



THE OFFICIAL

Heritage Hills Newsletter

AUGUST 2025



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 Fee	
	914-277-8800	Financial Office.....	914-276-2509
Society Office.....	914-276-2908	Bus	914-276-2877
Activities Office.....	914-276-2636	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	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

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 - 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

10-A-MEN CLUB

By Mike McBride

WEEKLY MEETING SCHEDULE

Wednesdays at 10 am in the Heritage Room

August 6 Judge Denis Timone (Retired)

Somers Interesting Stories

August 13 Adam Bronstein

Somers Schools Superintendent

August 20 Princess Guerra

Somers Senior Services – Van Tassel House

August 27 Randi Freeman

Braver Angels – Fostering Positive Communication

All adult residents are welcome. Women are encouraged to attend. Doors open at 8:30 am. \$3 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.

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CIAO ITALIA

By Michael Lanotte



**Saturday, August 9,
from 8:30 am to 7:45 pm**

This is a **MEMBERS ONLY** trip.
\$40 per person.

Foxwoods Casino boasts new restaurants and Tanger Outlets, featuring many of your favorite stores, including Coach, Michael Kors, and H&M, to name a few.

Flyers are available outside the Activities Office. Fill out the form and submit it along with your check by the **deadline, August 7**. The bus departs from the upper parking lot at Lake Lodge at 8:30 a.m. and returns around 7:30 / 7:45 p.m.

ON THE COVER

This critter was quite happy sitting among the flowers in Kay Brancato's Waterview deck planter.

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, and Stephanie Szuch

THE FABULOUS ACCORDS

Saturday, September 27

These legendary musicians have performed with some of the biggest names in rock'n'roll, including Aretha Franklin, the Dubs, the Del Vikings, Johnny Maestro and the Brooklyn Bridge, the Duprees, Bobby Rydell, and Frankie Avalon, among many others. Their repertoire spans the 1950s, 1960s, and 1970s, showcasing their incredible talent and musical prowess. Flyers containing all the details will be available in the middle of August.

FUTURE DATES: October 18, November 14, December 7. More details will be available in upcoming flyers.

* * *



**MEADOWLARK PARK
COMMITTEE**

FREE CONCERT WITH FOOD TRUCKS

By Karl Milde

Park in the upper parking lot, as the lower one – in front of Park Place – will serve as a pedestrian mall on which there will be a food truck and an ice cream truck.

THE BIG FEZ

Thursday, August 7, from 5 to 7:30



Bring your chairs and blankets and join us as this four-man group performs classic surf and beach music from the early 1960s and beyond. All four band members are journeymen musicians who have individually developed their craft through rock, country, bluegrass, and Celtic music. However, it is the music of their youth, the "music of the surf," that has brought them together to form this outstanding combo.

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RESIDENT ART SHOW

By Terry Clifford

Volunteer Registration Deadline: Friday, August 8

Application Deadline: Friday, August 15

Show Schedule: Saturday and Sunday, September 13 and 14, from 10 am to 4 pm

The Annual Heritage Hills Resident Art Show is approaching. We encourage artists of all ages to share their talent in ceramics, drawing, digital art, fiber, jewelry, mixed media, needlecraft, painting, photography, printmaking, sculpture, silk painting, weaving, and woodcraft.

An Application with Guidelines can be found on pages ## and ## of this issue, as well as at the Activities Office and on the hhsociety.org website. Return the Application **by Friday, August 15**.

SHOW SET-UP VOLUNTEERS ARE NEEDED

Show setup is Friday, September 12, from 9 am to 3 pm. We need assistance with the installation of the artwork. If interested, send your contact information to mattesjack@yahoo.com **by Friday August 8**.

If you have any questions, contact the Activities Office by email activities@hhSociety.org or by phone at 914-276-2636.

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PHOTO CLUB

By Sue Meola

PHOTOGRAPHING ARCHITECTURE

Friday, August 8, at 2, in the Activities Center Game Room

Snapping the shutter preserves the moment; but when photographing historic buildings, making sure it's the

moment you want takes knowledge and planning before and after that button gets pushed. That's the workflow from idea to final image. Learn about it in a talk by photographer Michael Craig Palmer.

Michael is an internationally known photographer of architecture, particularly the buildings of Eric Mendelsohn in Germany, Israel, and the United States. Michael's work has been exhibited at the Bauhaus-Universität in Weimar, Germany; the Bauhaus Center in Tel Aviv; Schloss Bellevue, the residence of the President of the Federal Republic of Germany in Berlin; and other venues. His photographs appear in scholarly books on Bauhaus Era architecture, and he authored the seminal photographic work on Mendelsohn's synagogues in the United States. He has lectured widely in the United States, Europe, and Israel.

Members: No Charge. Non-members: \$5. For more information, contact Linda Carpentieri at lindacarp16@gmail.com or 914-227-3854, or Bill Ablondi at ablondi@marketmaps.net or 203-984-2955.

Independent and Foreign Film Club



By Steve Klepner

WHALE RIDER

(New Zealand, 101 minutes, 2022)

Sunday August 10, at 7 pm in the Heritage Room

At its core, *Whale Rider* is about a conflict over gender roles. Koro Apirana refuses to treat Kahu as a future chief of their New Zealand village, simply because she is a girl.

Because of the film's length, the evening will start promptly at 7 pm. A discussion, led by Bill Costanzo, retired film studies instructor, follows the screening.

* * *



TED TALKS AT HERITAGE HILLS

By Karl Milde

Friday, August 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:

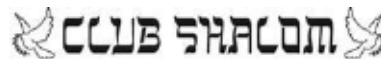
The 4 phases of retirement – Dr. Riley Moynes

We need to help women close the retirement savings gap – Elena Chavez Quezada

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, September 19**.

* * *



By Aimee Feerst



IRVING BERLIN SONGBOOK with Peter Muir

Saturday, August 23, at 7 pm in the Heritage Room

Peter Muir is back! Internationally recognized as a pianist, vocalist, educator, and musicologist, Peter will entertain us with Irving Berlin's songs that have become part of our American

culture. You will hear of Berlin's influence on American music in the 20th Century, epitomizing an immigrant success story.

We're expecting a BIG crowd, so get your reservation in early. Admission is \$15 per person. Cabaret seating. Watch your email for a flyer to be returned **no later than August 20.**

IN THE TRADITION OF HOUDINI



**Saturday, September 6, at 7 pm
in the Heritage Room**

We are delighted to present R.J. Lewis, Comedy Magician par excellence. Having appeared in the Broadway production of Barnum; performed at the White House, on the Today Show, and in Steven Schwartz's musical Magic To Do, Lewis is coming here to perform his magic, ventriloquism, and juggling tricks. He was twice the winner of the International Beaux Arts Society Award for Magic Excellence, and has travelled the world performing magic on Cruise ships.

We welcome you all, adults and children 10 and over. Admission is \$15 per adult, \$5 per child. Auditorium seating.

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HEALTH & SAFETY COMMITTEE

Submitted by Flo Brodley

PELVIC FLOOR HEALTH: CHALLENGES AND TREATMENTS

Monday, August 18, at 1:30 pm

Member Rosemary Glassman hosts this important program, given by a physical therapist who specializes in pelvic floor dysfunctions. More information is forthcoming through email blasts.

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HEAR OUR STORIES

A live interview hosted by Ami Stokhamer

ALAN BERGMAN

Wednesday, August 27, at 2 pm in the Heritage Room

Live interview. For every life, there is a story. This is a free event. Contact Ami at 914-486-9677 with any questions.

* * *



SOCIETY BOARD

WELCOME TO HERITAGE HILLS EVENT

By Dorinda Haskell, Event Chair

Sunday, August 24, from 2 to 3:30 pm in the Activities Center

All newcomers and residents are invited to this informational event where you can meet Society and Condo Board members. You will learn

about our many activities and social events that might interest you. Representatives of Clubs and Activities will be present to showcase and answer questions. Heritage Hills maps and brochures will be available.

* * *

**MUSICAL NOTES FROM
THE CONCERT SOCIETY**



The best classical music value in Westchester and beyond!

By Teddi Meltzer



**CELLIST RAMAN RAMAKRISHNAN
ACCOMPANIED BY PIANIST
HELEN HUANG**

**Sunday, September 7, at 3 pm in the
Heritage Room**

Yes, I know it's been hot, and we're all perspiring (scientific term, *shvitzing*), but just think about what's coming up -

a superb program featuring Beethoven, Schumann and Brahms, with cellist Raman Ramakrishnan accompanied by pianist Helen Huang.

Tickets for non-members are \$26 at the door. If you have any questions, call Teddi Meltzer at 914-277-1418, but not before 9 am!

* * *



COMMUNITY THEATRE

Submitted by Muriel Millstein Weiss

CABARET AUDITIONS

**Monday and Tuesday, September 8 and September 9
From 7 to 9 pm [in the Heritage Room?]**

A Big Ado About Something!

Our November Cabaret celebrates the Sixties and gives us the opportunity to jog our memories and have fun together as we relive past experiences thru the music of that era.

Ron Issacson, our Music Director, will be holding auditions on the above dates. So come on down, rediscover your hidden talents, and join the fun. It will be a Blast! For your convenience, forms indicating your area(s) of interest/talent are in the slots outside the Activities Office. If you have any questions, contact Helen at 917-554-4417 or Muriel at 914- 277 8825.

Note: Show dates are Saturday, November 22, at 7 pm and Sunday, November 23, at 2 pm. (There will not be a Friday performance.)

Stay informed. Check the flyers and TV house channel for more detailed information.

CONTINUING EDUCATION

By Karen Baker

THE NEWSPAPERS THAT MADE NEW YORK
A lecture by Dr. Thorin Tritter, former history professor at Princeton University and expert in United States and New York City history

Tuesday, September 9, at 1:30 pm in the Heritage Room

Dr. Tritter returns to discuss the rich history of New York newspapers in the 19th and early 20th centuries. Focus will be on papers that pioneered innovations in news gathering, like the *Sun*, the *Herald*, the *Tribune*, and the *World*.

JOHN SINGER SARGENT: AN AMERICAN ABROAD
A lecture by Heather Cotter, Art Educator, New York City Museum of Modern Art

Tuesday, September 16, at 1:30 pm in the Heritage Room

John Singer Sargent is considered one of the great American painters of the Gilded Age. Heather Cotter returns to explore how Sargent seamlessly moved between American and European social circles to establish himself prominently in both spaces, thereby solidifying his inter-continental reputation.

CITIZENS UNITED AT 15: HOW THE SUPREME COURT’S 2010 DECISION DEFINED THE 2024 ELECTION
A lecture by Marina Pino, counsel for the Brennan Center for Justice’s Election and Governments program

Tuesday, September 30, at 1:30 pm in the Heritage Room

The infamous *Citizens United v. Federal Election Commission* ruling, which swept away more than a century’s worth of campaign finance safeguards, shaped the 2024 election to a greater degree than any election before it. This lecture will detail what a new reform agenda looks like to respond to big money’s unprecedented control over politics, and explain how New York State is already leading the charge with its historic small donor public financing program.

* * *



FRIENDS IN THE HILLS

By Deb Ferrara

CHRIS RUGIERO

Saturday, September 20, at 7:30 pm
Doors open at 7 pm

Friends in the Hills is excited to have Chris Ruggiero, who was born and raised in Somers, come to Heritage Hills to take you on a journey through the Golden Age of Rock & Roll. You will not want to miss this night of entertainment. We will have a 50/50!

Seating is limited for this **MEMBERS ONLY** event. \$30 per person. Place checks only – no cash – payable to “Friends in the Hills” in our mail-slot outside the Activities Office. If you have any questions, call Debbie at 914-924-3003 or Mary Ann at 914-318-1227.

WHEN WALKING ON OUR ROADS, ALWAYS WALK FACING TRAFFIC, SINGLE FILE, HUG THE CURB, AND WEAR BRIGHT CLOTHING



SOCIETY BOARD NEWS

WELCOME NEW OWNERS

By Anna Milani
Society Office Administrator

During the month of June, ownership changed for 13 units . If you’re a newcomer, you should have received a *New Resident* folder when obtaining your photo ID in the Activities Office. The folders are also available in the Society Office, open Monday through Friday from 9 am to 1 pm. Also, be sure to attend the Welcome to Heritage Hills Event on August 24. See page # for details.

SUMMARY OF PORTIONS OF THE JULY 16 BOARD OF DIRECTORS MONTHLY MEETING

Compiled by Susan Statkowski-Rivalsi

This is a summary of some portions of the meeting. Videos of these Monthly Meetings in their entirety are posted on the Society Board website the day after the meeting occurs, *hhsociety.org*. The minutes of this meeting will be published after they are approved at the September 17 Monthly Meeting (there’s no August Monthly Meeting).

Board members in attendance: Gloria Anderson, Gene Archer, Denise Elliot, Ralph Fatigate, Ann Harper, Dorinda Haskell, Joe Kelly, Jack Mattes, Karl Milde, Patricia Ploss, Bruce Prince, Deica Ruiz, Davis Stowell, and Alan Tepper.

Absent: Jay Wright

Also attending: John Milligan; and Rob Casasanta, of Prosecur Security

OPENING COMMENTS BY GENE ARCHER, PRESIDENT NEW EXECUTIVE COMMITTEE

At the July 8 Society Board work session, as mandated by the Bylaws, the Board elected the following officers to serve for the next year:

- President: Gene Archer
- First Vice President: Gloria Anderson
- Second Vice President: Bruce Prince
- Treasurer: Jack Mattes
- Secretary: Deica Ruiz

I’ve served on the Board for eight years – as Treasurer for three years and have been on a number of committees. I’ve been in Heritage Hills for 21 years. We have a lot to do but I’m confident we have such a good Board. The depth on this Board is incredible in terms of skill sets and experience, so there’s a lot that we can get done and I’m very proud to be a part of this Board.

RECENT INCIDENTS

Missing Person Found: We had a resident that was missing for 24 hours. The person left to walk their dog in Meadowlark Park at 2:30 pm Sunday. Security Supervisor Rob Casasanta, working with Maintenance Staff Marcus and Joe, rallied. Rob coordinated with the Town and State Police and Marcus and Joe scoured the Park. State Police located the lady and dog off-site. We're so lucky to have Rob, Marcus, and Joe.

Incident at Pool 1:

On Sunday...a person who was born male but identifies as female was visiting her mother, a...resident. "She" and "her" are [the visitor's] preferred pronouns. They both went to the pool that afternoon, as they had done two prior days in the same week. Another resident complained to the lifeguards that a person who was physically male had used the women's bathroom. For the sake of this conversation, I'll refer to the person in question as "Dee." Well, Dee overheard the woman complaining and then approached the lifeguards and asked exactly what the woman had said. In addition, someone had taken a picture of Dee in her bikini and sent to the Pool Committee Chair Alan Tepper and also Ralph Fatigate, who is our Society Liaison with Security. Dee was upset that someone had taken her photo. Security was called, and [Security] spoke with both Dee and her mother as well as the complaining resident. Dee then asked Security to call Somers Police...Rob Casasanta immediately notified myself and Gloria Anderson that the police had been called. Since I was off premises, Gloria jumped in her car and went down to Pool 1 to speak with Dee to try to diffuse what could have been a volatile situation. Dee was very receptive speaking with Gloria, and they had a very pleasant and a friendly conversation. She said she felt threatened and was afraid to use the bathroom again. She insisted the police be called because she felt harassed and believes it's important to stand up for her own rights and the rights of other persons who are similarly situated.

In 2019 the New York State Human Rights Law was amended through the Gender Expression Non-discrimination Act, referred to as "GENDA," to explicitly add gender identity or expression as a protected category. Gloria spoke with Dee and apologized on behalf of [the] Society...

Gender applies in places of public accommodation which generally are defined as facilities... whether publicly or privately owned, that are used by the public at large, including recreational facilities. I know that some of our residents would likely question whether [the] Society's facilities are used by the public at large, so Gloria, an attorney, retired, spoke with our attorney to get his expert opinion. He advised that the State's Human Rights Law does indeed apply as it has been widely held to require that condominiums provide reasonable accommodations to residents with disabilities or emotional support needs.

Now, I think it's important to realize that I'm not expressing an opinion here, but I'm just stating the facts as they occurred...and in addition to that we are compliant with New York State law regarding gender

identity. It's [the] Society's policy to comply with New York State law. We're currently completing a letter response that will be sent to anyone who may have requested a response by [the] Society (and we did get a few requests by email).

Gloria's additional statement:

In addition to being compliant with the law, which of course we strive to do always, it's important to remind all of our residents to treat every individual with respect. They all deserve that. Be kind to other people and please be respectful. Thank you.

FINANCE & BUDGET, COMMITTEE - JACK MATTES, CHAIR

Treasurer's Report

• **May Financials:**

Income \$ 539,244.33
 Expenses (445,391.39)
 Net Positive \$ 90,852.94

We had cash on hand of \$28,541.20. Gloria Anderson added that that amount is just from one account; that there are several other accounts with a lot more on deposit.

PUBLIC AFFAIRS COMMITTEE - JACK MATTES, CHAIR

- **Annual Art Show** [See pages 3, 11, and 12.]
- **Toys-For-Tots** is scheduled to take place on December 6 at 2 pm. Boxes for collection of donations will be likely show up in late October.

GOLF CLUB REPORT - GLORIA ANDERSON

The closing took place on July 11. The owners of the golf course (which they plan continue to use as one), as well as the restaurant and club house, plan to hire a new restaurateur. The three individuals who are the new owners plan to meet with the Board's Executive Board regarding how they plan to proceed.

STOP SIGN ADDITION - GLORIA ANDERSON

At the July 10 Somers Town Board meeting, the Town agreed to add a STOP sign on Westridge Drive heading toward Lovell Street near the signpost for 708 - 714.

ACTIVITIES COMMITTEE - ANN HARPER, CHAIR

New Weekly Class: Slow Flow Yogo - Gentle yoga class with breathing practice and yoga postures, creating strength and flexibility for body, mind, and soul.

FITNESS CENTER COMMITTEE - JOE KELLY, CHAIR

- **June Usage:**
 - Exercise room: 3,988 swipes (633 individuals)
 - Gymnasium: 529 swipes (131 individuals)
- **Free Consultations:** Certified Personal Trainers Mary and Jonathan did 13 of these.
- **New Equipment:** We've added an inner and outer thigh piece. There's also two new treadmills, and an elliptical machine was repaired.

MEADOWLARK PARK COMMITTEE - PAT PLOSS, CHAIR

- **Food Trucks.** We cancelled them for the rest of the summer due to low turnout.

continued on page 8

- **Concert** [See page 3]
- **Food Trucks** [See page 3].

POOL COMMITTEE - ALAN TEPPER

- **Usage thus far:**
 - 8,231 resident visits
 - 1,108 guest visits
- **Compliments:** We received a very nice email commending one of our lifeguards.

WELCOME TO HERITAGE HILLS EVENT - DORINDA HASKELL

[See page 5.]

LIBRARY COMMITTEE - DEICA RUIZ

Last month we announced that we culled our fiction and mystery collection to make room for newer books. We boxed and put about 150 books in the Game Room for residents to take. Within three days, most of the books had been taken, and at the end of a week and a half we had around six books left. We will continue to do this whenever we do substantial culling.

PROPERTY MANAGER REPORT - JOHN MILLIGAN

- **New Energy Efficient Lighting in Society Common Areas:**
 - We will switch out 339 fluorescent bulbs with new high-efficiency LED bulbs. They last a lot longer, so we don't need to stock them/
 - We'll replace 10 obsolete fixtures at Tennis Courts 1 and 2 with high-efficiency LED fixtures. NYSEG picks up 70% of the materials cost, so instead of \$17,945 for the 339 bulbs, we pay \$5,383; and instead of \$5,200 for the 10 fixtures, we pay \$1,560.
- **Lake Lodge HVAC Upgrade:** Replacement of the oil heating system with the heat-pump split system, originally anticipated would take three years, will most likely be completed this year, eliminating the cost of replacing the oil heater and cost of oil much sooner than anticipated.
- **Pickleball Canopy:** Has been installed.
- **Tennis Court Message Boards:** Our Maintenance Staff refurbished them, saving more than 50% of what it would cost to replace them.
- **Meadowlark Park.**
 - Mowing - Due to this year's weather, mowing was not achieved as often as it should have been.
 - Benches - All benches will be situated on a mulch bed.
 - Ticks - We Treat three acres monthly around the playgrounds, sand box, and horseshoe pits. It costs \$100 per acre. Some residents suggested that all 62 acres be treated. We extended and maintain the walking trails so that walking in the grass - and treating it for ticks - is unnecessary.
 - Security - We're going to add regular patrols by our Security staff using the security vehicle, and will be adding numbers to the trail markers to the paths and map so folks who need assistance can be more easily located.
 - Level Oval Walking Track - We've looked into the possibility, and determined that creating this will be quite expensive and there would be complicated environmental (runoff) and Town permit considerations, Meanwhile, the Warren Trail is quite level, with a small hill.
 - Concerts - Parking and security will be the same as last year, including at Lake Lodge with Shuttle Bus service.

- New Shuttle Bus - Is now on the road. These buses are less boxy, ride better, are smaller, lighter, and are more maneuverable.

* * *

POST-MEETING DISCUSSIONS

First Resident

She complained about issues regarding access to her unit. Gene advised this was a Condo issue, not a Society issue, as the Condo owned the property (not the Society), and that she should contact her Condo management company or her Condo Board regarding that. The resident thanked him for clarifying.

Second Resident

She suggested an email blast be circulated when there's a missing person. Gene advised her that in the missing person incident mentioned at the beginning of the meeting, one had been prepared - complete with photo - but the missing person was located by the time it was ready to be transmitted.

* * *

SECURITY

By Rob Casasanta, Prosegur Security

JUNE SECURITY CALL REPORT

During the month of June, our Security staff received and responded to a total of 261 calls including the following matters:

Service	85	(29 lift assists, 7 welfare checks, 8 persons locked out, 9 battery changes, and 22 other)
Medical.....	64	(2 EMT rode to hospital)
Security	41	
Open Garage Doors	36	
Maintenance.....	8	
Parking Violations.....	14	
Police	3	(2 Somers, 1 State)
Fire Calls	8	(2 automatic fire alarm, 1 smoke/CO2 alarms, 1 fire, 4 others)

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 Roberto.Casasanta@prosegur.com.

* * *

COUNCIL OF CONDOS

By Terry Clifford

The June 18 meeting was attended by the following Condos: 2, 4, 5, 6, 11, 12, 13, 14, 15, 16, 17, 19, 21, 22, 24, 26, 27, 28, 30.

Guest Speaker: Carrie Sears, from the Heritage Hills Environmental Club attended our meeting to discuss the newly formed Club. The group meets twice a month for discussions, working sessions, book discussions, and guest speakers. The members are:

- Interested in assisting Heritage Hills become educated on Heritage Hills environmental issues like recycling, management of invasive plants, and conservation of energy.

- Seeking volunteers to work on items that need repair such as zippers, cell phones, lamps, and small appliances instead of throwing such items into waste streams.
- Looking to residents interested in collecting food scraps for composting. The Town of Somers has a feed scrap program, and they are interested in beginning one here to make it easier for residents to join in composting.
- Also seeking cooperation with the Somers Town Energy Committee.

The Club meets on the second and fourth Friday each month from 4:15 to 5:30 pm in Room 2/3 of the Activities Center anyone interested is invited to attend their meetings.

Council of Condos By-law Modification: Jack Mattes, who has chaired the nominating committee for the Council for several cycles, made a motion to have the Council officers be voted on with a three-year cycle rather than the current one-year cycle. The motion was seconded by Condo 12 representative Flo Brodley, and the majority in attendance approved the motion.

Capital Reserve Contributions from New Unit Owners: An informal poll found that Condos either do not have fees, use a flat fee, or use fees based on monthly maintenance. Some have also established fees for unit owners who rent their units, an annual flat, or monthly maintenance fees. These fees assist in enlarging the "Reserve Contributions" which are established to provide for future major "Capital Projects" and minimize assessments.

The Insurance Advisory Committee (IAC) will hold its first meeting on Friday, June 20. The purpose of this Committee is to create a better understanding of insurance issues with our Board of Managers and unit owners. The group is working with Levitt- Fiurst, the insurance agency for all thirty condos in Heritage Hills.

Forester vs. Arborist: Davis Stowell, Representative from Condo 15, has contacted a forester who provided information from the New York State Department of Environmental Conservation which was distributed to all attendees. It was noted we have many diseased Beech Trees in our area which will need to be cut down and a source for a forester.

The Council of Condos invites condo Presidents from all thirty condo boards and/or a representative of each board to attend Council meetings at the Activities Center on the third Wednesday of each month.



HEALTH & SAFETY COMMITTEE

RETURN OF THE SPOUSAL BEREAVEMENT GROUP

By Rosemary Glassman, RN, and Linda Ludwig, PsyD

The Health & Safety Committee is pleased to announce the return of the Spousal Bereavement Group facilitated by Linda Ludwig, PsyD. Grieving the loss of a loved one can cause loneliness and profound sadness. The Spousal Bereavement Group provides a safe and caring environment for everyone who shares similar experiences.

Meetings will take place on the second Thursday of the month at 12:30 pm in Lake Lodge's Room 1. The fee is \$20 per session. Register with Linda by email at ludwiglr@aol.com or by phone at 914-617-9328.

Library



NEW FICTION

The new novels added to the Library's collection this month encompass a variety of fiction genres.

Historical fiction fans may enjoy *The Pretender*, Jo Harkin's well researched Tudor-era novel about a disputed claimant to the English throne.

Literary stylist Edward St. Aubyn perhaps is best known for his semi-autobiographical Patrick Melrose novels, which were made into a TV mini-series starring Benedict Cumberbatch. *Parallel Lines*, St. Aubyn's latest novel, centers on a set of characters whose lives are inexplicably intertwined.

Adriana Trigiani's contemporary novel, *The View from Lake Como*, is just in time for summer enjoyment. To heal from a broken marriage, Jess Baratta, an Italian American woman from New Jersey, travels to her ancestral home in Italy where she uncovers long-buried family secrets.

BOOK REVIEW

For a review of *The Doorman*, by Chris Pavone, see page 36. This urban thriller was added to our collection in July.

NEW ADDITIONS TO OUR COLLECTION IN AUGUST

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

Fiction

- Harkin, Jo *The Pretender*
- MacLean, Sarah *These Summer Storms*
- Shteyngart, Gary *Vera, or Faith*
- St. Aubyn, Edward *Parallel Lines*
- Steel, Danielle *A Mother's Love*
- Trigiani, Adriana *The View from Lake Como*

Mystery

- Griffiths, Elly *The Frozen People*
- Jackson, Lisa *It Happened on the Lake*
- Rose, Jeneva *The Girl I Was*
- Schwab, V. E. *Bury Our Bones in the Midnight Soil*
- Scottoline, Lisa *The Unraveling of Julia*
- Smith, Martin Cruz *Hotel Ukraine*
- Swanson, Peter *Kill Your Darlings*
- Ware, Ruth *The Woman in Suite 11*

Non-Fiction

- Holland, James,
and Murray, Al *Victory '45: The End of the War in Eight Surrenders*

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.



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2025 HERITAGE HILLS RESIDENT ART SHOW EXHIBIT APPLICATION

**Show Dates: Saturday, September 13th & Sunday, September 14th,
10 am to 4 pm both days.**

Submit no more than 6 entries per artist from the following media categories:
Ceramics, Drawing, Digital Art, Fiber, Fresh Flower Arranging, Jewelry, Mixed Media, Needlecraft,
Painting, Photography, Printmaking, Sculpture, Silk Painting, Weaving, Woodcraft

See guidelines for exhibiting on reverse side of this application.

Return Application to Activities Office NO LATER THAN FRIDAY, AUGUST 15TH

Changes may not be accepted after submission.

Print Clearly

Name: _____ Phone: _____

Unit Number: _____ E-Mail: _____@_____

CATEGORY (MEDIA)	TITLE	DATE Created	SIZE	PRICE * <i>If For Sale</i>

*NFS=Not For Sale, POR=Price on Request

ARTWORK CHECK-IN: FRIDAY, SEPTEMBER 12th, from 9 am to noon. Exhibits will not be accepted after this day and time. Artwork placement is at the discretion of those curating the Show.

ARTWORK REMOVAL: SUNDAY, SEPTEMBER 14TH, between 4 and 4:45 pm - ***Not earlier***

Heritage Hills Society, Ltd. and/or The Art Show Committee and maintenance personnel are not responsible for accidental breakage or theft of any artwork. Sale of your artwork must be transacted between the seller and buyer. A "Directory of Participating Artists" will be available in the Heritage Room during the Show. Doors to the Heritage Room will be locked by Security at the end of each day's event.

I Agree to The Guidelines & Conditions on this form:

Artist's Signature _____ **Date:** ___/___/2024

GUIDELINES FOR 2025 RESIDENT ART SHOW

Thank you, participating artists. We appreciate and respect your work. In return, we ask you to respect our guidelines.

FRIDAY CHECK-IN:

- * ALL exhibitors must be residents of Heritage Hills of Westchester.
- Attach the **ARTIST'S NAME, and PHONE and UNIT NUMBERS** on the back of hanging art and on the bottom or back of all others.
- Framed artwork must be in excellent condition and be able to hang on pegboard hooks.
- The back of all artwork must have hooks securely affixed approximately 6" from the top of frames with wire across the back to connect the hooks.
- Work must be approved by the Show committee at check-in as ready to display.
- Bring most artwork to the front lobby entrance of the Heritage Room between 9 am and noon.
- Bring heavy artwork or stone sculpture through the side door of the Heritage Room. Staff will assist you.
- Obtain a "Receipt Card" at Check-in Table for each submitted artwork. You must show the Receipt Card at checkout on Sunday, September 14th, between 4 and 4:45 pm.

WE DO NOT ACCEPT:

- **Hanging art that is unframed or on matte board, without hanging loops or wire.**
- **Art in damaged frames; with serrated hangers; or with string taped to the back.**
- **Artwork with wet paint, broken glass, dangerous protrusions.**
- **Work larger than 36" wide by 36" high**
(exceptions may be considered with ADVANCE NOTICE)

FRIDAY SETUP: Only members of the installation committee are permitted in the Heritage Room on the day of setup. Please respect this rule or you will be asked to leave.

CHECK- OUT SUNDAY:

ARTWORK MAY NOT BE REMOVED UNTIL THE SHOW CLOSSES AT 4 PM.

- *All artwork must be removed by 4:45 pm.*
- Show your "Receipt Card" for the artwork you are removing when exiting.

QUESTIONS? Contact Activities Office at 914-276-2636.

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TENNIS NEWS

Text and photos by Dena Goldstein

MIXED DOUBLES TOURNAMENT

Our annual Mixed Tennis Doubles Tournament ran into some rain on Saturday, June 28, so we had to postpone the match until Sunday, June 29.



We had a stronger group of Doubles Teams this year than ever before! The day was hot and humid. We started the matches early in the day and made sure water and Gatorade were available to all.

Both the Main Draw and the Consolation Draw were very competitive.



John LoBello and Paula Genovesi and came out the overall winners, defeating Lin Crispinelli and Mike Schwartz in a VERY CLOSE MATCH!



Ben Goodman and Louise Squitieri won the Consolation Draw, winning over Emily Goodman and Alfredo Possanti.

Winners and Runners-Up received well deserved prizes!!

EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman

Weather! You can play pickleball indoors as well as outdoors, but not golf. And the weather has been rough thus far this year. April and May were cold and wet, and then June brought lots of rain along with scorching heat on some of the dry days. But there's still lots to report since our last update, which covered through June 5.

Our annual match play tournament, where pairs of golfers face off against one another, with a single loss eliminating that individual from contention, concluded later in June. The finals, consisting of two 9-hole rounds, were nail-biting battles -- between Joel Greenspan and Frank Servidio in the A flight (our best golfers) and between Rob Leone and Ken Freeman in the B flight (the rest of us). Greenspan and Leone got off to strong leads in their first 9-hole rounds. But then Servidio and Freeman mounted strong comebacks in the second round, before Greenspan and Leone held off those charges to prevail. Congratulations to Joel and Rob on their victories.

Other results since our last report, standard stroke play unless indicated otherwise, follow:

June 5

A Flight: Low Gross - Bob Briganti; Low Net - Bob Slotoroff, 2nd - Ed Yee

B Flight: Low Gross - Bill Ablondi; Low Net - Ed Sottile, 2nd - Charlie Kravetz, 3rd - Jack O'Hanlon

June 12

A Flight: Low Gross - Bob Briganti; Low Net - Ray Ormerod, 2nd - Charlie Barrett, 3rd - Bill Glass

B Flight: Low Gross - Charlie Kravetz; Low Net - Bill Ablondi, 2nd - Jim Haggerty, 3rd - Frank Gallo

June 17 (Combined A and B Flights due to limited turnout on a wet day)

Low Gross - Yogi Santa-Donato; Low Net - John Mahoney, 2nd - Ray Ormerod

June 26 (2-Man Teams/Alternate Shots)

Winner - Yogi Santa-Donato/Subhash Sindhwani, 2nd - Bob Slotoroff/Frank Gallo, 3rd - Nick Stanton/Bill Ablondi, 4th - Bob Briganti/John Mahoney

July 1

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

B Flight: Low Gross - Charlie Kravetz; Low Net - Subhash Sindhwani, 2nd - Ed Sottile, 3rd - Nick Stanton, 4th - Davis Stowell

July 2

A Flight: Low Gross - Frank Servidio; Low Net - Yogi Santa-Donato, 2nd - Howard Weiner, 3rd - Tom Reca

B Flight: Low Gross - Ken Freeman; Low Net - Charlie Kravetz, 2nd - Ed Sottile



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HONOR FLIGHT

By Karl Milde



May 31, 2025: Honor Flight aircraft, ready for six of our resident veterans, including photographer Jane Ceraldi's husband, Sal.

In recent years, ten of our veteran residents have gone on a day-long "Honor Flight" to visit the military memorials in Washington, D.C. Each of these heroes (see below photo) was accompanied by a "guardian" who cared for their physical well-being. They were also asked to choose a younger family member or friend with whom they could share this special day and stories of their experiences in the military.

The photo below was taken during the June 18 Wednesday Ten-a-Men meeting. At the left is Mary Edwards, the Hudson Valley Honor Flight (HVHF) Veteran Coordinator; on the right is her husband Chester, nicknamed "Chet," an HVHF Board member and a Vietnam Combat Veteran. This non-profit organization supports the entire cost for each veteran for breakfast, lunch, and dinner plus the not-inconsiderable cost of transportation to and from, and around, our Nation's Capital*.



Caption: Mary Edwards, Sal Ceraldi, Al Alessy, Charles Graham, Dan Roemer, Dennis Crowley, Bill Tegmier, Eugene Lang, James Panettiere, Joseph Manna, Mike Bergin, and Chet Edwards. Photo by Christine Tegmeir

Two years ago, Chet and Mary Edwards gave a presentation at Ten-a-Men. I'd never heard of Honor Flights (a nationwide effort) and didn't expect to be "blown away." The presentation was mind blowing and more. I learned that the day starts and ends at Westchester County Airport (HPN), from 6 am to 8 pm, a long day during which vivid memories of the veterans' years of service to our Country many decades ago are revisited. The troop of one hundred and fifty or so veterans and their guardians from each flight visit the World War II Memorial, the Korean and Vietnam Memorials, and Arlington National Cemetery, with a private appointment for a Changing of the Guard ceremony at the Tomb of the Unknown Soldier there. At the breakfast, lunch, and dinner, the veterans are honored by speeches and offered the opportunity to speak to their brethren about their favorite parts of the Honor Flight experience.

Having learned this and being a veteran also, I sent in an application, naming my son, Jason, as my guardian. Mary acknowledged receipt and said she would get in touch when a space freed up. She told me there was a waiting list. I didn't hear from her for almost two years and, to be honest, I completely forgot about it. Then out of the blue last March, she called and said there was an opening in May.

As terrible luck would have it, my guardian Jason suffered an injury that barred him from placing his foot on the ground for eight weeks. I told Mary I couldn't go. She said I'd have priority for the next Honor Flight.

In May of 2026, Jason and I will meet Mary at HPN in the early morning hours to have breakfast and board a chartered airliner bound for our Nation's Capital. I'm really, *really* looking forward to this trip.

* For information on how to make a donation, go to hvhonorflight.com/donate/.

HIKERS & WALKERS CLUB

Text by Nancy Tucci, photo by Jane Smalley



The Hikers and Walkers Club celebrated its 45th year at their annual end of year party in June. The Club has 39 members and completed 70 hikes this season, in spite of the rainy weather.

Whether you're a seasoned hiker or lacing up your boots for the first time, we offer everything from leisurely nature strolls to more challenging hikes through scenic trails in our local area preserves. We meet on Saturday and Sunday mornings at the Activities Center from September through June. It's a wonderful way to meet your neighbors and enjoy our beautiful surroundings. Come and join us in September! For more information, contact Cheryl Hochenberg at cheryl.hochenberg@gmail.com.



FLOWER ARRANGING COMMITTEE BRINGS COLOR AND JOY TO OUR ACTIVITIES CENTER

Text and photos by Phyllis Bradbury



When you walk into the Activities Center, do you notice the flower arrangements? If you don't know, these are done by a group of volunteer residents who are all about making the area look great and spreading a little joy with each arrangement.

Each month, volunteers are assigned a week when it is their responsibility to purchase fresh flowers for one, two, and sometimes three tables in the lobby. They usually are able to refresh or recycle viable blooms from the previous week.

The Committee was started several years ago by a few people who love flowers who wanted to make the Activities Center brighter. For the past several years, Wendy Podell has been the coordinator.

The goal is pretty simple: make a visit to the Activities Center a little more welcoming.

But there's more to it! These volunteers care about making each arrangement special and using local and seasonal flowers. But mostly, it's just people who love flowers. Some knew a ton about plants, some are beginners. Sure, flowers look nice, but they also make people feel happy, welcome, and let's face it, the world's just nicer with more flowers. In the end, the Flower Arranging Committee isn't just about flowers, it's about community, creativity, and making every day a little brighter.

This Committee is looking to add two new volunteers starting in September. If you appreciate the natural beauty of fresh flowers and find joy in creating arrangements, call 914-943-7700 for more information.



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Source: OKMLS, 1/24-12/31/24, total dollar volume of single family homes and condominiums sold by Agent, Somers school districts. OKMLS, 1/1-12/31/23, total dollar volume of Condominiums sold, Town of Somers, in Heritage Hills, by agent.

VARIOUS UNITS SOLD BY MLS AGENTS
FROM 1/1/25 – 5/31/2025

MODEL NAME	PRICE	BEDROOMS
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Guilford	\$440,000; \$455,000; \$460,000	One
Radcliffe	\$599,000; \$604,000	One
Armonk	\$579,000; \$605,000	Two
Berkshire	\$610,000; \$720,000	Two
Canaan	\$550,000; \$625,000	Two
Concord	\$540,000; \$552,000	Two
Dartmouth	\$675,000	Two
Fairview	\$560,000; \$610,000; \$625,000	Two
Jackson	\$535,000	Two
Katonah	\$570,000	Two
Lexington	\$700,000	Two
Madison	\$415,000	Two
Monroe	\$519,000	Two
Princeton	\$750,000	Two
Ridgefield	\$610,000	Two
Salem	\$675,000	Two
Stanford	\$760,000	Two
Stratford	\$615,000; \$650,000; \$715,000	Two
Syracuse	\$710,000; \$760,000	Two
Wellesley	\$599,000	Three
Columbia	\$950,000	Three
Croton II	\$685,000	Three
Sherman I	\$675,000; \$775,000	Three
Sherman II	\$887,000; \$908,000	Three
York	\$575,000	Three

ONEKEY/ HGMLS DATA AS OF 1/1/2025-05/31/2025

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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

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: Mondays at 11 am in Room B. 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.

CRAFTERS IN THE HILLS: Wednesdays from 10 am to noon and the 4th week of the month from 6 to 8 pm in the Activities Center's Lower Level Studio B. Each week we explore new crafts or work on current projects. The Monthly crafts are open to club members first, and when space is available, we open the session up to non-members. Some crafting sessions are free (you supply your own materials), and other sessions have a fee based on materials. For more information and to register email craftclubhh@gmail.com.

NEEDLECRAFT GROUP: Charitable Group that meets Wednesdays at 12:30 pm in the Game Room. All skill levels are 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: Second Friday of each month at 2 pm in Room 2 of the Activities Center. All are welcome regardless of photography experience. Meetings will include speakers, field trips to various photo shows, photo shoots, and contests. For more information, contact Linda Carpentieri at 914-227-3854 or lindacarp16@gmail.com, or Bill Ablondi at 203-984-2955 or ablondi@marketmaps.net.

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.

SKETCH WORKSHOP: Wednesdays from 9:30 to 11:30 am in Studio A in the Activities Center. 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 on the Lower Level 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: First Tuesday of each month from 2 to 3:30 pm in the Activities Center. For more information contact Myra Hopper at myrahopper@gmail.com or 520 390-5523.

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: Meets once a month to prepare, share, and enjoy dishes from many cuisines. We hope to increase our expertise and, in the process, enjoy each other's company. Our membership is limited by our facilities and is full at this time. However, there is a waiting list, and if you would like to add your name, contact Barbara Gangemi at 914-617-9037.

DANCE

FRIDAY NIGHT SOCIAL DANCE: 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.

ENVIRONMENTAL CLUB: This Club's primary objective is to foster a culture of environmental responsibility within Heritage Hills. Meetings take place on the second and fourth Friday of the month from 4:15 to 5:30 pm in Rooms 2 and 3 of the Activities Center. All are welcome, including teens. Watch for announcements and postings about special events and field trips. No fee. For more information contact Carrie Sears at carolynsears@me.com or 914 522 3111.

EXERCISE CLASSES

WATER AEROBICS AT POOL 4: 9 to 10 am, Monday thru Friday. \$10 per class. Space is limited so pre-registration is highly recommended with the instructor: Mondays and Tuesdays with Theresa Masin, zumbawithme@aol.com. Wednesdays, Thursdays, and Fridays with Linda Zeiss, labzeiss@gmail.com.

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.

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: 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 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! Email Lori at eefyjig@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 and 917-848-3174.

ENERGY HEALING FOR SELF, FAMILY, FRIENDS, AND PETS WITH

MELANIE GAMBINO: First Wednesday of the month at 7 pm in Lake Lodge's Room 3. \$20 per class. Preregistration required. For more information and to reserve your place, call, text, or email Melanie at 914 588 2450 or melianegambino1@gmail.com.

CONTINUUM/FLUID FORM MOVEMENT, MINDFULNESS, AND

MEDITATION WITH MELANIE GAMBINO: Fridays at 9 am in Lake Lodge's Room 3. \$15 per class. Preregistration required. For more information and to reserve your place, call, text, or email Melanie at 914 588 2450 or melianegambino1@gmail.com.

MOVE AND GROOVE WITH THERESA: Fridays at 9:45 am in the Fitness Center and on Zoom. Easy-to-learn and easy-to-follow beginner line dances to ALL music genres. Contact Theresa for more information at zumbawithme@aol.com.

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

YOGA

CHAIR YOGA WITH SATISH: Practice Tuesdays from 10 to 11:15 am at 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.

SAHAJA YOGA: Wednesdays at 5 pm in Room 3 at Lake Lodge. This is a no-cost class. Sahaja Yoga is not simply a meditation, it is a physiological experience that alters different energies in the body. The practice of Sahaja Yoga restores the body into balance. It restores the physical side, the emotional side and the spiritual side of the body.

SITNESS: Exercise Class. Tuesdays at 12:30 to 1:15 at Lake Lodge. \$15 per session. SITNESS is designed to improve your balance, strength, posture, and cardiovascular conditioning. Your instructor is Killeen Rhodes, a certified Master Personal trainer, Senior Fitness Expert, and Fifth Degree Martial Arts Instructor. Contact Killeen at killeenrhodes2014@gmail.com

GENTLE YOGA WITH LISA: Fridays at 10 am on Lake Lodge's 2nd floor. \$12 for a 75-minute class. Lisaathomas@optonline.net or 914-497-0243.

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

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

FOREIGN LANGUAGE GROUPS

FRENCH CONVERSATION GROUP: Second and fourth 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.

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

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 1 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 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.

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 one or more games. All levels of players, including newbies, are welcome. For more information, just walk in or contact Susan at 914-617-9228 or civwhitestar@comcast.net.

GARDEN CLUB: For information, including questions on membership and use of the Community Garden, send an email to 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 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.

Spousal Bereavement Group: Grieving the loss of a loved one can cause loneliness and profound sadness. The Spousal Bereavement group provides a safe and caring environment for everyone who shares similar experiences. Meetings take place on the 2nd Thursday of the month at 12:30pm in Lake Lodge's room 1. The fee is \$20.00 per session. To register, email Linda at ludwiglr@aol.com, or call 914-617-9328.

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.

LET'S TALK SENIOR CARE: Second Friday of the month at 1 pm. Stephanie Roberti, MHA, will introduce different senior care topics to help educate us on this important subject. For more information, contact Stephanie Roberti at 914-357-3049 or 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 every Monday, holidays included, from 9:30 to 11 am in the Activities Center. Also, meets Thursday mornings from 9:30 to 11 am during the summer behind Lake Lodge under the trees – with fresh air and an enchanting view of two ponds, a gazebo, and a vast lawn – with lively conversation. For information, email Ken Benjamin at kenbenja@aol.com or call him at 914-262-6006.

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.

SOCIAL CLUBS

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.

FRIENDS IN THE HILLS CLUB: Open to all adult residents. Each event 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.

RAINBOW CONNECTION CLUB: A social group for LGBTQ members and their families, friends, and neighbors. All are welcome. Meets the first Thursday of each month at Lake Lodge from 5 to 7 pm. For more information contact Teresa Duffy at 914-617-9785.

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.

WOMEN'S CLUB: Second Wednesday of the month, except for January, July, and August. See the COMING EVENTS section of this *Newsletter* for specific upcoming event details. We welcome new members! 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.

YACHT CLUB ("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 or 914-617-9228.

SPORTS

BOCCIE 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.

PICKLEBALL COMMITTEE: On the outdoor courts, it's 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: Wednesdays from 1 to 3 pm, and on Saturdays from 9:30 am to noon, October through March, in the Gym.

TENNIS COMMITTEE: All Tennis reservations are 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: 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: All resident men and women are invited to meet and chat with their neighbors at 8:30 am Wednesday mornings in the Heritage Room. Coffee and bagels are available until 9:45 am, followed by speakers / presentations until 11 am. Admission is \$3.

THRIVING IN YOUR PRIME: Led by Beth Iacofano on the first Thursday of each month at 1 pm in Room 3 of Lake Lodge, at each meeting the group discusses common concerns related to getting older and receives tips and tools to help them overcome and thrive. Some topics discussed are mindfulness, navigating the stress and fear of getting older, effectively communicating, navigating the death of a loved one, overcoming guilt, and effectively shifting thoughts that aren't supportive. The investment is \$5.

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

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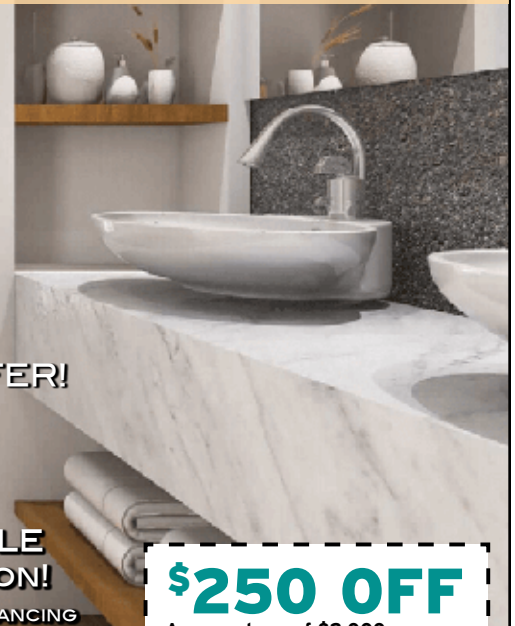
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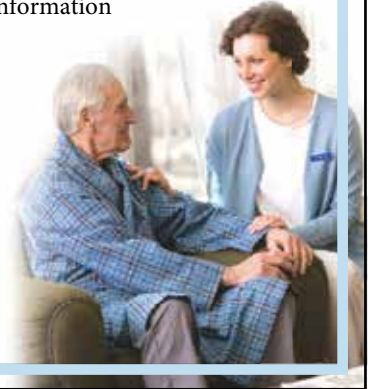
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FIT-BITS

By Mary Tedesco
Fitness Center Manager

HYDRATE, HYDRATE, HYDRATE

So often someone comes into the Fitness Center and after chatting about their low energy and lethargy realize that they are dehydrated. It happens quite often.

This is a reminder that as the weather continues to heat up this summer it is super important to drink water and, in some cases, add an electrolyte pack to your water.

The great thing about water is that it helps you to stay hydrated and does not contain any calories or chemical sweeteners or unnecessary additives.

Here's how drinking water helps you:

- It carries much needed nutrients to your cells
- It helps to protect all your muscles and joints
- It helps your body rid itself of waste
- It helps maintain a good body temperature

Eating fresh veggies and fruits that are packed with water – such as watermelon, strawberries, cucumbers, lettuce and tomatoes – are also helpful.

Recommended daily water intake:

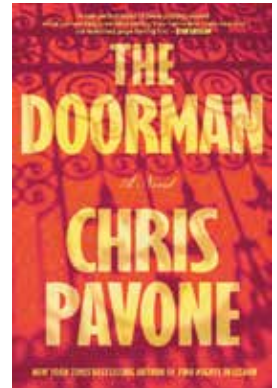
- Men: 3 liters or 13 cups
- Women: 2 liters or approximately 9 cups
- Teens and kids: 6 to 8 cups, depending on activity level, age, and size

Drink up!

THE BOOK SHELF

By Cindy Kennedy

Chicky Diaz, the titular lead character of Chris Pavone's urban thriller, *The Doorman*, has been guarding and opening the front door of the Bohemia for 28 years. Every resident's idea of the perfect doorman, Chicky, a former Marine, is "unerringly patient and relentlessly upbeat...He never calls in sick, never leaves early, never arrives late."



The Bohemia, on Manhattan's Central Park West, is home to celebrities and the ultra-wealthy. Ethel Frumm, the widow of a producer whose Hollywood blockbuster still generates revenue from adaptations, has lived in 6D for decades, along with a series of small yappy dogs. Mrs. Frumm has a collection of 17th century Dutch paintings reportedly worth millions.

Whitaker Longworth, CEO of a defense-contract company, and his socialite wife Emily own 11C-D, a sprawling penthouse which had combined two apartments. Longworth made his immense fortune by bilking the United States government and selling body armor to unsavory foreign clients. To assuage her liberal guilt, Emily volunteers at a Harlem soup kitchen.

For years, Chicky has kept the secrets of countless Bohemia residents, but his personal life is largely unknown. Julian Sonnenberg, an art dealer who lives in 2A, is the only inhabitant who knows that Chicky's wife Tiffani had passed away after a long illness, leaving the doorman grieving and saddled with huge, unpaid medical bills. (The two men had known each other as kids on opposing teams in the same Upper West Side Little League.) Chicky is proud of his three daughters attending colleges away, but their scholarships do not cover the full cost.

Although the Bohemia "looks like a Middle Ages castle, with 21st century floodlights and security cameras," Chicky is ever vigilant, watching out for trouble. When a Black man is killed by cops near the uptown food pantry where Emily volunteers, protest demonstrations break out all over the City. Chicky understands that danger lurks everywhere: "Even here on fancy Central Park West with even fancier Fifth Avenue on the far side, on these streets that are home to millionaires and billionaires and the biggest museums of the greatest city in the whole wide world. Even here, danger is right there."

Anyone who has lived in a Manhattan high-rise – or enjoyed the "Only Murders in the Building" TV mini-series – will appreciate *The Doorman's* atmospheric details. Some, however, might be put off by the scenes of erupting violence. Chris Pavone's spot-on skewering of the societal divide between New York City's "haves and have nots," nevertheless, is masterful. All in all, *The Doorman* is a sizzling summertime page-turner.

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

HOW DOES YOUR GARDEN GROW? HAVE YOU EVER HEARD OF RAMPS?

Text and photo by Karl Milde

On Father's Day, a friend, we'll call him "Bob" for this story (not his real name), gave me some roots in a bucket of topsoil and told me to plant them. He called them "ramps" (the name was new to me). He told me they shoot up in early spring and one should only eat them when they're young and tender. Wait too long and they're...hmm...not so good. "They taste like garlicky leeks," he said, and added he thought they were an Italian specialty but wasn't sure. They're expensive and hard to get. You've gotta try it. Nothing like it. You'll end up craving it every year, like white asparagus.

Bob lives near Heritage Hills – across Lovell Street and down one of those perpendicular roads on the opposite side that lead to the lake community. He said he'd discovered this patch of ramps in the wild while walking in the dense woods behind his house. He beamed like he'd found a pot of gold, attracted not by the sight of the gold, but by the sweet odor of garlic. He didn't know what it was at the time, but he knew he'd stumbled upon something good.

Having never heard of ramps, I Googled the word and discovered Bob was right on the money. Although I'd never heard of them before, I learned ramps were a real delicacy, sought after by savvy chefs who were on the lookout for new flavors to try. Ramps sell for high prices, when you can find them. You sometimes, though rarely, see them for sale at Farmers' Markets.

Ramps are a type of wild allium that are related to spring onions and leeks. They add zest to food with their garlicky onion flavor. They are so-called "rhizomes," which means they stem and multiply from a horizontal rootstalk. It takes about seven years for one ramp seed to emerge as a small shoot. Luckily, the roots are relatively easy to dig up and transplant.

Hunting for ramps is a favorite springtime activity for foragers, who will often keep the locations of their wooded ramp sites a secret. Ramps thrive in rocky woodland soils and shady, wet, and loamy environments.

The day after Bob's present of ramp roots (Bob and I were celebrating our kinship as dads and granddads), I brought the roots to my garden and planted them. I can't wait to see what happens come next May. When they send up their tender shoots, I'll harvest them, chop them, and add them to scrambled eggs. Better yet, I'll chop the leaves finely and mix them with softened butter and a little sea salt. Presto! Homemade ramp butter.



Text and photo by Elizabeth Royston

The next time you find half a bag of frozen cranberries in your freezer, reach for this recipe. The cranberries hit a pleasant tart note in an otherwise sweet pie. Joanna Regina made the pie for our latest Culinary Club Dinner, with recipes from the *Farmers' Almanac*. This pie was devoured to the last morsel!



DOUBLE CRUSTED CHERRY BERRY PIE

8 generous servings

INGREDIENTS

Pie crust - your favorite

Filling

2 cups halved and pitted sweet red cherries

2 cups fresh blueberries

1 cup whole cranberries, at room temp

2/3 cup plus 2 Tablespoons sugar, divided

1 tablespoon lemon juice

Grated zest of 1/2 orange

3 tablespoons cornstarch

Milk, for glaze

Extra sugar for sprinkling (preferably Sanding, or Turbinado sugar*)

Sanding sugar is a clear form of Turbinado sugar, a sugar that stays crunchy throughout baking. Turbinado works here too, but it's darker.

PREPARATION

Pie crust

1. Roll one batch of the pastry into a 13-inch circle and line a 9 1/2 deep dish pie plate with it, letting the excess dough drape over the edge.
2. Refrigerate the pie shell while making the filling.

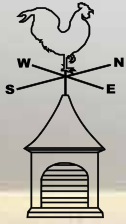
Filling:

3. Combine the cherries, blueberries, cranberries, 2/3 cup sugar, lemon juice, and orange zest in a large bowl and mix well. Set aside for 15 minutes, stirring several times.
4. Mix the 2 tablespoons of sugar and cornstarch in a small bowl, add it to the fruit, and mix well. Set aside.
5. Preheat the oven to 400 degrees.
6. Roll the remaining chilled pastry onto an 11 inch circle.
7. Scrape the filling into the bottom pie shell and smooth with a spoon.
8. Lightly moisten the rim of the pie shell. Place the rolled dough over the top of the filling and press the top and bottom shells together at the edge.
9. Trim the dough flush with the edge of the pan and press on the rim with the tines of a fork to make a crimped edge.
10. With a fork, poke the top of the pie crust several times to make steam vents.
11. Brush the top of the pie lightly with milk and sprinkle with sanding sugar.
12. Bake on the center oven rack for 30 minutes.
13. Reduce heat to 375 degrees, rotate the pie 180 degrees, and bake for 30 to 35 minutes more – until any visible juices bubble thickly.
14. Transfer the pie to a rack and cool at least 2 hours before serving.

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