



THE OFFICIAL

# *Heritage Hills Newsletter*

SEPTEMBER 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	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** ..... Daily, 9 am to 11 pm  
**Activities Office** ..... Weekdays, 9 am to 5 pm (closed holidays)  
**Society Office** ..... Weekdays, 9 am to 1 pm (closed holidays)  
**Fine Arts Center** ..... Group instruction and free time are scheduled by the Activities Office at 914-276-2636  
**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** ..... Daily, 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**

#### Middy 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

<b>Comcast</b> .....	800-934-6489	<b>NYSEG</b> .....	800-572-1131	<b>Water/Sewer (Veolia)</b> .....	877-426-8969
<b>ConEd</b> .....	800-752-6633	<b>Verizon</b> .....	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

## 10-A-MEN CLUB

By Mike McBride

### WEEKLY MEETING SCHEDULE

Wednesdays at 10 am in the Heritage Room

September 3 . . . . . Ken Jenkins, Westchester County Executive

September 10 . . . . . Vito Corbo, Aries Automotive

How to maintain your car

September 17 . . . . . Michele McKearney, Somers Receiver of Taxes

September 24 . . . . . Gene Archer – Heritage Hills Society President

Updates on Heritage Hills

October 1 . . . . . Mike Lawler, Congressman, CD 17

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.

\* \* \*



By Aimee Feerst

### HAPPY NEW YEAR!

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



### 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

### ON THE COVER

Elizabeth Royston took the photo of a resident's Community Garden "All Pollinators Welcome Here" garden area.

### 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

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.

### WHERE DO YOU COME FROM AND WHAT COMES NEXT? LIFE AFTER LIFE

Sunday, October 19, at 1 pm in the Heritage Room

Join us for a stimulating discussion on the topic of reincarnation. Rabbi Benjamin Newman, Co-Rabbi of the Pleasantville Community Synagogue, will explore GILGUL, the Jewish concept, dating from the 13th Century, that the soul can return for another lifetime! We will look at how this idea grew in Jewish thought and what it might teach us about legacy and living well today.

Admission is \$10 per person.

\* \* \*

### 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

You waited with mounting anticipation, and now it has arrived: the third concert of our 2025 season.

*continued on page 4*

### WE OOPSED!!

In the **TENNIS NEWS** item on page 17 of the August issue, we reversed the photos of the Winners and Consolation Draw players in the Mixed Doubles Tournament. We apologize for this oversight.

### Table of Contents

Activities/Classes/Clubs . . . . .	26 - 28
Classified Ads . . . . .	38
Columns . . . . .	34 - 35
Coming Events . . . . .	3 - 7
Community News . . . . .	7 - 11
Features . . . . .	20 - 23
Sports . . . . .	17

## COMING EVENTS

We are proud to present acclaimed cellist Raman Ramakrishnan, accompanied by pianist Helen Huang, with a program of beloved works our knowledgeable and appreciative audience will surely enjoy.

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

by Muriel Millstein Weiss

#### CABARET AUDITIONS

**Monday and Tuesday, September 8 and 9,  
from 7 to 9 pm in the Heritage Room**

It's time to remember: Auditions are in September. Just get in line... Toot your horn... Sing a song. Ron will be waiting.

We need you to make our Cabaret successful. If you have any questions, call Helen at 917-554-4417 or Tonia at 410-591-8487

Special thanks to Kathy Maye and Vincent Ventura, who graciously volunteered their time and talent to help build our fabulous set for our last performance, *Exit Who*.

Stay informed. Check our flyers, TV house channel, and email blasts.

\* \* \*

### SINGLES CLUB

By Diane Purr

#### WELCOME BACK LUNCHEON

**Tuesday, September 16, at 1 pm  
at The Benjamin in Ridgefield, Connecticut**

Wear something so you sparkle and shine.

\$50 for members / \$60 for non-members. Leave your check in our mail slot **no later than September 9**. If you have any questions, call Pat Caruso at 914-649-3232.

**Save the date:** Wednesday, October 15, for a Buckaroo BBQ Bonanza catered by Ledley. Details will be sent as the date nears.

\* \* \*

### CONTINUING EDUCATION

By Karen Baker

The following events will take place in the Heritage Room. Admission is \$10 per event, paid at the door. If you have any questions, call Ann at 914-617-9434.

**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.

**CABARET: EMILY AND ROBBIE - SHARING THE  
SONGS WE LOVE**  
**A performance by musical duo Emily Bindiger  
and Robbie Kondor**

**Sunday, October 5, at 2 pm in the Heritage Room**

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

\* \* \*

### WOMEN'S CLUB

Submitted by Phyllis Bradbury

For additional information on the following events, contact Joan Jendras at 914-276-0488.

#### BLUE PATH SERVICE DOGS, INC. PRESENTATION

**Wednesday, September 10, at 1:30 pm in Lake Lodge's Room 3**

**NOTE** this is a change of venue **for this meeting only**.

Join us for a special presentation by this non-profit organization that provides service dogs for autistic children. By training these dogs to address the needs of autistic children, parents are assisted with

tasks such as shopping and supporting improved sleep for their children. **Note:** dogs will not be present, per Society regulations.

Flyers are available at the Activities Center. RSVP would be appreciated. If you wish to bring a "doggy treat," there is a Wish List of approved items on the back of the flyer.

Admission is free for both members and non-members. Feel free to bring a friend of any gender. Dessert, coffee, and tea will be served.

**ANNUAL PIZZA PARTY**

**Wednesday, October 15, at 12:30 pm in the Heritage Room**

The menu includes pizza, salad, soda, coffee, tea, and dessert. Members and non-members are welcome. Flyers with reservation details and additional information will be available in the Activities Center.

For membership information, contact Alfreda Savarese at 914 617-2007.

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**ANNUAL TOURNAMENT**

**Saturday, September 20, starting at 8:30 am**  
(Rain Date: September 27)

Form your own four-person team, complete the registration form available outside the Activities Office, and – **no later than September 11** – leave it in the Bocce mail slot there with a check for \$16 payable to Diane Purr.

\* \* \*

**RESIDENT ART SHOW**

*By Terry Clifford*

**Saturday and Sunday, September 13 and 14,**  
**from 10 am to 4 pm in the Heritage Room**

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

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



\* \* \*

**PHOTO CLUB**

*By Sue Meola*

**RETROSPECTIVE - THE PHOTOGRAPHS OF MILT FISHER**

**Saturday September 13 to September 30**  
**in the Activities Center Club Room 2**

Milt Fisher was a long-time resident of Heritage Hills and a President of the Photo Club. He had a passion for travel and travel photography,

and was a regular visitor to San Miguel De Allende, Mexico, where he immersed himself with the culture, creating paintings, sculpture, and photographs. He remained a working artist / photographer until the end. His work will be on display both days during the Resident Art Show and continue through September.

For more information, contact Linda Carpentieri at [lindacarp16@gmail.com](mailto:lindacarp16@gmail.com) or 914-227-3854, or Bill Ablondi at [ablondi@marketmaps.net](mailto:ablondi@marketmaps.net) or 203-984-2955.

\* \* \*



**SOCIETY BOARD**

**MONTHLY MEETING**

**Wednesday, September 17, at 1:30 pm in the Heritage Room**

All unit owners are welcome to attend this meeting. It will be broadcast live on Comcast's channels 21 and 1070 and re-broadcast daily on those channels at 2 and 7 pm until the next meeting occurs on October 22. It can also be viewed on the Society website at [hhsociety.org](http://hhsociety.org); go to *Heritage Hills Society*, then choose *Board Meetings & Documents*.

Owners are welcome to raise matters of concern in person at the meeting. Those who cannot attend may send an email to [society@hhsociety.org](mailto:society@hhsociety.org), call 914-276-2908, or mail them to Society Board, 8 Heritage Hills, Somers, New York 10589. They will be discussed at the end of the meeting. **Provide your name and unit number on written correspondence.**

\* \* \*

**HEALTH & SAFETY COMMITTEE**

*By Flo Brodley*

**SHARPEN YOUR BRAIN THROUGH BETTER NUTRITION AND SLEEP**

**Thursday, September 18, at 7 pm in the Heritage Room**

Founder of *Sharp Again*, Lisa Feiner, MBA, MEd, NBC-HWC, will speak on what foods can enhance cognitive performance and those that may be contributing to "brain fog." You will also discover why sleep is vitally important for brain health, and suggestions to get a better night's sleep.

Walk away with actionable steps to take control of your brain health and stay sharp for years to come!

**FLU CLINIC AND MEDICATION DROP**

**Wednesday, October 8, from 9 am to 1 pm in Lake Lodge**

**Flu Clinic:** Northern Westchester Hospital nurses will administer the shots and gather your health insurance information. Medicare

*continued on page 6*

## COMING EVENTS

beneficiaries will receive the injections without charge, and those with other health plans will pay \$20 and leave with a receipt to submit for reimbursement. We welcome Heritage Hills residents to this dispensary where you live!

There is no registration, just walk in and be sure to have your Medicare or other health plan identification with you.

**Medication Drop:** The Somers Police Department will collect old and unwanted medications.

\* \* \*



### TED TALKS

By Karl Milde

**Friday, September 19, from 3 to 5 pm  
in the Heritage Room**

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

*How to make climate stories impossible to ignore* – Katherine Dunn

*The tipping points of climate change — and where we stand* – Johan Rockström

This event is FREE for all residents. Light refreshments will be served. For further information, call Ami at 914-486-9677 or Karl at 914-342-3068.

The next TED Talks event will be held on **Friday, October 17**.

\* \* \*

Independent and Foreign Film Club



By Steve Klepner

### THE MAD WOMAN'S BALL

(France, 121 minutes, 2021)

**Sunday, September 21, at 7 pm in the Heritage Room**

Eugenie has a unique gift: She hears and sees the dead. Her parents have her institutionalized where she plots to escape with the help of one of its nurses. A supernatural thriller.

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.



### CIAO ITALIA

By Michael Lanotte



### THE FABULOUS ACCORDS #1 Oldies and Doowop Group in the New York Area

**Friday, September 27**

The Fabulous Accords have appeared with rock and roll superstars such as: Aretha Franklin, Bobby Rydell, Frankie Avalon, The Dell-Vikings, Johnny Maestro and The Brooklyn Bridge, The Mystics, Ronnie Spector, Chubby Checker, Joey D and The Starlighters, The Duprees, Darlene Love, and a host of others.

Members \$25 / Non-Members \$30. YOU MUST obtain a flyer, located outside the Activities Office, which contains all the necessary information. Or you can print a copy from the email notification. Complete the form located at the bottom of the flyer. All forms and checks **must be submitted by Friday, September 19**.

**Future Dates:** October 18, November 14, and December 7. Flyers will be available closer to event dates.

\* \* \*

### HEAR OUR STORIES

Hosted by Ami Stokhamer

#### JANE SMALLEY

**Past President of the Hikers & Walkers Club**

**Wednesday, September 24, 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.

\* \* \*



### ENVIRONMENTAL CLUB

By Carrie Sears

### WASTE REDUCTION: HOW TO DEAL WITH FOOD WASTE AT HOME

**Friday, September 26, from 3 to 4:30 pm (new meeting time)  
in Rooms 2/3 in the Activities Center**

Learn what's up with vermiculture, in situ composting, Loomi, the local food scrap collection site, curbside pickups, and more. Exchange tips for a low-waste kitchen and favorite low-waste recipes for leftovers. Free and fun.

**AAA DRIVER SAFETY COURSE**

By Terry Clifford

Saturday, October 11, from 9 am to 4 pm in the Heritage Room

AAA Northeast will once again conduct this "Driver Improvement Program," the New York State Department of Motor Vehicles approved point and insurance reduction program. The course includes all materials and Certification of Course Completion.

Place in the "AAA Course" mail slot outside the Activities Office an envelope containing your \$34 check payable to "AAA Northeast" and include your name, address, email address, and phone number printed clearly. Attendance is limited to 40.

Bring lunch for the one-hour lunch break. If the attendees decide to have a half-hour lunch break, that will reduce the time to end at 3:30 pm.

For more information, contact Terry Clifford at [tcperson3@gmail.com](mailto:tcperson3@gmail.com).

\* \* \*

**ANNUAL MEDICARE UPDATE**  
**Co-sponsored by the Health & Safety Committee and 10-A-Men Group**

Wednesday, October 15, at 10 am in the Heritage Room

You know all about Medicare...but do you? Each year there are changes in plans and benefits, and it's good to know about them before you commit to stay in the plan you now have or make changes due to changes in your health. Those who are turning 65 will hear from counselors who sell nothing but good information. Handouts on a variety of subjects will be available.

\* \* \*



**FRIENDS IN THE HILLS**

By Deb Ferrara

**AN EXCITING NIGHT OF TRIVIA**

Friday, October 17, at 7 pm in the Heritage Room  
 Doors open at 6:30 pm

This **MEMBERS ONLY** event is \$10 per person. Refreshments will be served. BYOB There will be prizes and a 50/50.

Place the completed attendance form - available outside the Activities Office - and your check (no CASH) in the Friends mail slot there.

**Save the dates:** November 12: Jersey Tenors, December 12: Bingo.

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 23 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.

**STANDING COMMITTEES**

A listing of the Society Board's Standing Committees, their Chairs / Liaisons, Members, and Advisors as of July 2025 is on page 11.

**MONTHLY MEETINGS**

There was no August meeting. The video of the July 16 meeting can be viewed in its entirety daily on Comcast Channels 21 and 1070 at 2 and 7 pm, and any time on the Society website ([hhsociety.org](http://hhsociety.org); go to *Heritage Hills Society*, then choose *Board Meetings & Documents*). The full transcript of that meeting's Minutes will be added to the website after it has been approved at the September 17 meeting.

\* \* \*

**SECURITY**

By Rob Casasanta, Prosecur Security

**JULY SECURITY CALL REPORT**

During the month of July, our Security staff received and responded to a total of 310 calls including the following matters:

Service .....	71	(33 lift assists, 10 welfare checks, 4 persons locked out, 9 battery changes, and 15 other)
Medical.....	82	(1 EMT rode to hospital)
Security .....	76	
Open Garage Doors .....	41	
Maintenance.....	12	
Parking Violations.....	5	
Police .....	10	(7 Somers, 3 State)
Fire Calls .....	7	(2 automatic fire alarm, 1 fire, 4 others)
Burglar Alarm.....	1	
Motor Vehicle Accidents ....	4	(2 property damage, 2 personal injuries)

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@prosecur.com](mailto:Robert.Casasanta@prosecur.com).

## COUNCIL OF CONDOS

By Terry Clifford

**The July 17 meeting** was attended by the following Condos: 1, 2, 4, 5, 7, 8, 11, 12,14, 15, 16, 17, 18, 21, 28, 29,30.

**Insurance Advisory Committee (IAC) Update:** The five members of the IAC committee met with our insurance agency Levitt-Fiurst on Friday, June 20, which focused on an overview of our annual renewal of Condo insurance polies. Future meetings will discuss market conditions, pricing, insurance types, and insuring wood frame condo units. The next meeting will take place on July 30. The concept of the IAC is to get accurate information to unit owners. The CEO of Greater NY Insurance Company will attend our July meeting.

**Forester vs. Arborist:** Westchester County Park Forester Jessica Shuler is meeting with Davis Stowell. Each Condo will determine if they want to participate in the proposed project.

**Society Board Elections:** The new Society Board is Gene Archer, President; Gloria Anderson, 1st Vice President; Bruce Prince, 2nd Vice President; Jack Mattes, Treasurer; Deica Ruiz, Secretary.

**Attracting New Condo Board Members:** It varies by Condo:

- Newsletters to explain the role of the board, general qualifications or skillsets, ability to listen and communicate, participate in a respectful debate, explain challenges, opportunities, and frustration.
- Two- or three-year terms.
- One-page information sheet presented by Cluster Captains as "communication liaisons" for the Board.
- Ask existing Board members to sign up for another term if no one steps forward.
- A mid-term vacancy allows the President and the Board to approach a unit owner who may be interested to complete a term. This person will then run for the Board to complete the term.
- Some Boards have votes tallied by their Management Company.

Council member report successful board retention has occurred when boards change their "culture" and use Management Company expertise.

**Annual Meeting Formats:** Formats vary by Condo, but most Condos have chairpersons prepare a report based on the past year's accomplishments.

**Gun Club Update:** Jack Stein reported no news on the "Willowood Gun Club" but expects a significant update next month.

**Council Bylaws:** Jack Mattes updated the language approved at the June Council Meeting to extend the Council Board terms from one year to three years.

**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

### THE BENEFITS OF HAVING A FILE OF LIFE PACKET

Text by Leslie Guttman and Eileen Plastino, photo by Elizabeth Royston



The File of Life (FOL) is a packet whose purpose is designed to help EMS and fire department personnel obtain your medical history in a medical emergency. Each person living in the house should have their own FOL. It includes a magnetic plastic holder for the refrigerator

door and a smaller card file for your wallet with space listing one person's name, emergency medical contacts, allergies, medications and dosages, special conditions, doctor's name, and a place to note health care proxy location. A door sticker is included and goes on the window panels on either side of the front door. The packets are provided by the Health & Safety Committee and are available in the Activities, Society and Security offices.

\* \* \*

## "YOU SET THE TABLE, THEY COME TO DINNER"

By Susan Statkowski-Rivalsi

That saying immediately came to my mind last winter when I read the statistic for "Open Garage Doors" in the 2024 breakdown of Security actions reported by our Security Manager, Robert Casasanta.



This relates to what happens if a security staffer, while doing sweeps of our roads at night, sees a dark open garage with no one around: The situation is reported to the dispatcher in the Security Office, who attempts to contact the unit owner.

By Joan Defrancesco

Of the 3,255 actions our Security staff took last year, 402 were regarding nighttime open garage doors. That's more than one every night of the year!

Having a garage door open for extended periods of time – especially if there's no human inside or right outside of it – can result in unwanted "houseguests" (critters such as squirrels, chipmunks, mice, and even raccoons). This is especially possible – probable? – in the Fall, when cozy winter nesting sites are being sought by our furry neighbors.

The best practice is to *always* immediately close your garage door before stepping away from the garage entrance – even indoors for just a moment.

## RECYCLING UPDATE

Text by Susan Statkowski-Rivalsi,  
photos by Carrie Sears



There used to be one large two-yard trash bin alongside the Activities Center (left photo). In late spring this year, WinWaste delivered a second one-yard bin (right photo) for all recyclable items – paper, glass, plastic, and metal – called “single stream”. In fact, thanks to everyone pitching in to the recycle receptacles outside and inside all facilities here, we may need a larger bin for recyclables!

\* \* \*

### 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.

# Hlibrary



## OUR NON-FICTION COLLECTION

When adding books to the Heritage Hills Library collection, we strive to balance our selection of non-fiction titles to reflect the many interests of our residents, while staying within a limited budget.

In recent months, some of the highlights of our non-fiction additions include Russell Shorto’s *Taking Manhattan*, which covers the period in the 17th Century when control of New York City was moving from the Dutch to the English, and a biography of Mark Twain by award winning biographer Ron Chernow. We have also added *Memorial Days* by popular author Geraldine Brooks, which is an autobiographical account of her attempts to cope with the sudden death of her husband. A recent addition receiving rave reviews from our patrons is Rick Atkinson’s *The Fate of the Day*, the second book in a trilogy about the Revolutionary War.

This month our new non-fiction selections are *The Mission: The CIA in the 21st Century* by Tim Weiner, which is already high on the New York Times bestseller list, and Peter Guralnick’s *The Colonel and the King*, which debunks the commonly accepted view that Elvis Presley’s manager Colonel Parker exploited him.

Check out the Non-Fiction shelf in our New Books section to see the full range of what we have to offer.

## BOOK REVIEW

For a review of *Hotel Ukraine*, by Martin Cruz Smith, see page 36. This novel, the final book in the Arkady Renko series, was added to our collection in August.

## NEW ADDITIONS TO OUR COLLECTION IN SEPTEMBER

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

### Fiction

Bowen, Rhys.....*Mrs. Endicott’s Splendid Adventure*  
Fesperman, Dan .....*Pariah*  
Flagg, Fannie .....*Something to Look Forward To*  
Frank, Victoria Benton.....*The Violet Hour*  
Henry, Emily .....*People We Meet on Vacation*  
Holsinger, Bruce .....*Culpability*  
Joyce, Rachel .....*The Homemade God*  
Knapp, Florence .....*The Names*

### Mystery

Gardner, Lisa.....*Kiss Her Goodbye*  
Grimes, Martha .....*The Red Queen*  
Jackson, Holly.....*Not Quite Dead Yet*  
Pekkanen, Sarah.....*The Locked Ward*  
Sager, Riley.....*With a Vengeance*  
Slaughter, Karin.....*We Are All Guilty Here*

### Non-Fiction

Guralnick, Peter.....*The Colonel and the King:  
Tom Parker, Elvis Presley, and the  
Partnership that Rocked the World*  
Weiner, Tim.....*The Mission: The CIA in the 21st Century*

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## Heritage Hills Society Board Standing Committees – July 2025

**Definition:** Standing Committees advise and assist the Society Board in carrying out its mandate as defined in the Society Board’s founding documents. The bylaws empower the President to appoint and remove Standing Committees and their chairpersons. Appointment of Committee chairpersons shall be ratified by a majority of the Society Board.

<p><b>ACTIVITIES</b>                  Chair, Ann Harper                  Denise Elliott  <u>Advisor to the Committee:</u>                  Andrew Kaplan, Activities Coordinator</p> <p><b>AUDIT</b>                  Chair, Davis Stowell                  Dorinda Haskell                  Peter Monaghan  <u>Advisor to the Committee:</u>                  Lisa Mezzetta, HMS Staff Accountant</p> <p><b>COMMUNICATION</b>                  Board Liaison, Gene Archer                  Andrew Kaplan, Advisor                  DuShawn Richardson, Advisor                  Nick Madeo, Advisor                  Tech Risk Solutions</p> <p><b>COMMUNITY AFFAIRS</b>                  Somers Town Information                  Chair, Jack Mattes                  Heritage Hills Event Planning                  Chair, Dorinda Haskell</p> <p><b>EMERGENCY PREPAREDNESS</b>                  Chair, Jack Mattes                  Terry Clifford  <u>Advisors to the Committee:</u>                  Emergency Shelter Coordinator                  Rob Casasanta, Prosegur Supervisor                  John Milligan, Property Manager                  Marcus Lovell, Facilities Manager</p> <p><b>FINANCE &amp; BUDGET</b>                  Chair, Jack Mattes                  Gloria Anderson                  Denise Elliott                  Deica Ruiz                  Jay Wright  <u>Advisors to the Committee:</u>                  John Milligan, Property Manager                  Lisa Mezzetta, HMS Staff Accountant</p> <p><b>FITNESS CENTER</b>                  Chair, Joe Kelly                  Maria Molinski  <u>Advisors to the Committee:</u>                  John Milligan, Property Manager                  Mary Tedesco, Fitness Center Manager                  Jonathan Reichbach, Fitness Center</p>	<p><b>HEALTH &amp; SAFETY</b>                  Chair, Flo Brodley                  Board Liaison, Deica Ruiz                  Alicia Brescia                  Elfriede Eidam, RN                  Rosemary Glassman, RN                  Leslie Guttman, RN                  Arlene Hoffman                  Bev Jacobson                  Jade Lew                  Mona Moriber, LCSW                  Eileen Plastino, RN  <u>Advisor to the Committee:</u>                  Rob Casasanta, Prosegur Supervisor</p> <p><b>INFRASTRUCTURE &amp; ENVIRONMENT</b>                  Chair, Bruce Prince                  Joe Kelly  <u>Advisors to the Committee:</u>                  John Milligan, Property Manager                  Marcus Lovell, Facilities Manager</p> <p><b>INSURANCE</b>                  Chair, Gene Archer  <u>Advisor to the Committee:</u>                  John Milligan, Property Manager</p> <p><b>LANDSCAPE</b>                  Chair, Patricia Ploss                  Karl Milde                  Joanne Meder                  Mary Ann Mitchell  <u>Advisors to the Committee:</u>                  John Milligan, Property Manager                  John Maxner, Maxner                  Eileen Schmidt, Maxner</p> <p><b>LEGAL</b>                  Chair, Gloria Anderson</p> <p><b>LIBRARY</b>                  Chair, Deica Ruiz                  Gloria Anderson                  Pat Conetta                  Linda Felix                  Sheelagh Kaplan                  Cindy Kennedy</p> <p><b>MEADOWLARK PARK</b>                  Chair, Patricia Ploss                  Dorinda Haskell                  Bruce Prince                  Alan Tepper                  Mike McBride                  Joanne Meder  <u>Advisor to the Committee:</u>                  John Milligan, Property Manager</p>	<p><b>NEWSLETTER</b>                  Chair/Editor in Chief, Susan Statkowski-Rivalsi                  Board Liaison, Gloria Anderson                  Karl Milde                  Patricia Adams                  Rosetta Benson                  Phyllis Bradbury                  Dassi Citron                  Terry Clifford                  Elizabeth Royston                  Stephanie Szuch</p> <p><b>POOL</b>                  Chair, Alan Tepper                  Barbara Antoneccia                  Frank Gallo                  Warren Groner                  Laura Mellor                  Joan Sottile                  Hope Wittrock                  Arthur Zale  <u>Advisors to the Committee:</u>                  John Milligan, Property Manager                  Marcus Lovell, Facilities Manager                  Julius Domingo, Ass’t. Facilities Manager                  Laura Cullen, HMS</p> <p><b>REDECORATING</b>                  Chair, Gloria Anderson                  Patricia Ploss                  Deica Ruiz                  Susan Atwell</p> <p><b>SECURITY</b>                  Chair, Ralph Fatigate  <u>Advisors to the Committee:</u>                  Rob Casasanta, Prosegur Supervisor                  John Milligan, Property Manager</p> <p><b>TRANSPORTATION</b>                  Chair, Bruce Prince  <u>Advisors to the Committee:</u>                  Rob Casasanta, Prosegur Supervisor                  John Milligan, Property Manager                  Mike Triano, Maintenance Yard Manager</p>
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## Congratulations Hope Mazzola

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- **31 Average Days on Market**  
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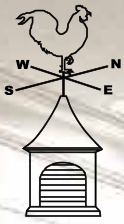


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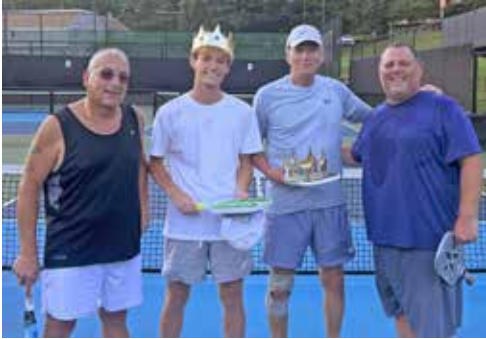
## PICKLEBALL

Submitted by Denise Elliott

### AND THEN IT WAS HOT!!

July did not bode well for our pickleball players! Many evening events were cancelled due to heat and/or rain/thunderstorms! But we squeezed in some games, for the love of the game!

On July 22, our Advanced ACES event was held, and our winners were Harrison Mellor and Steve Blunda, runners up were Andrew Miller and Baldissera Sorice!



Baldissera Sorice (runner-up), Harrison Mellor and Steve Blunda (winners), and Andrew Miller (runner-up). By Eric Scorzelli



By Fran Boemio

Just in time, in early July the canopy was installed and, when we fill the courts, others can wait in the shade on the patio! Class job from Society!

On July 25, when Ladies' Night was cancelled, many player-friends decided to go to Oscars II together instead!

Due to the heat, lessons were on hold. Our Certified and Insured (and Society-approved) instructors, Mitch Schilkruat and Denise Elliott, were disappointed, as many people have expressed interest!

Stay tuned for more events and good times making new friends! If you have any interest or questions, email us at [PickleballHH@Outlook.com](mailto:PickleballHH@Outlook.com).



Some of the Ladies at Oscar's II.  
By Annie Pasquerello

## EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman

Inspired by the annual Ryders Cup team competition between America's and Europe's top golfers, we hold our own annual Ryders Cup team competition – the *Duffers*, this year led by playing-captains Bob Slotoroff and Frank Servidio, versus the *Hackers*, led by Yogi Santa-Donato and Bob Briganti. This year's *Duffers* also included Ed Yee, Howard Weiner, Charlie Kravetz, Pete Larson, Rob Leone, Bill Ablondi, Frank Gallo, John Mahoney, Subhash Sindhwani, and Ken Freeman. The *Hackers* included Ray Ormerod, Rich O'Brien, Bill Glass, Sandy Lieberman, Jack O'Hanlon, Bob Kenney, Nick Stanton, Charlie Barrett, and Mike Flaherty.

The three rounds of match play, based on handicap-adjusted net scores, took place on July 17, 22, and 24. Day 1 pitted five two-man teams from each side playing alternate shots. Day 2 had six two-man teams from each side, with both teammates playing their own ball throughout and each hole's lowest individual net score winning the hole for that individual's team. Day 3 then pitted individuals from both teams against one another in 11 separate matches.

The competition was close! Team scores were tied at the conclusion of both rounds 1 and 2, leaving tournament outcome to be determined based on Day 3's 11 one-to-one matches. It came down to the wire, with the *Duffers* pulling ahead at the end for a close, hard-fought victory. Then the two opposing teams joined forces for cold beer and fun camaraderie.

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

### July 8

**A Flight\***: Low Gross – Bob Slotoroff; Low Net – Bob Briganti, 2nd – Ray Ormerod, 3rd – Bill Glass

**B Flight\*\***: Low Gross – Pete Larson; Low Net – Rich O'Brien, 2nd – Bill Ablondi, 3rd – Jack O'Hanlon, 4th – John Mahoney

### July 10 – 4-Man Teams, Best Ball Format

(followed by Annual Independence Day Barbecue Bash!)

**Low Net**: Ed Yee, Bob Kenney, Jim Hagerty, and Sandy Lieberman

**2nd Place Tie**: Bob Slotoroff, Ray Ormerod, Ed Sottile; and Frank Servidio; Bill Ablondi, Jack O'Hanlon, and Nick Stanton.

### July 15

**A Flight**: Low Gross – Yogi Santa-Donato; Low Net – Ray Ormerod, 2nd – Bob Slotoroff, 3rd – Ed Yee

**B Flight**: Low Gross – Nick Stanton; Low Net – Ken Freeman, 2nd – Ed Sottile, 3rd – Pete Larson

### July 29

**A Flight**: Low Gross – Bob Slotoroff; Low Net – Tom Reca, 2nd – Frank Servidio, 3rd – Bill Glass

**B Flight**: Low Gross – Charlie Kravetz; Low Net – Ken Freeman, 2nd – Pete Larson, 3rd – Nick Stanton

### July 31

**A Flight**: Low Gross – Frank Servidio; Low Net – Ed Yee, 2nd – Bob Briganti, 3rd – Tom Reca

**B Flight**: Low Gross – Rob Leone; Low Net – Ken Freeman, 2nd – Ed Sottile, 3rd – Al Zaffiro

\*Our best golfers \*\*The rest of us

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## MEET YOUR NEIGHBOR RICHARD BRAHS

*Text and photo by Rosetta Benson*

Richard Brahs is the *only* centenarian I have ever met. The American flag hanging outside his home is one of several reminders that he is a proud veteran of World War II and remains a current member of the American Legion. When I ring his doorbell, I am pleased to be greeted by a youthful looking, slim, well-dressed man. He tells me in his modest way that he is surprised to be of such interest!

Richard was born on May 2, 1925, in Ridgewood, Queens. His family moved to Mount Vernon when he was sixteen, and he graduated from A. B. Davis High School in 1943, whereafter he was promptly drafted into the Army and inducted into the Military Police ("MP"). His tour of duty throughout the war was primarily to transport and guard German prisoners of war on their way to camps *inside* the United States. However, while Camp Police assumed total responsibility for the POWs once *inside* the camps, when American soldiers had leave on weekends and visited bars in town, it was the MPs who were responsible to get them back to the camps safely. (Hey, we've seen those WWII movies!)

Christmas, 1945, Richard was honorably discharged, got married within the year and began a long and successful career in the automotive industry, starting at the Lincoln-Mercury Division of Ford Motor Company. After twelve years, he left his position there as Business Manager to take advantage of an opportunity to join a new division at Chrysler called "Dealer Enterprise," where qualified men would invest 25% of a required amount and Chrysler would invest the remainder. He relocated to learn and grow in Philadelphia; Buffalo, New Jersey, and finally 30 years in Pound Ridge. Each move was a promotion, and eventually he was elected to the Board of Directors of Dealerships, where his job was to make sure the 26 branches under him hit their quotas and made profits. Eventually, he became Branch Manager for White Plains with 36 dealerships (and staff) under him, and it became the 17th largest branch in the United States.

In 1970, Richard and a partner opened a Dodge dealership in White Plains. After dissolving the partnership in 1978, he set up his own dealership in Stamford, Connecticut – a young man's dream come true – and in 1990, at sixty-five, he retired.

In 2018, after the death of his wife of 73 years, Richard moved to Heritage Hills. He has three grown children – two girls (one in Mahopac, the other in Carmel) and one son (in Florida); seven grandchildren; and eight great grandchildren.

I asked this 100-year-old man if he has any words of wisdom re: How to live a long and happy life. Richard smiled, "It's a good idea to make some friends along the way who are younger than you are."



## SUMMER CONCERT IN MEADOWLARK PARK

*Text and photo by Karl Milde*



*John (Johnny Fez) Haggerty, guitar; John (JB Fez) Guay, drums; Crick (Knickerbocker Fez) Diefendorf, guitar; and Mike (Mikey Fez) McLean, bass*

*Big Fez and the Surfmatrics* played in Meadowlark Park on the lovely summer evening of Thursday, August 7. Some danced, some sang, and the rest of us just enjoyed the rock music of the sixties.

Two food trucks – one Greek and one American cuisine – were on hand to provide sustenance for the 221 people who attended.

## CHIVALRY IS NOT DEAD!

*By Ami Stokhamer*

I recently started volunteering for the Somers Meals On Wheels program (delivering meals to residents in Heritage Hills), having read Patricia Adams' wonderful article in the June issue of this *Newsletter*. It's a bit of a challenge, as I usually have a dozen or so stops, and they're scattered throughout our community's two hills. As everyone knows, this is not the easiest neighborhood to navigate!

One particularly hot day, with the temperature in the 90s by 11 am, I ended up on the East Hill trying to find one of the units I needed to deliver to. Anyone familiar with the East Hill knows it has poorly marked, meandering paths leading to many closely-knit-together units without garages.

I stepped out of my car, with a hot, packaged meal in hand, as a Veolia truck pulled into the parking area.

Lo and behold, the driver, about to start work in that section (due to a water main break), graciously got out of his air conditioned truck and escorted me to the exact unit I was looking for!

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## HEALTH & SAFETY COMMITTEE SAVOR THE SUMMER - PLANT-BASED COOKING DEMO

Test by Flo Brodley, photo by Joanne Meder

This special program in early August was a gigantic success!

Ten residents gathered around the Activities Center's kitchen island and were introduced to healthy meals seniors can easily prepare in their own homes. Amy Rosenfeld, MS, RDN - Registered Dietician of the Community Health Team at Northern Westchester Hospital - smiled as she easily opened, cut, and sliced salad greens, nuts, peaches, and avocados while answering a host of questions from participants. Amy made everyone feel as though they might be able to

replicate the meals at home. Lips smacking, participants not only saw the preparation, they were also able to consume the finished products - a most worthy experience!

I received calls at home later that day thanking me for this program.

This latest presentation was brought to us by Margaret Ribaudo, Clinical Coordinator and Educator of the Community Health Team at Northern Westchester Hospital, who has worked to bring us many fine programs, including the Annual Flu Clinic which will be held on Wednesday, October 8, from 9 am to 1 pm in Lake Lodge (see page 5).



## IT TAKES A VILLAGE

By Susan Statkowski-Rivalsi

On June 27, Denise Ricciardi Hanlon posted the following on the Family Network Facebook page:

I just received this from St. Luke's Church Food Pantry:

Thanks to donations of the HH Friday Night Social Dance Committee and the Pickleball Club, the Food Pantry distributed Fourth of July grilling and picnic items including hotdogs hamburgers & buns plus condiments, drinks, paper goods and more. This is in addition to our usual groceries.

Thank you, all!

**It takes a village!**



## PHOTO CLUB

By Sue Meola

### A SNAPSHOT OF OUR SUMMER EVENTS

In August, photographer Arnold Breistblatt wrapped up the series of workshops on mastering smartphone photography, which covered editing, black and white photography, and so much more. The workshops were all well attended, and participants learned a lot. Particularly helpful was Arnold's critique of the participants' photo's, focusing on tips to improve the photo through additional editing.

Also, in August, Michael Craig Palmer, an internationally known photographer of architecture, presented a workshop on photographing historic buildings and planning out the photo you want to capture.



## DIFFERENT STROKES FOR DIFFERENT FOLKS

By Susan Statkowski-Rivalsi and Ami Stokhamer

### AWNINGS VS. UMBRELLAS

Both of us make sure ours is always closed when we leave home, if a wind picks up, and, of course, at night.

#### SUSAN SAYS:

I love my deck awning!

When it's sunny and hot outside, I simply press a button, and I have a sun-free deck! I can extend the awning as far as I choose. Since the deck faces due east, the awning blocks the hot morning sun from my kitchen and dining room, which really matters especially a/c-wise (so there, NYSEG!). It's closed and hidden for the rest of the day, when the sun is on the west side of my unit.

On rainy days, I partially extend it so I can enjoy fresh air and the rain's soothing pitter-patter without the rain coming in through my sliding glass doorways. Plus, I can even sit out there under it and read when it's raining.

Mine has required no maintenance since installed in 2015.

Yes, there's a significant initial cost, but it's worth it!

#### AMI SAYS:

I love my umbrella!

I chose a 9' umbrella, which covers the seating area on the deck.

What's great is that if some guests want shade and some want sun, I can move the umbrella to accommodate them. It also tilts, so there is extra flexibility.

An umbrella is an inexpensive choice, and there are so many colors and patterns to choose from. I find myself replacing mine every few years to coordinate with different outdoor accent pillows.

It also adds a charming touch to my modern deck furniture, giving the entire deck an eclectic design. In other words, it "plays well with others!"

Maintenance is a breeze - no expensive mechanism to possibly repair; and no batteries to replace in a remote control.

At the end of the season, I simply hose it down and store it.

## TOAST TO THE CLUSTER CAPTAINS!

By Patricia Adams

Recently, I read that cluster captains are responsible for communications. Period. But there are others who expand the role into so much more.

Sometimes residents confuse cluster captains with the Condo's management company because they've found their clusters' captain so effective. A resident even asked her cluster captain, "Well, couldn't you call them for me?"

Communications may be the over-arching category of cluster captain duties, but that does not begin to describe their value. Cluster captains fit into the Heritage Hills infrastructure like the Condo and Society boards.

Some Condo cluster captains meet monthly to talk about their common Condo issues and share ideas for helping neighbors, some of whom are homebound and unable to participate in the activities the rest of us enjoy and take for granted.

Cluster captains are our first responders and boots-on-the-ground resources in each cul-de-sac. If you live in a cluster of busy but caring neighbors like I do, we rely on our cluster captain to keep us informed about *each other*, especially if one of us has been taken to an emergency room in the middle of the night. This isn't in a job description. Ours just takes it upon himself to keep everyone up to date.

Ordinarily, each Condo assigns a cluster captain to each cul-de-sac. It is a role that involves keeping up with the rules, community changes, handing out yearly pool stickers, and posting bulk pick-up notices, for example.

One winter, our cluster captain, John, remembered I had a problem with snow on a lower part of my roof and was worried about a second ice dam. Next thing I knew, John came trudging up the walk to clean off the vulnerable area. It's not just the communications, it's how they respond to that information. John also keeps us up to date on who's in the hospital, who has Covid, and who's away so we don't wonder why we haven't seen one of our neighbors in a while.

When I was in the hospital and didn't want visitors, I wondered how on earth I would keep John away. He is always on deck to visit each of us first when we are ill. He takes it upon himself to make sure the garbage collectors receive our annual tip, which saves the rest of us from individually running after the garbage truck.

When residents complain about expenses, assessments, board decisions, and other issues, cluster captains can often clarify a Board position and ensure that we receive answers to our questions.

So here's to all cluster captains and the important role they play for us and the contribution they make that smooths and improves our Condo lives in Heritage Hills. Thank you. Thank you. Thank you.



## CAN A MACHINE REALLY THINK?

By Karl Milde

June was Artificial Intelligence (AI) month at Heritage Hills. On June 10, the Continuing Education Committee presented a lecture on AI by Dr. John Patrick, former Vice President of Internet Technology at IBM; on June 11, the Ten-A-Men Club presented a lecture on AI by Dr. Satish Gambhir; and on June 20 Ami Stokhamer and I presented two TED Talks about AI. If you attended all three presentations, you would have learned an awful lot on the subject – so much to remember – when perhaps all you really wanted to know was: Can machines “think.” The answer... (drumroll please)...is “yes.”

This depends, of course, on what you mean by thinking. If you mean “remembering,” computers have it all over human beings. They remember everything – perfectly, and for a very long time. If you mean “creating,” computers can now do that too. Not long ago you had to train a computer what to look for – the difference between a dog and a cat, say, or the difference between the letters “A” and “H” no matter how sloppily they're written. But computers can now do that too.

Let's say we detect a radio signal coming from outer space. In the past we had to tell the computer what to look for in the way of intelligence. Look for the signal's frequencies, look for changes in these frequencies – whatever – to determine if someone from another planet were

sending us a message. With our current AI, a computer can look at the signal and, *without us telling it what to look for*, determine whether the signal includes a message and, if so, decipher the message. In other words, the AI computer has taught itself to “think.”

How can computers do that? We humans have found out how our brains work and have built computers that work the same way. Whatever we can do, computers can do also, and they can do it much faster.

Don't expect that, in the future, humans will remain superior in the way we think. Computers are smart now, and they're getting smarter every day. In the next decade, they will overtake many of our professions that require thinking – creating art, creating music, creating stories, creating articles on any subject, and creating *new ideas*.

Because they can think more quickly than we humans do, computers with AI will be used for operating things – construction equipment, manufacturing machines, driving trucks and cars, and flying airplanes. They'll also be used to guide the astronauts in their trip to the moon, and beyond! As in the movie *2001 Space Odyssey*, they will be there to guide the first manned mission to Mars

Because of these “advances” in AI, our lives will be different in the future. It surely will be interesting to see what happens in this brave new world.

# MY FASCINATION WITH TRAINS

Text and photo by Karl Milde

My fascination with trains began long ago, when I was a small boy. After the Great War, my mother took my sister and me on a trip to visit her parents in Chicago. We boarded a train called the *Twentieth Century Limited* at Grand Central Station. I recall exploring the train from one end to the other as it sped along, clickity-clack on the track, and thereafter sitting down at a table with mom and sis in the Dining Car. We were served dinner by a dignified, well-suited waiter as the evening darkness descended outside.

When we arrived in Chicago, we changed to the *Rock Island Line* south to my grandparents' home, which was within walking (and hearing) distance from the local railroad station in the suburbs. I can remember like yesterday lying in bed at night listening to the steam engines starting up with a chuff... chuff... chuff, chuff, chuff, choo, choo. Sometimes the engineer applied too much steam, and the drive wheels spun with a fast chuff-chuff-chuff. He had to quickly back off on the throttle so the wheels stopped slipping.

When I grew up a bit I "asked Santa" for an American Flyer starter train set with an engine, freight cars, and an oval track. Each year this set got bigger until it included much more track with switches, a station, and even a stockyard with a floor that vibrated to move miniature cattle around.

When I went away to college, I packed my model trains and stored them in the attic to play with much later. Later didn't happen, however, until one of my

clients invited me to take a vintage steam train from Lexington Kentucky to Chattanooga and back, staying overnight in a sleeping car at Chattanooga station. How could I say "no"? I reciprocated by sending him the train set as a gift. He wrote back effusively, saying I just made his day and probably his month too.



Cheryl and the Chattanooga steam engine

Most recently, I took a special tour of Grand Central Station (yes, there's a control room with a huge floor-to-ceiling board showing all those train tracks, as you might imagine).

I also spent a whole year building model trains out of LEGOs. Perhaps you saw some of this set at the Toys-for-Tots program here at Heritage Hills in 2023.

My wife Cheryl and I also enjoy the train shows each Christmastime at both Lasdon Park and the New York Botanical Garden.

For a vacation next year, Cheryl and I have booked a "Grand Tour of Switzerland" entirely by rail, which includes travel on the *Gotthard Panorama Express*, *Golden Pass Line*, *Bernina Express*, *Glacier Express*, *Gornergrat Rack Railway*, *Junfrau Railway*, and of course the *Swiss Railway*.



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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 district. OKMLS, 1/1/23-12/31/23, total dollar volume of Condominiums sold, Town of Somers, in Heritage Hills, by agent.

VARIOUS UNITS SOLD BY MLS AGENTS

FROM 1/1/25 - 8/01/2025

MODEL NAME	PRICE	BEDROOMS
Franklin	\$399,000; \$435,000	One
Guilford	\$440,000; \$455,000; \$460,000	One
Radcliffe	\$599,000; \$604,000	One
Armonk	\$579,000; \$605,000; \$615,000	Two
Berkshire	\$610,000; \$720,000	Two
Canaan	\$550,000; \$625,000; \$630,000	Two
Concord	\$540,000; \$552,000; \$651,000	Two
Dartmouth	\$675,000	Two
Fairview	\$560,000; \$610,000; \$625,000	Two
Jackson	\$535,000	Two
Katonah	\$519,750; \$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; \$730,000	Two
Stanford	\$760,000	Two
Stratford	\$650,000; \$715,000; \$725,000	Two
Syracuse	\$710,000; \$760,000; \$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; \$700,000	Three

ONEKEY/ HGMLS DATA AS OF 1/1/2025-08/01/2025



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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](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:** 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](mailto:ahrubin521@yahoo.com).

**CRAFTERS IN THE HILLS:** Wednesdays, from 10 am to noon and on the fourth week of the month from 6 to 8 pm in the Activities Center Studio B. Each week we explore new crafts or work on current projects. Monthly crafts are open to members and, when space is available, we open the session to other residents. Most crafting sessions are free (you supply materials) and other sessions have a fee based on materials. Email for more information: [craftclubhh@gmail.com](mailto: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 are 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](mailto:lindacarp16@gmail.com), or Bill Ablondi at 203-984-2955 or [ablondi@marketmaps.net](mailto:ablondi@marketmaps.net).

**SILK FABRIC PAINTING CLASS:** Fee \$135. Must sign up for a full four-week session at the Activities Center. Space is limited. For more information, contact Evey at 914-276-0737 or email her at [evymusart@comcast.net](mailto:evymusart@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](mailto: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:** Second and fourth Friday of the month from 3 to 4:30 pm in Rooms 2 and 3 of the Activities Center. This Club's primary objective is to foster a culture of environmental responsibility within Heritage Hills. Meetings 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](mailto:carolynsears@me.com) or 914 522 3111.

### EXERCISE CLASSES

**CHAIR ZUMBA/TONING WITH THERESA:** Mondays at 9:45 am by Zoom only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**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! Email Lori at [efyjig@gmail.com](mailto:efyjig@gmail.com).

**SITNESS:** Tuesdays from 12:30 to 1:15 at Lake Lodge. SITNESS is designed to improve your balance, strength, posture, and cardiovascular conditioning. \$15 per session. 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](mailto:killeenrhodes2014@gmail.com)

**BALANCE AND AGILITY FOR ACTIVE SENIORS:** Wednesdays at 10:30 am on Lake Lodge's second floor. 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.

**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 [melaniegambino1@gmail.com](mailto:melaniegambino1@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 [melaniegambino1@gmail.com](mailto:melaniegambino1@gmail.com).

**MOVE AND GROOVE WITH THERESA:** Fridays at 9:45 am in the gym 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).

**GETTING BACK ON TRACK (15-15-15) WITH THERESA:** Fridays at 10:50 am in the gym 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).

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

**SAHAJA YOGA:** Wednesdays at 5 pm in Lake Lodge's Room 3. **FREE.** 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 body.

**GENTLE YOGA WITH LISA:** 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.

**VINYASA YOGA WITH JOE:** Saturdays at 9 am in Lake Lodge's 2nd Floor. \$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:** 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 email her at [carellis14@yahoo.com](mailto:carellis14@yahoo.com).

**SPANISH CONVERSATION GROUP:** First Thursday of the month in Lake Lodge's Room 1 at 11 am. Group is open to intermediate through fluent

Spanish speakers. ¡Vengan! Contact Mike at [elprofesor55@aol.com](mailto: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](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 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.

**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 [ciwhitestar@comcast.net](mailto:ciwhitestar@comcast.net).

**GARDEN CLUB:** For information, including questions on membership and use of the Community Garden, 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:** 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 second Thursday of the month at 12:30 pm in Lake Lodge's room 1. The fee is \$20 per session. To register, email Linda at [ludwiglr@aol.com](mailto:ludwiglr@aol.com), or call 914-617-9328.

**HEAR OUR STORIES:** The last Wednesday of the month at 2 pm in the Heritage Room. Live interviews of Heritage Hills residents, hosted by Ami Stokhamer. **FREE.** Contact Ami with any questions at 914-486-9677

**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 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:** 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 at 914-357-3049 or [Sroberti@Newbeginningsforseniors.com](mailto:Sroberti@Newbeginningsforseniors.com).

**LIBRARY:** 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. Mondays, 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](mailto: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. Contact Alan Tepper at [HHCLUBSHALOM@gmail.com](mailto:HHCLUBSHALOM@gmail.com).

**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](mailto: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 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](mailto: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 Lake Lodge's Lobby, 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.

### SPORTS

**BOCCIE:** 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:** 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](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:** Wednesdays from 1 to 3 pm, and on Saturdays from 9:30 am to noon, October through March, in the Gym.

**TENNIS:** 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:** 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:** This is a workshop, led by Beth Iacofano, that is held the first Tuesday of each month at 1 pm in Lake Lodge's Room 3. 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](mailto:Lindaspear211@gmail.com).

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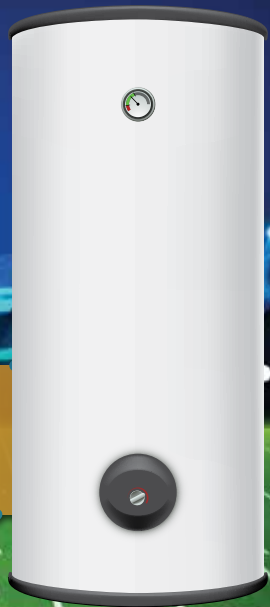
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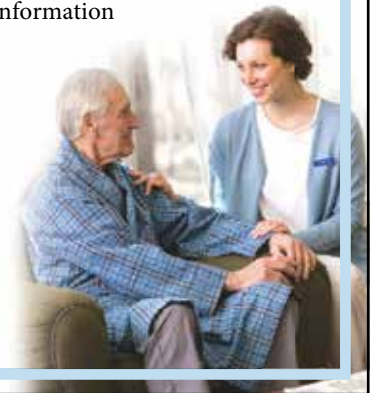
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## COLUMNS

### THE BOOK SHELF

By Cindy Kennedy

Russian investigator Arkady Renko, Martin Cruz Smith's iconic character, makes his final appearance in *Hotel Ukraine*. Smith had introduced Arkady, deemed "the most honest man in Moscow," to generations of readers in *Gorky Park*, his acclaimed 1981 novel.

*Hotel Ukraine* begins with a demonstration in a Moscow square soon after Russia invaded Ukraine in February 2022. Zhenya, Arkady's adopted 22-year-old son, is arrested for protesting Russia's "special military operation."

After Arkady pulls strings to get his peace-activist son released from detention, he is handed a politically charged case. Alexei Kazasky, the deputy minister of defense, was found brutally murdered in the Hotel Ukraine, a luxury hotel in Moscow's city center. When Arkady arrives at the hotel to begin his investigation, Marina Makarova, an FSB (formerly known as KGB) agent, is already on the scene.

Arkady and Marina had been off-and-on lovers before he met investigative reporter Tatiana Petrovna. Arkady knew that the murder of a senior defense minister would prompt the arrival of an FSB agent, but he did not expect it to be Marina. From the start, Marina makes it clear that she, not Arkady, would oversee the Kazasky homicide.

Marina and her FSB agents soon have a suspect under surveillance: Yuri Blokhin, a low-level advisor from the Ukrainian embassy. When Arkady efficiently blows apart Marina's weak case against Blokhin, she schemes to remove him from the investigation. Discovering that Arkady has late-stage Parkinson's Disease, Marina forces his retirement for medical reasons.

Enlisting Tatiana's help, Arkady goes undercover to solve the case. The two travel to Ukraine with Blokhin to his home in Bucha, where they find the city totally devastated by the war. "What can you tell people who ask how this happened?" asks Blokhin. "Some questions simply don't have answers."

Arkady suspects a cover-up involving Kazasky's assassination and a connection to the war in Ukraine. "You only need one book to understand Russia," Arkady thought. "Not Tolstoy or Pushkin, not Dostoyevsky, but one my mother used to read to me as a child: *Through the Looking-Glass*, otherwise known as *Alice in Wonderland*."

In an ironic twist of fate, a few days after *Hotel Ukraine's* publication this past July, Martin Cruz Smith succumbed to Parkinson's Disease, the same condition with which his character Arkady was afflicted. Timely and memorable, *Hotel Ukraine* is a fine coda to a master writer's stellar career.

(*Hotel Ukraine* and five other novels in the Arkady Renko series are part of Heritage Hills Library collection. For a list of new books at Heritage Hills Library, see page 9.)



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*Text and photo by Elizabeth Royston*

The theme for our July Culinary Club Dinner was BBQ and the crowning glory was a fruit topped cake in red, white, and blue! Joanna Regina used a special base cake, and the result was gorgeous and delicious!



### RED, WHITE, AND BLUE STRAWBERRY CAKE

You can use any basic white cake mix or your own favorite cake mix. We can heartily recommend the brown sugar cake recipe below!!

### BROWN SUGAR POUND CAKE

#### Ingredients

2 sticks unsalted butter, at room temperature, at least 65° F  
 1 cup light brown sugar, packed  
 1/2 cup granulated sugar  
 2 large eggs, at room temperature  
 1 teaspoon baking powder  
 1 teaspoon salt  
 1/4 teaspoon baking soda  
 2 cups All-Purpose Flour  
 1 cup sour cream, at room temperature  
 1 1/2 teaspoons vanilla

#### Preparation

1. Preheat the oven to 350°F. Lightly grease (or spray with baking spray) a 9- or 10-cup Bundt pan.
2. In a large bowl, use an electric mixer to beat the butter and sugars at medium speed for about 2 minutes. The mixture will be light and fluffy and will turn a light color.
3. Add the eggs one at a time, beating for a minute between additions until fully incorporated. Scrape the sides and bottom of the bowl, and beat briefly to ensure all is combined.
4. Add the baking powder, salt, and baking soda, then gently beat in half the flour.
5. Gently mix in the sour cream and vanilla, then add the remaining flour, mixing just until blended.
6. Pour the batter into the prepared pan, and bake for 55 to 60 minutes, until a cake tester or toothpick inserted in the center comes out clean.
7. Remove the cake from the oven. Cool it in the pan for 15 minutes before turning it out of the pan onto a rack to finish cooling. Cool completely before slicing.

### ICING

#### Ingredients

8 ounces cream cheese softened  
 1/3 cup sugar  
 1 tsp vanilla  
 8 ounce tub non-dairy whipped topping, thawed  
 1 pint blueberries rinsed and drained  
 2 pints fresh strawberries, hulled, rinsed, drained and sliced or halved

#### Preparation

1. Beat cream cheese with a hand mixer until fluffy, add sugar and vanilla, and mix well.
2. Using a spatula, carefully fold in the whipped topping. Refrigerate until ready to use.
3. Frost cake with icing.
4. Place blueberries in a square in the corner and arrange the strawberries as stripes to make an American flag.

Chill cake until serving.



*By Elizabeth Royston*

### FIT-BITS

*By Mary Tedesco,  
 Fitness Center Manager*

### BRAIN HEALTH

Tai chi, yoga, and exergames are the rave for brain health!

While all kinds of exercises are good for the brain, recent studies show that tai chi, yoga, and exergames are the best! They combine physical activity with game play, which stimulates the brain more.

Exergames – all of which you can learn more about by googling – consist of active video games such as:

- Dance Dance Revolution
- VR Boxing
- Wii Sports
- iDance
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