, Richard could no longer resist. He began as a volunteer upon the *Hudson River Sloop Clearwater* and later at the South Street Seaport Museum on the schooner *Pioneer* and ship *Wavertree*, another iron-hulled sailing ship built in 1885. In August 2000, he was offered his dream job: Director of Volunteers for *all* the ships *and* the Museum. Plus, after years of on-board experience and months of studying, in 2004, he got his Captain's license and in 2009 he became Master of the *Pioneer*.

Richard and Beth moved to Heritage Hills in October 2021. He no longer works full time, but don't call him retired. When the days get longer, the sea beckons. Then, every Thursday evening from Memorial Day through September, he is once again Captain of the *Pioneer* and Master of theatre arts. His stage: is New York Harbor. His audience: the "cognoscenti of tourists." His role: Our neighbor, Captain Richard, makes sure no tourist is disappointed!



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**FIT-BITS**

By Mary Tedesco  
Fitness Center Manager

**THE BENEFITS OF OMEGA-3 FATTY ACIDS**

From a better functioning heart to healthier blood vessels, there are many reasons why people with higher Omega-3 blood levels have better heart health. The multiple benefits of higher Omega-3 index all contribute to slower aging.

**Heart health**

Fatty acids are chain-like chemical molecules made up of carbon, oxygen, and hydrogen atoms. There are two main types of fatty acids, saturated fats and unsaturated fats.

Omega-3 fatty acids are healthy fats that may support your heart health. They help to lower your triglycerides. Omega-3s include DHA and EPA (found in seafood) and ALA (found in plants). Foods such as fatty fish (mackerel and salmon), flax seeds, and chia seeds all help add Omega-3s to your diet.

**Eye health**

Omega-3 DHA is a main component of your eyes, and having higher levels of Omega-3s corresponds to better eye health and visual development.

**Brain health**

During every phase of life, Omega-3s play a big role in our brain health. From when we are infants to maintaining cognitive function as we age.

**Some ways to put Omega-3s into your diet**

- Flax seeds and flax seed oil
- Wild rice
- Eggs
- Soybeans
- Walnuts
- Grass fed cow, goat, and sheep milk

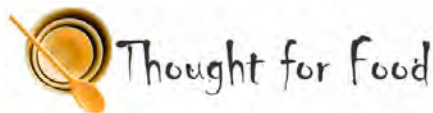


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Text and photo by Elizabeth Royston



**ITALIAN RICOTTA COOKIES**

For the Culinary Club's Holiday Festivity, we plan "Hors D'oeuvres and Desserts" as the theme of our get-together. This year, the Italian Ricotta Cookies made by Ralph and Elaine Fatigate were a smash success. They're simple to make and wonderfully delicious!!

**INGREDIENTS**

Makes about 50 cookies

**Cookies**

- 2 sticks unsalted butter – softened
- 1 3/4 cups sugar
- 2 eggs
- 1 teaspoon lemon extract
- 1 teaspoon vanilla extract
- zest of 1 lemon
- 16 oz Galbani Ricotta
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 4 cups flour
- Glaze
- 5 tablespoons lemon juice
- 1 1/2 cups confectioner's sugar
- 1 teaspoon vanilla extract
- colored sprinkles for decoration

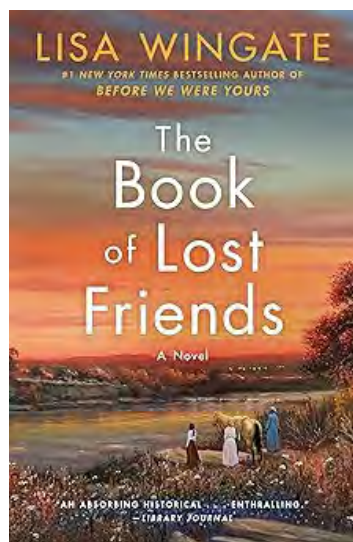
**PREPARATION**

1. Cream butter and sugar well, add all wet ingredients, and mix well. Refrigerate for 1/2 hour.
2. Preheat oven for 350 degrees.
3. Use a tablespoon or small scoop to drop tablespoon-size portions of dough on a cookie sheet, spacing the them about 1 to 2 inches apart (the cookies will spread while baking).
4. Bake the cookies about 15 minutes, until they are golden brown (they will be soft even though baked).
5. Mix together the lemon juice, confectioner's sugar, and vanilla until well blended to form the glaze.
6. Cool the cookies, apply the glaze, and apply the sprinkles.
7. Let dry and enjoy!

## THE BOOK SHELF

By Susan Statkowski-Rivalsi and Sheelagh Kaplan

We offer here “for grownups” a companion to the Black History Month book list for young readers seen in this month’s FAMILY FOCUS section on page 17. These books are both enlightening and entertaining. Some of them are available right here in our HHLibrary.



### THE BOOK OF LOST FRIENDS

By Lisa Wingate

Historical fiction, published in 2020

*New York Times* Bestseller

Set during the period of Reconstruction after the Civil War and in the present day, this book is based on the real life searches that former enslaved people made to find their families from whom they had been separated before emancipation. It also features a modern teacher’s efforts to inspire her pupils to learn about their own past.



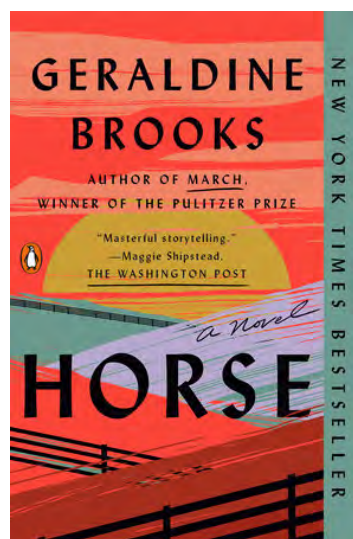
### LIFE ON THE COLOR LINE, THE TRUE STORY OF A WHITE BOY WHO DISCOVERED HE WAS BLACK

By Greory Howard Williams

Memoir, published in 1995

*Los Angeles Times* Book Prize Winner

At first set in segregated Virginia in the 1950s, this is the story of a young boy whose whole life is turned upside down when, after his parents divorce, he moves to Indiana with his father and brother, and discovers his dark skinned father who claimed to be Italian is actually black.



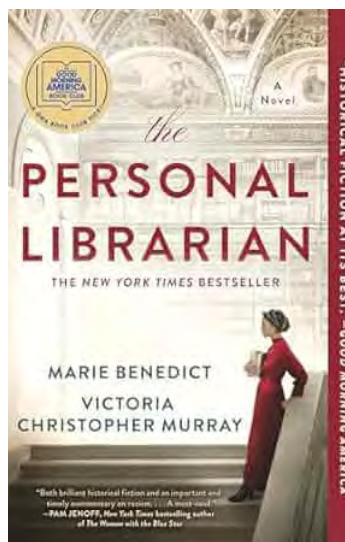
### HORSE

By Geraldine Brooks (Pulitzer Prize-winner for *March*)

Historical fiction published in 2014

*New York Times* Bestseller

A fascinating insight into the world of horse racing before and during the Civil War, and a glimpse into the lives of two young research students in current day Washington D.C., combine to explore the continuing prevalence of racism in our society.



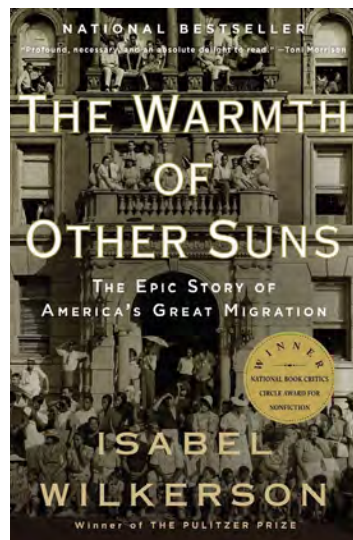
### THE PERSONAL LIBRARIAN

By Marie Benedict and Victoria Christopher Murray

Historical fiction, published in 2021

*New York Times* Bestseller

A fictional account of the true story of Belle Da Costa Greene who was J.P. Morgan’s personal assistant and librarian responsible for developing much of his literary and art collection which is now enshrined in Manhattan’s Morgan Library. During her career she kept secret her true identity as a black woman crossing the color line.



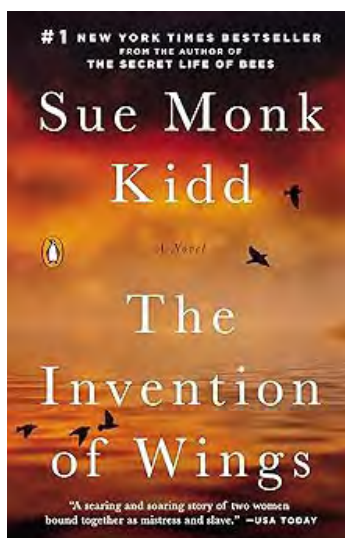
### THE WARMTH OF OTHER SUNS: THE EPIC STORY OF AMERICA'S GREAT MIGRATION

By Isabel Wilkerson

Historical nonfiction published in 2011

*New York Times* Best Seller and one of its five Best Books of the 21st Century

This book is a gripping and prize winning oral history of the 6 million Black Americans moving from the South to the North after the Civil War in search of racial equality and opportunities.



### THE INVENTION OF WINGS

By Sue Monk Kidd

Historical fiction, published 2014

*New York Times* Best Seller (for 9 months)

Based on the life of abolitionist and woman’s rights advocate Sarah Grimke and her enslaved servant, it follows their tumultuous lives as they aspire to freedom and empowerment.



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