



THE OFFICIAL

# *Heritage Hills Newsletter*

APRIL 2026



# 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: 5:15, 5:45, 6:45, and 7:45 - **Reservation Required**  
Evening **PICK-UPS ONLY**: 4:45, 5:45, 6:50, 7:45 and 8:45 - **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 from 9:10 am to 1:10 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 1:10 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

#### TRA (formerly RideConnect) - 914-764-7433 / [my-tra.org](http://my-tra.org)

Transportation for medical appointments: Monday thru Friday, 9 am to 5 pm

#### 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

**SOCIETY BOARD OF DIRECTORS ELECTION**

*By Dorinda Haskel, Election Committee Chair*

**COMPLETED APPLICATIONS MUST BE RECEIVED IN THE SOCIETY OFFICE - NO LATER THAN 1 PM ON APRIL 1**

The Election Committee is accepting applications from unit owners who are interested in running for the Society Board of Directors. All unit owners, their spouses, and domestic partners are eligible to run for a three-year term beginning July 1, 2026.

Applications are available in both the Activities and Society Offices, as well as on the Heritage Hills website, [hhsociety.org/heritage-hills-society](http://hhsociety.org/heritage-hills-society).

\* \* \*



**CIAO ITALIA**

*By Michael Lanotte*

**FREE MOVIE NIGHT - CABRINI**

Friday, April 10

To join in, fill out the form on the flyer (outside the Activities Office) and drop it off in the Ciao mail slot **by April 6**. This will help us know how many people to expect.

**FOXWOODS CASINO TRIP**

Tuesday, April 28

\$40 for members, \$45 for non-members. Pick up a flyer outside the Activities Office or print a copy from the email blast. Fill out and return it with your check(s).

**PIZZA NIGHT**

Saturday, May 16

**Members Only.** Pick up flyers outside the Activities Office, fill out the form at the bottom, and return it with your checks. We will have tables of eight!

\* \* \*

**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 ETHICS OF AI IN EVERYDAY LIFE: WHAT GOOD DO CHATBOTS DO?**

**A lecture by Nancy Berlinger, Author and Senior Research Scholar at the Hastings Center for Bioethics**

Tuesday, April 7, at 1:30 pm

The Hastings Center for Bioethics in Garrison, New York, is an independent nonprofit research institute that focuses on challenges arising from developments in health, healthcare, and technology. Dr. Berlinger's work focuses on the ethical challenges of aging societies. This interactive talk will explore the rapid growth of "humanistic" AI, such as chatbots using text and voice, and the ethical questions they raise in everyday life. Be prepared for lots of discussion, as this tends to be a lively topic!

**CONDUCTORS, COMPOSERS, AND PERFORMERS - THEIR INTERACTIONS PAST AND PRESENT**

**A lecture/piano demonstration by Harold Rosenbaum, Acclaimed Conductor, Author, and former Professor Emeritus at The University of Buffalo**

Tuesday, April 14, at 1:30 pm

This humorous and informative talk will focus on the daily lives of extraordinary musicians from the deep past through the present time who worked together - either smoothly or with contention - to deliver a finished product to eager music-loving audiences. It is a behind-the-scenes look at strong views and opinions between collaborators, plus unusual circumstances which were either most welcome or decidedly not so!

*continued on page 4*

**ON THE COVER**

Patricia Pasquale took the cover photo of a bunny appreciating the beauty of lantana blossoms outside the Activities Center last year.

**HERITAGE HILLS NEWSLETTER COMMITTEE**

Chair/Editor in Chief: Susan Statkowski-Rivalsi  
Writers/Editors/Photographers: Patricia Adams, Rosetta Benjamin, Phyllis Bradbury, Dassi Citron, Terry Clifford, Karl Milde, Elizabeth Royston, and Stephanie Szuch

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**HOW THE HUDSON VALLEY MADE NEW YORK CITY**  
**A lecture by Michael Molinelli, member of the America Institute of Architects and National Council of Architectural Registration Board, and an accredited professional with Leadership in Energy and Environmental Design**

Tuesday, April 28, at 1:30 pm

With an emphasis on Westchester County, this informative lecture by this award-winning architect and author - who has designed churches, schools, health care facilities, and distinctive residences around the country - will explore the infrastructure projects of the early 1800s that made New York City the greatest city in the world. Mr. Molinelli will discuss the Erie Canal, the Croton Aqueduct, and the New York Central Railroad, among other such projects.

\* \* \*



Text by Aimee Feerst, art by Joel Feerst

**PARSLEY, SAGE, ROSEMARY AND THYME**

Sunday, April 12, at 1 pm  
in the Heritage Room

This Simon and Garfunkel *On Bleeker Street* tribute band will be entertaining us with favorites from this famous duo. This will be a truly memorable Heritage Hills event. Fred Krug and Brian Crane have performed at Mohegan Sun and The Knitting Factory, among other popular venues.

Light refreshments will be served. Auditorium seating. \$15 admission. Watch your email for a flyer to be returned **no later than April 8.**



**WE ALL NEED A GOOD LAUGH!**

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

Save the date as we present Mark Brier, COMEDIAN FOR OUR AGES. Veteran of the Catskills and Comedy Clubs and friend of Billy Crystal, Mark will keep us entertained throughout the evening. Light refreshments. \$15 Admission. Auditorium seating.



\* \* \*

**WOMEN'S CLUB**

Submitted by Phyllis Bradbury

**BINGO!**

Wednesday, April 8, at 1:30 pm in the Heritage Room

The Heritage Hills Women's Club invites you to an afternoon of Bingo. Coffee, tea, and dessert will be served. Admission is free for members and \$5 for non-members.

Flyers are available at the Activities Center.

For additional information, contact Joan at 914-276-0488 or Alfreda at 914-617-2007.

\* \* \*

**10-A-MEN CLUB**

By Mike McBride

**WEEKLY MEETING SCHEDULE**

Wednesdays at 10 am in the Heritage Room

April 1 . . . . . Open Session

Intros, Miscellaneous Topics

April 8 . . . . . Theresa Stegman, Somers Tax Assessor  
Michele McKearney, Somers Receiver of Taxes  
Q & A

April 15 . . . . . Matt Slater, NYS Assemblyman

April 22 . . . . . Lee Golden, Esq. - HH Resident  
Trusts

April 29 . . . . . Rob Scorrano, Somers Town Supervisor

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 until 10 am, when the Pledge of Allegiance is said followed by speakers and discussion 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.

\* \* \*



**SMARTPHONE PHOTOGRAPHY CLASS**

By Bill Ablondi

Friday, April 10, from 2 to 4 pm in Room #2 of the Activities Center

Peter Glass, an award-winning professional photographer, will conduct the course *Get Up and Shoot with your Smartphone Camera (a little technical information, a lot of picture taking)*. This hands-on class gets students out of their seats and creating right away. After a brief introduction to basic photography principles and smartphone camera controls, the focus shifts to shooting in the real world.

**Open to all.** Members: \$10, Non-members: \$15 paid at the door. **Pre-registration required.** Forms available in the Photo Club mail slot. For more information, contact Bill Ablondi at [ablondi@marketmaps.net](mailto:ablondi@marketmaps.net) / 203- 984-2955.

**SINGLES CLUB***By Diane Purr***BINGO!****Wednesday, April 22, at 5 pm in the Heritage Room**

Our First Event of 2026 – everyone is welcome!! Pizza and salad will be served. BYOB (water will be available).

\$5 for members/\$10 non-members (includes one free card). Leave checks made payable to the "Singles Club" in our slot at the Activities Center **no later than April 15**.

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

\* \* \*

**HEALTH & SAFETY COMMITTEE***Submitted by Flo Brodley***CAR-FIT PROGRAM****Saturday, April 18, beginning at 11 am**

At this FREE safety program for adults provided, this year, by Nuvance Health Community Education, you can have a personal safety check while seated in your car. Trained technicians will review and advise you on your own car's safety features. There will be information and resources to take away.

**YOU MUST PRE-REGISTER** for an assigned time slot – **by email only** – at [flo613@comcast.net](mailto:flo613@comcast.net). Provide your name, unit number, and cell phone number. **Do not contact the Activities Office. Do not show up if you have not pre-registered.**

**ANNUAL FAMILY AND FRIENDS CPR TRAINING  
with Certified Instructor Steven Pilla, LLC****Tuesday, April 21, from 5 to 7 pm in the Heritage Room**

This is a non-certificate course that includes CPR and AED for adult, child, and Infant, with choking. The cost of this course is \$40 payable by check at the time of class. Wear comfortable clothing as you will need to be on the floor for the skills portion of the class. Snacks & water will be available.

There is a limit of 20 participants. Register in advance **by email only** at [flo613@comcast.net](mailto:flo613@comcast.net). **Do not contact the Activities Office.**

**THE ART OF CHANGE AFTER RETIREMENT  
Presentation by Mindy Yanish, Certified Life Coach,  
Interfaith Minister, and Certified Grief Educator.****Wednesday, April 29, at 1:30 pm in the Heritage Room**

If you are struggling with loss after retirement, join this exciting inquiry toward opening new possibilities and meaningful discovery in this powerful time of life.

**ENVIRONMENTAL CLUB***By Carrie Sears***A NIGHT OF KARAOKE & DANCING  
With Special Guest DJ Peter Morales****Friday, April 17, from 7 to 10 pm in the Heritage Room**

This **FREE** event is **OPEN TO ALL RESIDENTS**. Join us to sing, dance, or just watch the fun. BYOB and snacks. We'll have a 50/50 raffle at this earth-friendly event sponsored by the Environmental Club.



If you have any questions, call or text Ami at 914-486-9677.

**EARTH DAY CELEBRATION AT LAKE LODGE****Sunday, April 19, from 10 am to noon**

Earth Week is coming! All ages are welcome. Perfect for grandchildren and grandparents, too!

Free activities will include:

- A *Make and Take* activity, featuring wildflower seed bombs.
- An environmentally friendly art activity for all ages.
- Hearing all about the buzz around bees, and tasting the honey they make!
- A short *Discovery Walk* to learn about Ailanthus trees and the nuisance insects they attract.

We'll even have healthy refreshments!

\* \* \*

**SOCIETY BOARD MEETING****Tuesday, April 21, 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 May 19. It can also be viewed on the Society website 24/7 at [hhsociety.org](http://hhsociety.org); go to *Heritage Hills Society*, then choose *Board Meetings & Documents*.

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

## BULK PICKUP

Saturday, April 25 - Condos 1 thru 15  
Saturday, May 2 - Condos 16 thru 30

Place all items for pickup by your Condo trash bins the evening before the scheduled pickup. The following items are **not accepted** for bulk pickup:



- |                                   |                        |
|-----------------------------------|------------------------|
| Aerosol Cans                      | All Electronic Devices |
| Liquids (including paint)         | Flourescent Bulbs      |
| Appliances containing freon       | Medical Waste          |
| Asbestos                          | Propane Tanks          |
| Batteries                         | Red bricks             |
| Chemical Products                 | Rocks                  |
| Demolition/Construction Materials | Tires                  |

\* \* \*

Independent and Foreign Film Club



By Steve Klepner

## MARIA

(Europe and United States. 124 Minutes, 2024)

Sunday, April 26, at 6:30 pm in the Heritage Room

The moving story of the iconic opera singer, Maria Callas. Once the world's greatest soprano, she now hides in her Paris apartment, having lost her voice. She dreams of returning to the stage. The film is over 2 hours long, so screening will start on time.

A discussion will follow the screening led by Heritage Hills resident Nancy Israel, a former film instructor at the Jacob Burns Film Center.

Our February screening, *The Six Triple Eight*, which had to be postponed, will be rescheduled.

\* \* \*

## BETTER COMMUNICATION = BETTER RELATIONSHIPS GROUP

By Randy Freeman

Thursday, April 30, at 1:30 pm in Lake Lodge's Room 3

At this Group's first meeting, Guest Speaker Adrian Kalikow, certified Parent Coach, will lead a discussion about communicating with grandchildren and their parents.

If you have any questions and to RSVP, contact Randy Freeman: 973-449-3948 or [randyfreeman71@hotmail.com](mailto:randyfreeman71@hotmail.com).

Future discussions will include: Communicating with Difficult People, Communicating with Family Across the Political Divide, Communicating with Adult Children, and more.

## MUSICAL NOTES FROM THE CONCERT SOCIETY



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

By Teddi Meltzer



## IRENA PORTENKO

Sunday, May 3, at 3 pm  
in the Heritage Room

*Mai oui!* Beautiful, flowery May is coming our way, and with it comes the first concert of the Heritage Hills Concert Society's 2026 season. Excited? Well, kids, try to hold in your excitement for when we present acclaimed pianist Irena Portenko on May 3. Our fabulous concert hall, known also as the Heritage Room, is the venue for beautiful music on a spring afternoon.

Individual concert tickets cost \$26 at the door, or a subscription to our series of four concerts will cost only \$90. Subscription forms are available at the Activities Center.

If you have any questions, call Teddi Meltzer at 914-640-9036 - but not before 9 am.

\* \* \*

## 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.**

**MORNING DISCUSSION GROUP**

By Ken Benjamin

**DEMOCRATIC FORUM WITH LEADING CANDIDATES  
CHATZKY, CONLEY, AND DAVIDSON**

Monday, May 18, at 10 am in the Heritage Room



Peter Chatzky



Cait Conley



Beth Davidson

Democratic Candidates for New York’s 17th District Congressional seat – Peter Chatzky, Cait Conley, and Beth Davidson – will be in attendance at this forum. The winner of their Primary on June 23 will take on two-term Congressman Mike Lawler (R) in November. This race could determine the balance of power in the House.

**Peter Chatzky** has been Mayor, Deputy Mayor, and Police Commissioner of Briarcliff Manor. CEO of a small tech company, his campaign is mostly self-funded. He attended Tufts and Columbia and is the father of four.

**Cait Conley** is a top 2% West Point graduate, a 16-year combat veteran, and was Director of Counterintelligence. She is a fourth generation Hudson Valley native and has additional degrees from MIT and Harvard.

**Beth Davidson** resides in Nyack and is a Rockland County Legislator. She was Vice-President of the Nyack School Board and has volunteered for numerous organizations. She graduated from the University of Michigan and is the mother of two and a cancer survivor.

\* \* \*



**FRIENDS IN THE HILLS**

Debbie Ferrara

**BINGO!**

Friday, May 22, at 7 pm  
Doors open at 6:30

After a four-month break, our committee is so happy to kick things off with BINGO! \$10 per person for three cards / 10 games (additional cards can be purchased). Refreshments will be served. Sign-up sheets are in the Activities Center.

There could not be a better way to get together with wonderful FRIENDS. We look forward to seeing you. If you have any questions, call Debbie at 914-924-3003 or Mary Ann at 914-318-1227.

**SAVE THE DATE:** June 20th

**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 February, ownership changed for 10 units.

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

**SUMMARY OF PORTIONS OF THE MARCH 17  
BOARD OF DIRECTORS MEETING**

Compiled by Susan Statkowski-Rivalsi

This is a summary of some portions of the meeting. Videos of these meetings in their entirety are posted on the Society Board website the day after the meeting occurs, [hhsociety.org](http://hhsociety.org). The minutes of this meeting will be published after they are approved at the April 18 meeting.

**Board members in attendance:** Gloria Anderson, Gene Archer, Ann Harper, Dorinda Haskel, Joe Kelly, Jack Mattes, Patricia Ploss, Deica Ruiz, Davis Stowell, Jay Wright, and Bren Zimmerman

**Absent:** Denise Elliot, Ralph Fatigate, Bruce Prince, and Alan Tepper.

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

**NEW MOTION APPROVAL – GENE ARCHER, PRESIDENT**

A motion for Board members to abstain from voting on any matter before the Board that relates solely to a group, club, activity for which the Director is a chair, officer or committee member was approved.

**FINANCE & BUDGET, COMMITTEE – JACK MATTES, CHAIR**

**Treasurer’s Report**

**February Financials:**

Operating Income .....	\$ 555,100.54
Operating Expenses .....	(498,144.75)
Net Income.....	\$ 56,955.79

**DISCUSSION TOPICS – GLORIA ANDERSON, FIRST VICE PRESIDENT**

- **Resident Directory:** Is currently being printed and will hopefully be available at the end of the moth.

*continued on page 8*



- **Westridge Drive Sign:** The town approved and installed the above sign at the Lovell Street entrance to our community.
- **Bistro on the Green.** Winnie, the chef, and Michele, who came out of retirement to help the restaurant get up and running, have decided to leave. The staff has stayed on. Another chef who has worked with Winnie for seven years, Milton, is taking over as Head Chef. He was classically trained at the Culinary Institute of America. Starting Tuesday, April 7, when the golf season opens, they will offer breakfast, lunch, and dinner Tuesday through Sunday (hours yet to be confirmed), and brunch only on Sunday. Mondays it will be closed except for corporate events. Take-out and delivery start April 7. To place an order or if you'd like to do deliveries, call them at 914-276-1000 or email them at [BistroatSomerset@gmail.com](mailto:BistroatSomerset@gmail.com). Watch for special events on their Facebook page.

## ACTIVITIES – ANN HARPER, CHAIR

A new exercise class, **Posture and Balance Class with Colleen**, was approved.

## FITNESS CENTER COMMITTEE – JOE KELLY, CHAIR

- **February Usage:**
  - Exercise room: 2,759 swipes by 480 residents
  - Gymnasium: 733 swipes by 167 residentsThe numbers are lower than usual, as we were closed for 5 days, 1 due to weather and the rest while we were installing new restroom partitions.
- **Free Fitness Consultations:** Certified Personal Trainers Mary and Sam did 23 of these.

## MEADOWLARK PARK COMMITTEE – PAT PLOSS, CHAIR

- **New Trail Extension:** 500 feet long, it will connect the Heritage Trail with the Warren Trail and will provide a less strenuous walk to the northern section of the park.
- **Gazebo Installation:** It will be installed above Meadow Pond.
- **Pollinator Gardens:** New signage will be installed
- **Benches:** More will be installed.

## LANDSCAPE COMMITTEE – PAT PLOSS, CHAIR

- **Activities Center Main Entrance**
  - Fern planters will be hung along the shaded walkway outside the main entrance.
  - Two holly bushes that were beneath the Library windows will be replaced.

## • Lake Lodge:

- Westchester Properties will trim the plants around the pond at Lake Lodge, in accordance with Department of Environmental Conservation wetlands regulations.
- We will be installing screening around the propane tank which feeds the fireplace in the lobby.
- We'll be looking at sprucing up the plantings around the patio.

## COMMUNITY NEWS – JACK MATTES, CHAIR

**Road work on Warren Street:** The culvert at the intersection of Route 202 will be rebuilt probably in June, resulting in Warren Street being closed to traffic. We'll be meeting with Town later this month.

## PROPERTY MANAGER REPORT – JOHN MILLIGAN

- **Electronic Doors:** Are now functional.
- **Pool 3:** We have been working on replacing equipment, and it should be complete by Memorial Day weekend.
- **Heritage Room Screen:** The screen is now wrinkle-free.
- **Fitness Center:** We're getting a StairMaster machine and a hip glute thrust machine.
- **Activities Patio Sun Room Project:** We've worked out town code-related matters and hope to get to work soon.
- **Road Work:** Curbs damaged by plows are being replaced.
- **Exit Signs:** One will be installed directing drivers to Lovell Street and three to Warren Street (on West Hill Drive, at Condo 19, and at Fred's Way).

\* \* \*

## SECURITY

*By Rob Casasanta, Prosecur Security*

**Police Presence:** Due to complaints about speeding vehicles and vehicles ignoring stop signs, I've invited our state and local police onto the property to issue summonses, which they have done and are continuing to do.

**Walkers:** Please walk single file, facing traffic. If walking at night, wear a safety vest and carry a flashlight. During the day, wear bright clothing.

**Staff Awards:** At the Prosecur Security Northeast Regional Meeting, two of our staff members – Amy Nolan and Ernie Hongach - received the Heroism Award for their handling of a unit fire back in September. They ran into the fire with extinguishers from their cars to contain the fire until the fire trucks arrived. EMTs Matt D'Andrea and David Pirelli received Security Officer of the Year Awards, and one of our dispatchers, Mike Henderson, received the Special Recognition Award.

## FILING / UPDATING RESIDENT PROFILE FORMS

Having an up-to-date Resident Profile Form on file with our Security staff is important for your safety and security. Your information is entered into our *private, secure* database, and will assist us in an

emergency. The form is available at the Security Office and on page 12 of this issue.

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

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

Remember to update your profile whenever there are changes.

### FEBRUARY SECURITY CALL REPORT

During the month of February our Security staff received and responded to a total of 255 calls including the following matters:

Service .....	97	(43 lift assists, 8 welfare checks, 13 persons locked out, 12 battery changes, and 21 others)
Medical.....	71	(2 EMT accompanied to hospital)
Security .....	44	
Open Garage Doors .....	8	
Police .....	15	(7 Somers, 8 State)
Fire Calls .....	7	(2 automatic fire alarms, 3 smoke/CO2 alarms, 2 others)
Maintenance.....	5	
Parking Violations.....	2	
Motor Vehicle Accidents ...	2	(property damage)
Burglar Alarms.....	2	(false alarms)

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



### COUNCIL OF CONDOS

By Terry Clifford

The February meeting was attended by representatives of the following Condos: 1, 2, 3, 4, 5, 6, 7, 9, 11, 12, 14, 15, 16, 17, 18, 19, 21, 22, 23, 25, 29 and 30.

**Guest Speaker, John Milligan, Society Board's Property Manager** welcomed the chance to attend the Council of Condo's meeting to explain his role as manager of properties for which Society is responsible. His experience with Heritage Hills began in the 1990s when he was Construction Project Manager for the developer. For the last thirteen years he has served the Society Board, making sure the facilities, which encompasses thirteen buildings, thirteen miles of "A" and "B" roads, four hundred streetlights, storm water pipes, and catch basins, and managing a budget of \$6.5 million dollars.

**1. John informed the Council of upcoming culvert work on Route 202 near Warren Street.** This project will result in the closure of the entrance to Warren Street from Route 202, and rerouting

traffic through Heritage Hills. This is the same work just completed on Route 100 south of Route 35. John will work with the Somers Town Board in negotiating this traffic dilemma. He also has a great relationship with our security company, Prosegur, whose contract ends this year and will be renegotiated at year end.

- 2. John addressed the ongoing issues with NYSEG, Con Ed, Comcast, and Verizon.** He acknowledged that a few years ago Terry Clifford organized the Council to take pictures of the damaged utility boxes around each Condo's property and the grounds on which the Society Board is responsible. There has been no response from the utilities, and he has now taken it to the Town of Somers to address this issue with the utilities.
  - 3. Condos which border the Golf Course have had issues with the trees** on their property lines. The new owner seems more amenable with resolving this situation.
  - 4. Snow removal has been an issue after two major snowstorms.** The Society Board's snow removal company cleared the "A" and "B" roads only to find many Condo's snow removal companies moved the snow onto the "A" and "B" roadways. John is asking each Condo president to ask their company to refrain from placing the "C" road snow across "A" and "B" roads, thereby blocking lanes and intersections. Condo plowing companies are responsible for making curb repairs impacted by their removing snow from the intersections and are responsible for digging out fire hydrants covered by snow.
  - 5. The Society Board's care of the ten-foot strip of Condo property along the "A" and "B" roads is limited to mowing, applying herbicide/pesticide, replacing soil, and reseeding.** The Society Board does not address leaf blowing or dealing with the trees and vines along that area. The 10-foot strip is Condo property and is only kept in attractive shape for the good of the community. [See About "Our" Roads on page 10.]
  - 6. Questions asked by the attendees** included improving lighting on the "A" and "B" roads, improved entrance and exit signs, and roadway line painting.
  - 7. John noted fixes:**
    - **Retrofits to the current light fixtures** to extend the light further into the roadway.
    - The Society Board is working on **signage improvements on "A" and "B" roads.**
    - The **thirteen miles of yellow lines; twenty-six miles of white lines, plus speed bumps** which have been redone over the past few years is high, and the weather, plowing, and usage wears them down. We try to keep up with it as often as possible.
- Ice Dams:** The significant amount of snow we have experienced this winter resulted in many Condos having Ice Dams and unit water damage. Condos have various methods of dealing with this issue:

*continued on page 10*

- Roof raking all units.
- Removal of all snow on East and Northeast facing units.
- Using roof rakes with wheels which leave a thin coat of snow.
- Ice shields
- Gutter guards
- Cleanings gutters and downspouts three times each year - once in the spring and twice in the fall.

**Unit Heating Issues:** Condos with electric heating attached to the ceiling panels may have failures. The Condo will replace the panels and provide baseboard heating. If baseboard heating fails, the unit owner is responsible for replacement. In units with natural gas, the heating system is the responsibility of the unit owner.

### **How do Condos instruct unit owners about the variance process?**

- Introduced during new unit owner orientation.
- It should be indicated in "Rules and Regulations."
- Explained in unit owner annual or monthly publications.

**Somers Environmental Committee** will have several Earth Day events beginning April 19, including a *Repair Café* at which volunteers will repair residents' small items rather than have them thrown away. They are looking for volunteers to do watch and lamp repairs, as well as knife sharpening. [See page ##.]

**The Council of Condos invites Condo presidents and/or a representative from all thirty Condo boards to attend Council meetings at the Activities Center at 7 pm on the third Wednesday of each month.**

\* \* \*

## ABOUT "OUR" ROADS

*By Susan Statkowski-Rivalsi*

Did you know that in addition to Condos owning their interior paved areas, much of the land on which our main roads sit is actually owned by Condos, *not* the Society?

Sounds confusing, yes? Well, on the wall by the entrance to the Society Office there's a map of the entire property. It's an artist's rendering - not technically correct, like an architect's drawing or tax map - but it's good enough for purposes of this discussion.

On that map, each Condo's perimeter is indicated. If you look closely, you'll see that some of those perimeter lines include all or part of paved sections of our "main" roads, which are called "A" roads (they have yellow lines on them).

In addition, there are a few roads which run in between two Condos, connecting with a main A road at one end or both ends. They're called "B" roads (they also have yellow lines on them).

Finally, there are the interior Condo roads (they have no yellow lines on them).

## OWNERSHIP

The Condos own all of the land on which their interior paved areas sit.

In some instances, a single Condo owns the land on which the entire adjoining section of an A / B road sits - from curb to curb (and sometimes even beyond). In other instances, portions are owned by two Condos or a Condo and the Society (the property line may run down the middle or off to one side of the road).

## PROPERTY TAXES

Each Condo pays taxes on all of the land it owns, including its sections on which A and/or B roads sit. That cost is covered by the unit owners' monthly Condo fees.

The Society Board pays taxes on all land (paved or not) that's not owned by any Condos. Those taxes are covered by the 2,606 unit owners' monthly Society fees.

## MAINTENANCE

The Condos are only responsible for maintaining their interior paved areas. The cost of that is covered by the unit owners' monthly Condo fees.

The Society Board is responsible for maintenance of all A and B road areas as well as limited maintenance\* of the ten feet of unpaved land next to those roads' curbs. That maintenance expense is shared by all 2,606 unit owners, covered in their monthly Society fees.

\* Mowing the lawn areas, leaf removal, and application of chemical lawn treatments; no bush, shrub, tree, or vine maintenance, for which the owning Condo is responsible.

\* \* \*



## COMMUNITY THEATRE

*By Muriel Millstein Weiss*

The Community Theatre Board of Directors would like to extend a hearty thank you for your enthusiastic response to our call out for auditions. We look forward to working together.

Our June production, *London Suite*, by Neil Simon will be directed by Scott Harris. Performance dates are Friday and Saturday, June 26 and 27 at 7:30 pm with a Sunday, June 28, matinee at 3 pm.

Theatre members pay \$25 and -non-members pay \$30. Place checks payable to "HHCommunity Theatre" in the Theatre mail slot outside the Activities Office at the Activities Center, or mail them to us at HHCommunity Theatre, 8 Heritage Hills, Somers, New York 10589

If you have any questions, contact Helen at 917-554-4417 or Antonia at 410-591-8487

P.S.: It's not too late to become a member at a cost of either \$10 or to be an Angel, support us for \$25.

See you at the theatre!

## EAST HILL MEN'S GOLF ASSOCIATION

By Ken Freeman

As I wrote this in early March, there was still lots of snow on the ground. But they told me that spring WOULD arrive.

So, if the Somers National Golf Course is open, our 2026 season of weekly Tuesday and Thursday morning rounds will begin Thursday, April 2. The Season-Opening Breakfast will wait for more snowbirds to return, taking place on Wednesday, April 15.

For more details, contact Sandy Lieberman at [golfer61345@gmail.com](mailto:golfer61345@gmail.com) or 914-438-6762.

\* \* \*

## GARDEN CLUB

By Louise Fusco

The flowers presented in this Newsletter's three-part series "The Flowers of Meadowlark Park" (part 3 is on page 20 of this issue) are starting to bloom in the Pollinator Garden areas of the Park. These garden areas, which are located on top of the hill going up from the playground, are an initiative between the Garden Club and the Society Board's Meadowlark Park Committee that began in 2022.

For more information about the Garden Club, send an email to [hhgardenclubsecretary@gmail.com](mailto:hhgardenclubsecretary@gmail.com).



By Elizabeth Royston

# HLibrary



## LIBRARY VOLUNTEERS' FAVORITE AUTHORS

Our library volunteers are avid readers, and they would be happy to help our borrowers find selections from a new author. An impromptu poll of our volunteers resulted in the following recommendations of their favorite authors, all who have books available at our HHLibrary:

For **mystery** lovers there are Kate Atkinson, John Banville, Ann Cleeves, Anthony Horowitz, and the ever popular and prolific Louise Penny. Also, two new authors to our collection, Val McDermid and Denise Mina, are especially popular.

For those who like to read **literary fiction**, Claire Keegan, James McBride, Ian McEwan, Ann Patchett, and Elizabeth Strout were mentioned by several volunteers as authors they enjoy.

**Historical fiction** is also very popular. Rhys Bowen, who writes modern historical fiction, and the big three of Tudor fiction – Philippa Gregory, Hilary Mantel, and Alison Weir – are also worth exploring.

The next time you stop in the Library, do not hesitate to ask our volunteers for reading suggestions, and be sure to let us know about books you have enjoyed!

## BOOK REVIEW

For a review of *Marriage at Sea: A True Story of Love, Obsession, and Shipwreck*, by Sophie Elmhirst, see page 35.

## NEW ADDITIONS TO OUR COLLECTION IN APRIL

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

### Fiction

Benedict, Marie.....*Daughter of Egypt*  
 Erdrich, Louise.....*Python's Kiss*  
 Groff, Lauren.....*Brawler*  
 Pataki, Allison.....*It Girl*  
 Stedman, M. L.....*A Far-flung Life*  
 Sweeney, Cynthia D'Aprix.....*Lake Effect*

### Mystery

Brown, Sandra.....*Bloodlust*  
 French, Tana.....*The Keeper*  
 Kubica, Mary.....*It's Not Her*  
 McFadden, Freida.....*Want to Know a Secret?*  
 Patterson, James,  
 and Davis, Viola.....*Judge Stone*  
 Stevenson, Benjamin.....*Everyone in This Bank Is a Thief*

### Non-Fiction

Pitts, Mike.....*Island at the Edge of the World*  
*The Forgotten History of Easter Island*  
 Sancton, Julian.....*Neptune's Fortune: The Billion-Dollar Shipwreck and the Ghosts of the Spanish Empire*

# RESIDENT PROFILE

Date: \_\_\_/\_\_\_/\_\_\_

Unit Number \_\_\_\_\_ Condo \_\_\_\_\_

Owner Name(s) 1. \_\_\_\_\_ 2. \_\_\_\_\_

Home # \_\_\_\_\_ Mobile \_\_\_\_\_

Mobile \_\_\_\_\_ E-Mail: \_\_\_\_\_

Additional Occupants: \_\_\_\_\_

Pets: \_\_\_Dogs \_\_\_Cats

Does Security have a key? \_\_\_\_\_YES \_\_\_\_\_NO

Key elsewhere: \_\_\_\_\_

Pre-authorized access is given to: \_\_\_\_\_

## **Vehicle Information**

Make \_\_\_\_\_ Model \_\_\_\_\_ Color \_\_\_\_\_ Plate # \_\_\_\_\_ State \_\_\_\_\_

Make \_\_\_\_\_ Model \_\_\_\_\_ Color \_\_\_\_\_ Plate # \_\_\_\_\_ State \_\_\_\_\_

Special Conditions: \_\_\_\_\_

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

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Gymnasium Usage/Schedule

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7:00 A.M.	Pickleball	Open	Pickleball	Open	Open	Open	Pickleball
8:00 A.M.	7:00AM to	Until	7:00AM to	Until	Until	Open	7:00AM to
9:00 A.M.	11:30AM	9:15AM	10AM	9:15AM	10:15 AM	Strength & Stretch	2PM
9:15 A.M.						8AM to 9:15AM	
9:30 A.M.		Excercise with Lori		Excercise with Lori		Shuffleboard	
10:00 A.M.		9:30-10:30AM		9:30-10:30AM		9:30AM to 12PM	
10:15 A.M.			Open		Zumba		
10:30 A.M.			10AM		10:30AM to 11:30AM		
10:45 A.M.		Open	Line	Open			
11:00 A.M.		10:45AM to 12:15AM	Dancing	Pickleball			
11:15 A.M.			11AM to 12PM to	11:00AM to 2PM			
11:30 A.M.	Open				Open		
11:45 A.M.	11:30 AM to 1PM		Open		11:45AM to 4PM		
12:00 P.M.			12PM to 12:45PM			Open	
12:15 P.M.		Hold				12:15PM to 2PM	
12:30 P.M.							
12:45 P.M.							
1:00 P.M.	Tai Chi		Shuffleboard				
1:15 P.M.	1PM to 2:15PM		1PM to 3PM				
1:30 P.M.							
1:45 P.M.							
2:00 P.M.		Pickleball		Open		Pickleball	Open
2:15 P.M.	Open	2PM to 4:30PM		2PM to 6:30PM		2PM to 6PM	2PM to 10PM
2:30 P.M.	2:15PM to 6PM						
2:45 P.M.					Pickleball		
3:00 P.M.					2:30PM to 5:30PM		
3:15 P.M.			Open				
3:30 P.M.			3PM to 6PM				
3:45 P.M.							
4:00 P.M.							
4:15 P.M.							
4:30 P.M.							
4:45 P.M.							
5:00 P.M.							
5:15 P.M.							
5:30 P.M.							
5:45 P.M.					Open		
6:00 P.M.	Pickleball	Open	Pickleball		5:30PM to 10PM	Open	
6:15 P.M.	6PM to 8PM	4:30PM to 7:30PM	6PM to 8PM			6PM to 10PM	
6:30 P.M.							
6:45 P.M.				Pickleball			
7:00 P.M.				6:30PM to 10PM			
7:15 P.M.							
7:30 P.M.		Pickleball					
7:45 P.M.		7:30PM to 10PM					
8:00 P.M.	Open		Open				
8:15 P.M.	8:00PM to 10PM		8:00PM to 10PM				
9:00 P.M.							
10:00 P.M.							

**Updated 2/01/2026**

## GENERAL CLUB/CLASS INFORMATION AND REGULARLY OCCURRING ACTIVITIES

A complete list of Society-approved Activities/Classes/  
Clubs is available online at [hhsociety.org/activities](https://hhsociety.org/activities)

Produced by the Activities Office

Phone: 914-276-2636. Email: [activities@hhsociety.org](mailto:activities@hhsociety.org)

### ARTS & CRAFTS

**I LOVE ART CLASS:** After School Art in Heritage Hills for children grades 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 the Activities Center's Studio 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). **On hiatus until spring.**

**CRAFTERS IN THE HILLS:** Wednesdays in the Activities Center's Lower Level Studio B from 10 am to noon / first week of the month from 6 to 8 pm. No fee to join; some sessions are free (you supply materials) and other sessions have a fee based on materials. Email to join and for more information: [craftclubhh@gmail.com](mailto:craftclubhh@gmail.com).

**NEEDLECRAFT GROUP:** Charitable group that meets Wednesdays at 12:30 pm in the Activities Center's 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 Activities Center's Club Room 2. 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 the Activities Center's Studio A. Portraits, figures, still lifes. Bring your choice of paper, pens, pencils, watercolors, pastels, etc. Models are welcome to pose for 20 minutes (clothed!). No fee, no teacher, but guidance available.

**WOODCRAFT CLUB:** The shop on the Activities Center's Lower Level 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.

### BOOK CLUBS

**CONTEMPORARY FICTION BOOK CLUB:** First Tuesday of each month from 2:30 to 4 pm in the Activities Centers's Game Room. New members are welcome. For more information contact [myrahopper@gmail.com](mailto:myrahopper@gmail.com) or 520-390-5523.

**HERITAGE HILLS LIBRARY BOOK GROUP:** First Monday and first Thursday of the month at 3:30 pm in the Activities Center's Game Room. For further details, contact Sheelagh Kaplan at [Sheelaghk1@aol.com](mailto:Sheelaghk1@aol.com).

**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 Wednesday of the month from 3 to 4:30 pm in the Activities Center's Club Rooms 2 – 3. This Club's primary objective is to foster a culture of environmental responsibility within Heritage Hills. All are welcome, including teens. Watch for announcements and postings about fourth Friday and about special events and field trips. No fee. For more information contact Carrie Sears at [carolynnsears@me.com](mailto:carolynnsears@me.com) or 914 522 3111.

### EXERCISE CLASSES

**TAI CHI AND CHI GONG WITH MASTER ELLEN:** Mondays from 1 to 2:15 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 take place in Lake Lodge's Upper Level and 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 are available. No mats needed. Class is periodically full, so joining is up to the discretion of the instructor due to class size. Fee: \$10 per class. Try the first class for free! Email Lori at [eefyjig@gmail.com](mailto:eefyjig@gmail.com).

**BALANCE AND AGILITY FOR ACTIVE SENIORS:** Wednesdays at 10:30 am

on Lake Lodge's Upper Level. 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.

**LINE DANCING WITH THERESA:** Wednesdays at 11 am in the Gym. Easy to learn and easy to follow line dances to all music genres taught in workshop format. Fee: \$10 per class. Email Theresa at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

**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).

**ZUMBA GOLD WITH THERESA:** Fridays at 10:30 am in the Gym. Low impact dance fitness class suitable for all fitness levels. Fee: \$10 per class. Email Theresa at [zumbawithme@aol.com](mailto:zumbawithme@aol.com).

## YOGA

**YOGA WITH STACEY:** Mondays at 11:30 am at Lake Lodge with Stacy Goodman, RYT-200. A gentle, slow-flow yoga class to strengthen, lengthen, calm, and expand body, mind, spirit within. \$15 drop-in. Email [Resorationyoga@hotmail.com](mailto:Resorationyoga@hotmail.com).

**CHAIR YOGA WITH SATISH:** Tuesdays from 10 to 11:15 am in Lake Lodge's Room 3 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).

**VINYASA YOGA WITH JOE:** Wednesdays at 5:30 pm and Saturdays at 9 am in Lake Lodge's Upper Level. \$10 per class. To register, email Joe Ferrari at [josephferrari@me.com](mailto:josephferrari@me.com).

**GENTLE YOGA WITH LISA:** Fridays at 10 am on Lake Lodge's Upper Level. \$60 for four consecutive classes or \$18 to drop-in for a 75-minute class. [Lisaathomas@optonline.net](mailto:Lisaathomas@optonline.net) or 914-497-0243.

**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 Heritage Room. For information, call Marie at 914-277-4266.

**BRIDGE - SOCIAL:** Wednesdays 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 in Activities Center's Club Room 2. Contact Doris Simon at 914-276-0111 or [Doris1121@me.com](mailto:Doris1121@me.com), or Nancy Heilman at 914-224-7180 or [NancyC.Heilman@gmail.com](mailto:NancyC.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's Room 3 (contact Sue Furino 914-617-9110); Fridays at 1 pm in Lake Lodge's Room 3, and Tuesdays and Thursdays from 11 am to 1 pm in Lake Lodge's Room 2 (Contact MaryAnne McMullen at 914-414-9116 or Terry Colomer at 914-342-3610).

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

**GARDEN CLUB:** For information, including questions on membership and use of the Club 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.

**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. February thru December. \$25 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 in the Heritage Room. 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's Club Rooms 2 - 3. 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 in Lake Lodge's Room 3 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:** meets on the second Wednesday of the month, except for December, January, July, and August. Membership dues for renewals and new members are just \$12 for the year (January thru December). Flyers are available for memberships. Insert your check in an envelope, including your name, unit number and phone number and put it in the Women's Club mail slot. For further information, call Membership Chairperson, Alfreda Savarese at 914-617-2007. See the COMING EVENTS section of this *Newsletter* for specific upcoming event details.

**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 3 pm 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@comcast.net](mailto:ciwhitestar@comcast.net) or 914-617-9228.

### SPORTS

**BOCCE:** 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 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.

**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.

**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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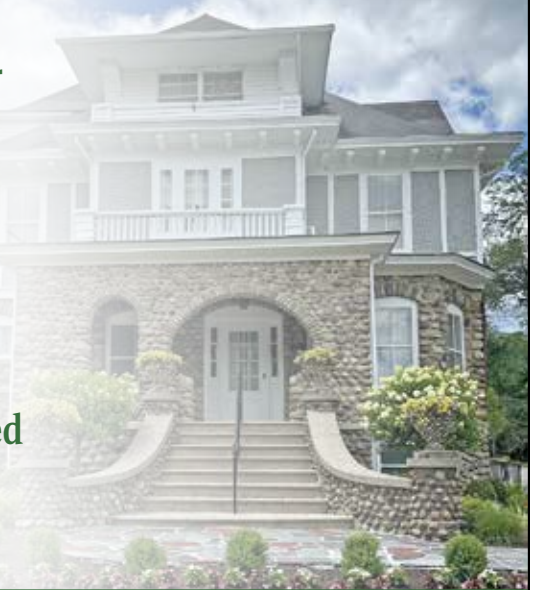
- Frozen or cracked outdoor pipes & hose bibs
- Slow drains or gurgling from winter buildup
- Leaks around boilers, water heaters, or valves
- Sump pump issues before spring rain
- Heating systems that struggled in the cold
- Corrosion, dripping fittings, or unusual noises

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## **THE FLOWERS OF MEADOWLARK PARK – PART 3**

*Compiled by and photos by Joanne Meder*

This is the last part of a three-part series presenting flowering perennial plants seen in Meadowlark Park – when they first bloom (all are pollinators, most native). These are ones that bloom late summer through the fall, with their bloom periods, preferred light conditions, and heights. In addition, five of the plants previously presented can continue to bloom into the fall. (See Part 2 for light condition definitions.) At plant nurseries, information on plant tags will provide more specific guidance on the expected height of individual species for the plants featured in this series.

Consider adding these around your unit (with Condo approval, if required). Once established, they'll return year after year, requiring minimal maintenance.



**IRONWEED**  
August thru September  
Full sun  
4 to 7 feet tall



**SNEEZEWEED**  
August thru October  
Full sun  
2 to 5 feet tall



**STONECROP**  
Summer and Fall  
Full sun  
10 to 12 inches tall



**OBEDIENT PLANT**  
August thru November  
Full sun or part or full shade  
3 to 5 feet tall



**ASTER**  
August thru October  
Full or part sun or full shade  
1 to 4 feet tall



**EASTERN PRICKLY PEAR CACTUS**  
Pink Fruit in the Fall  
Full sun  
6 to 12 inches tall

## PICKLEBALL LOVE

By Fran Boemio



On February 11, fifty ladies came together at Oscars II to celebrate our third annual Galentine's Day! Everywhere you looked, ladies dressed in red and hearts were chatting, smiling, laughing, and having a great time. The staff at Oscars II were amazing!

Our Pickleball Cares Committee asked everyone to donate specialty items for ladies who benefit from St. Luke's Food Pantry. We collected 247 items! This is a record-breaking amount! There was an abundance of shampoos, conditioners, foam soaps, lotions, body scrubs, and so much more! Our very generous group made many ladies very happy, especially on Valentine's Day. The Pickleball players are very giving and believe in supporting people in the community.

## THE ANYTIME AT ALL BAND CONCERT

Text and photo by Dorinda Haskel



On March 7, a sold out crowd enjoyed singing along and dancing to Beatles tunes with the *Any Time at All Band*.

This event, sponsored by the Society Board's Community Events planning team, was the first in a series of events...Keep an eye out for more.



## MEET YOUR NEIGHBOR NANCY ISRAEL

*Text and photo by Rosetta Benjamin*

It's not often – maybe never – that MEET YOUR NEIGHBOR has ever published a sequel! In this instance, however, we felt it was more than justified.

Nancy Israel and her husband, Fred Elmes, moved to Heritage Hills in September 2016. Although Fred usually made light of his prestigious career in the film making industry, in 2020 when he received the *Lifetime Achievement Award from the American Society of Cinematographers*, he agreed to be featured in our *Newsletter*. This year, however, it is Nancy who warrants her own spotlight, because much has happened in *her* life since then, including, this month, taking over the role of moderator for the Independent and Foreign Film Club here.

Nancy and Fred met in Los Angeles some forty-six years ago while working on a small film project. Fred was the cinematographer and Nancy was the production manager. Though both obviously loved filmmaking, when they eventually married and had children, Nancy chose to put her life's ambition on hold so Fred could continue to pursue his career – a career which they knew would often require his being away from home for months at a time.

So what did Nancy do while her filmmaking career was on hold? She raised two children; went back to school (this time for a Master of Arts degree in Urban Planning); worked in community development; and ran three New York City marathons and one marathon in Berlin.

Finally, it was *her* turn to realize *her* dream: During January 2006 to February 2007, she produced a film called *Starting Out in the Evening* starring Frank Langella. Released by Roadside Attractions, it premiered at **The Sundance Film Festival** in January 2007. (Note: It has an 89% rating on Rotten Tomatoes and rave reviews from the critics, e.g. "One of the best films of 2007.")

As I write this article, I can't stop thinking of that oft-quoted philosopher Yogi Berra: "It's not over 'til it's over." Why?

- Because in January 2009 (when Nancy joined the faculty of the Jacob Burns Film Center Media Arts Lab), she initiated the course "And the Oscar Goes To ..." and stayed on as its instructor until February 2016.
- Later, in 2010, she began working for the law firm of Perlman & Perlman. Over the years there, what was 'just a job' turned into *another* career. Her current title is Director of Marketing.
- And finally, the afternoon of our interview, she surprised me with the news that her husband Fred had suddenly left for India. Mira Nair, the film director he had worked with on *The Namesake*, needed him ASAP.

The simple truth is Lifetime achievements take a lifetime. And now I am thinking of another quote: "Just keep truckin."



## TAD PHILIPP PRESENTATION

*By Bill Ablondi*

The Club hosted Tad Philipp, a fine art and documentary photographer and member of the prestigious Ground Glass Association of Fine Art Photographers, who presented the photo composition *The Intersection of Art, Photography and Artificial Intelligence*. The photographs ranged from weavers in India to a Burning Man event and the Storm King Art Center. Tad's travels with the group "Photographers Without Borders" provided the backdrop for many of his photos.

In addition to his presentation Tad reviewed photos submitted by members and offered them tips on how the images could be enhanced.





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### TOTAL UNITS SOLD BY ONEKEY/HGAR MLS AGENTS

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<b>TOTAL SOLD</b>	<b>155</b> \$250,000-\$1,225,000	<b>123</b> \$315,000-\$900,000	<b>109</b> \$320,000-\$885,000	<b>155</b> \$276,000-\$876,000

### VARIOUS UNITS SOLD BY MLS AGENTS FROM 1/1/25 - 3/18/26

ONEKEY/ HGMLS DATA AS OF 1/1/2025-10/10/2025

#### ONE BEDROOM

MODEL NAME	PRICE	MODEL NAME	PRICE
Amherst	\$500,000; \$525,000	Radcliffe	\$599,000; \$604,000
Franklin	\$399,000; \$420,000; \$435,000	Guilford	\$485,000; \$512,000; \$516,000

#### TWO BEDROOMS

MODEL NAME	PRICE	MODEL NAME	PRICE
Armonk	\$642,000; \$645,000; \$660,000	Madison	\$415,000
Berkshire	\$610,000; \$720,000	Monroe	\$519,000; \$525,000; \$542,500
Cambridge	\$625,000	Princeton	\$750,000
Canaan	\$625,000; \$685,000; \$750,000	Ridgefield	\$610,000
Concord	\$534,500; \$540,000; \$552,000	Salem	\$675,000; \$680,000; \$730,000
Dartmouth	\$675,000	Stanford	\$760,000; \$982,500
Fairview	\$600,000; \$610,000; \$625,000	Stratford	\$650,000; \$666,000; \$715,000
Harvard	\$930,000	Stratford II	\$816,000
Katonah	\$570,000	Syracuse	\$710,000
Kent	\$625,000	Wellesley	\$599,000
Lexington	\$671,000		

#### THREE BEDROOMS

MODEL NAME	PRICE	MODEL NAME	PRICE
Columbia	\$1,225,000	Sherman I	\$825,000; \$875,000; \$910,000
Croton II	\$680,000	Sherman II	\$947,000; \$1,200,000; \$976,300
Jefferson (with carport)	\$625,000; \$700,000	York	\$575,000; \$675,000



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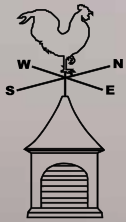
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## SOMERS ENERGY & ENVIRONMENT COMMITTEE

Submitted by Flo Brodley

### FREE REPAIR CAFÉ

Sunday, April 19, from 11 am to 3 pm in the Somers Library

Celebrate the beginning of Earth Week by getting a **FREE** repair job by talented volunteers – including several of our residents. You are invited to bring one or two broken items of the following types: lamps, jewelry, journals, embroidery, sewing needs, and even knives in need of sharpening. They will be fixed on site while you wait.

Save your money, keep your stuff in good shape and out of the landfill, and meet your neighbors!

For more information, contact Denise Schirmer at [dschirmer@somersny.gov](mailto:dschirmer@somersny.gov).

### NOW YOU KNOW!



April Sunset by Allison Minton

## SOMERS SENIOR SERVICES

Submitted by Princess Guerra, Program Director

### SPRING DAY TRIPS

To register, call 914-232-0807. Make checks payable to "Somers Senior Programs."

### RESORTS WORLD CASINO CATSKILLS

Thursday, April 16

\$55 per person, cash or check, due by April 4, includes \$25 in free slot play and \$15 food credit. Departs Van Tassell House at 7:45 am and returns at 6 pm.

### YANKEES vs. RANGERS AT YANKEE STADIUM

Thursday, May 7

\$70 per person, cash or check, **due by April 17**. Departs Van Tassell House at 11 am after a light breakfast served at 10:30 am, and returns at 5 pm.

### HUDSON RIVER CRUISE AND LUNCH IN KINGSTON

Thursday, June 18 (Rain Date: Thursday, June 25)

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### FIT-BITS

*By Mary Tedesco*  
*Fitness Center Manager*

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##### Spring Into Nutrition

This is a great time to add more freshness to your diet. Each week, try adding in a few of these fresh choices:

- Nuts and Seeds
- Fruits
- Whole Grains
- Veggies
- Legumes and Beans

##### Spring Into Fitness

With warmer temperatures and additional sunlight, we all start to feel super motivated and bursting with energy. Now is a great time to try something new in your fitness routine. Switching it up helps you mentally as well as physically. Try one of these this spring:

- Cycling, walking or jogging
- A morning stretching routine
- A new water bottle to keep you hydrated
- A new fitness app

##### Spring Into a Mental Lift

Spring is so good for our mental awareness and positive energy fields. Try this:

- Spend time in nature
- Meditate
- Learn new breathing routines
- Start a gratitude journal



*By Terry Clifford*

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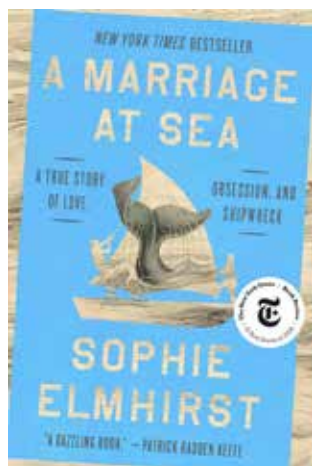
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## THE BOOK SHELF

By Dassi Citron

*Marriage at Sea: A True Story of Love, Obsession, and Shipwreck*, by Sophie Elmhist, was on my must-read list. A non-fiction version of *Life of Pi*, I wondered?

The author chronicles the voyage, and aftermath of two unusual people, Maurice and Maralyn. Drawn from a true survival story, the account reads like a novel. How did two adventurous



souls survive a sperm whale collision that caused their boat to sink into the ocean?

You learn all this in the first chapter which ends with this: "She went down so gracefully. The solid bulk of her hull. The deck, cockpit, sails and ropes all swallowed by the water, Maralyn took a picture as the last triangle of sail and the tip of the mast disappeared beneath the surface. Frozen in the photograph, the mast looked as if it might be coming the other way, emerging from the water like a thin arm hoping for rescue."

Hope for rescue became the end game, as Maurice and Maralyn do unimaginable things to survive the perils of the ocean.

The book is organized in five parts, which detail aspects of their life before their journey, their elemental time on the raft where the fight for survival is paramount, and the years afterward.

Crisp writing pulls you along, especially during the very suspenseful moments of their time at sea.

While numerous reviews highlight the strength of their relationship as key to their survival, their differences are stark. Maurice - an introvert, and a pessimist - was detail oriented to a fault. His single-minded focus became a lifeline. Maralyn was fearless, optimistic, intuitive, and was able to be a gentle leader when needed. Traits all put to the test repeatedly.

As I was reading, I wondered would I survive under such perilous circumstances? Would the fabric of my marriage hinder or help? Would I have the courage to begin anew?

Read this book. Those unforgettable scenes at sea stay with you long after the book is returned to the shelf.

(*Marriage at Sea: A True Story of Love, Obsession, and Shipwreck* is part of the Heritage Hills Library and Westchester County Library collections. For a list of new books at our Heritage Hills Library, see page 11.)

\* \* \*



Text and photo by Elizabeth Royston

It is always good to have a great appetizer recipe in one's pocket!! These little sausage rolls are easy to prepare and present very nicely on the table. Prepared by Barbara Tepper, the Culinary Club enjoyed these during one of our fall dinners. Give them a try!!



### DUTCH SAUSAGE ROLLS (*Saucijzenbroodjes*)

Use Pepperidge Farm Puff Pastry Sheets. A 17.3 oz (1.1 lb.) box contains 2 sheets. You will need 2 boxes to make this entire recipe (32 rolls).

#### Ingredients

- |   |                                 |
|---|---------------------------------|
| 1 pound lean ground beef                      | 1/2 cup Panko bread crumbs      |
| 1 egg   | 1 teaspoon Worcestershire sauce |
| 2 tablespoons milk                            | 4 sheets of puff pastry, thawed |
| 1 teaspoon salt                               | 1 egg yolk                      |
| 2 pinches nutmeg (1/8 teaspoon)               | 1 teaspoon water                |
| freshly ground pepper to taste (1/4 teaspoon) |                                 |

#### Preparation

1. Preheat oven to 400° F. Line a baking sheet with parchment paper and set aside.
2. Unfold puff pastry sheets. Lengthwise, cut each rectangular sheet in half to create 8 separate sheets.
3. In a large mixing bowl, using your hands, quickly and gently combine the first 8 ingredients and divide into 8 equal portions.
4. Roll each of the 8 portions of beef mixture into the shape of a sausage and place in the middle of a pastry sheet (across the length of each sheet). Fold each pastry sheet around its meat "sausage" and, using wet fingers, pinch the top and bottom edges together, enclosing the sausage. Cut each into 4 equal sized rolls to create a total of 32 sausage rolls.
5. Beat egg yolk with water and brush egg mixture over the rolls.
6. Place the sausage rolls onto parchment paper-covered baking sheet.
7. Place baking sheet in the middle of the preheated oven and bake for 20 minutes or until pastry is crisp and golden. Serve warm.

The sausage rolls can be refrigerated for up to 4 days and reheated in an oven.

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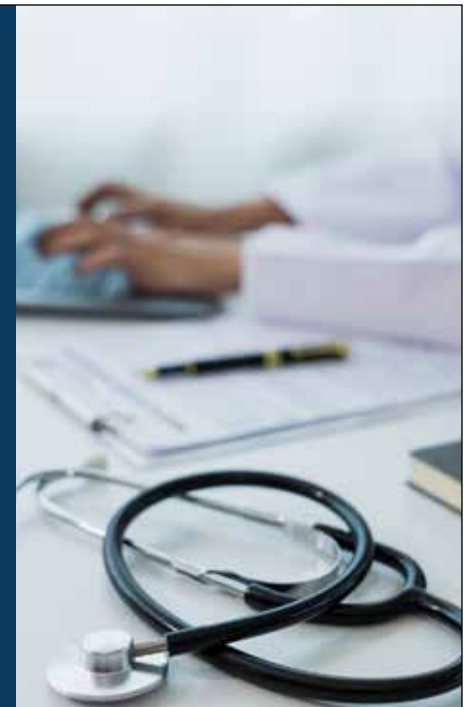
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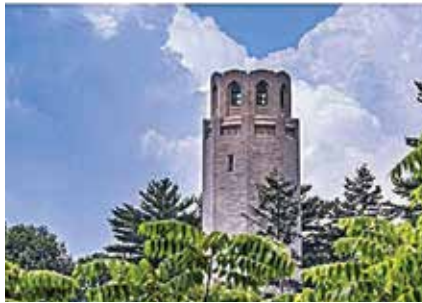
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