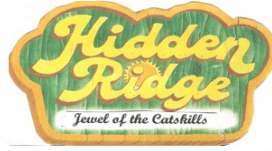


The Hidden Ridge GEM

June 2014

Issue 14-02



The President's Message



Dear Fellow Hidden Ridgers,

Welcome back! It is great to be back, to see for myself that our Jewel in the Catskills survived what locals are calling the worst winter in 30 years. We owe our utmost thanks to Lenny Kirschenbaum and Jerry Bassik for making sure that all ran smoothly during the winter as well as during the early spring cleanup. They deserve a well earned vacation!

The grounds look fantastic. Our maintenance crew has worked very hard to cleanup and revitalize our landscape. They deserve our thanks for a job well done. Perhaps the next time you see the guys working around the community you can thank them for their hard work - they deserve it!

Several hundred bulbs that were donated by Eddie Erlich and Brian Kudler were planted last fall and bloomed this spring all around the property. Thank you both for your generosity and support of the community.

Some of our buildings incurred damage externally from the harsh weather. These are being addressed by our contractors and have increased our anticipated expenditures for the end of last fiscal year and the beginning of this fiscal year.

I am happy to report that approximately 70 homeowners filed a tax grievance complaint with the Town of Thompson. This is in addition to the approximately 30 that filed last year. Some received an offer to sign a stipulation to lower the assessed value of their unit to \$70,000. The others will receive the findings of the Board of Assessment by the end of the month. Homeowners will receive a deduction in their taxes of approximately \$350 for every \$10,000 decrease in assessed value of their unit.

Mother Nature prevented the pool from being opened for Memorial Day weekend. It was opened just a week later on May 30th and I am glad to see so many people enjoying the water. There are some minor problems that will be addressed, so we ask for your cooperation, if needed.

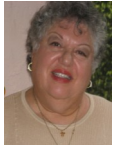
The Pool Pavilion now has a four speaker radio/cassette player/CD player, thanks to Eddie Erlich, Brian Kudler and Lenny Kirschenbaum. It also has a refurbished counter/bar.

I want to remind the residents that the Board is made up of volunteers who are homeowners as well. We would appreciate that our time is respected. Unless it is a dire emergency, please refrain from phoning until normal business hours (8:30 AM – 5:00 PM). We will be happy to address your questions at that time. Of course, emails are acceptable at any time.

On behalf of the Board of Directors I would like to welcome the new homeowners and new renters who will be sharing their first summer with us. We hope that you will join us at our Welcome Back Brunch on June 22nd as well as our other planned activities. Make sure to check the Save the Dates column as well as the Bulletin Board for upcoming activities.

Bonnie

From the Editor



Dear Fellow Hidden Ridgers,

There are many things for which I am grateful in this life - my health, my beautiful and loyal wife, Bonnie, my friends, my understanding and always faithful family, my ability to have the best of all possible worlds with two homes, one here and one in Florida, and many other small things that I appreciate.

I have been writing this column and editing this newsletter for seven years now and when I look back on previous messages that I have sent out from this forum, I am still appreciative that I can come up with something new to say each month for the last 40 issues! But life erupts with oh so many bursts of memorable events that there is always something new and interesting to write about.

I happened to look back on last year's June issue and realized that I wrote about Lynn Keusch's death and loss to the community not realizing that there would be more losses for this community over the summer, and for me, especially, the greatest loss, Michael Seltzer.

As we move forward into the summer of 2014, we take a moment to reflect upon the deaths over the past year, not only of Lynn and Mike, but Renee Bassik, Ira Glick, Jerry Green, Irving Weiss, David Rashkin, Senta Bar, and most recently, Larry Shorten.

Yes, they will all be missed and we won't soon forget them. But, we will have opportunities to celebrate in our community as well. Lenny Keusch started us off with his engagement. We say congratulations and best wishes to him and his fiancée, Tammy.

*The first time for us to come together as a whole community and celebrate, is the "Welcome Back" Brunch on June 22nd. We will have some lox and a "schmeer" on a bagel, coffee and some desserts. We will "schmooze" and catch up with our neighbors and friends, find out who has sold their home, who has come back, and meet new neighbors. **This brunch is not restricted to snowbirds and weekenders!** As a matter of fact, we encourage **ALL Hidden Ridgers**, especially the people who live here full time, to come out for this fun meet and greet. It will be a pleasure to see you and hear your "war" stories first-hand about "The Winter of 2014!"*

So, I will look forward to seeing you all there on the 22nd and pray we have a warm, wonderful summer with only happy occasions to note.

Linda

2013-2014 Board of Directors

Bonnie Siegel	President	791-6056 917-969-9646
Lenny Kirschenbaum	V. Pres	794-3395
Karen Seltzer	Secretary	794-2752 917-861-6291
Chuck Greenberg	Treasurer	516-445-3845
Jerry Bassik	Director	791-4273
Jill Friedman	Director	305-213-4507
Ed Hertz	Director	791-7209 352-242-0910

**Hidden Ridge H.O.A.
PO Box 976**

Monticello, NY 12701

Patrol/Safety number: 845-794-8180

Hidden Ridge H.O.A. Committee Liaisons

Advertising	Chuck Greenberg
Audit	Chuck Greenberg
Beautification	Chuck Greenberg
Clubhouse	Karen Seltzer/Bonnie Siegel
Cul de Sac Liaisons	Jill Friedman
Entertainment	Bonnie Siegel/Karen Seltzer
Grievances	Bonnie Siegel/Lenny K.
GEM/Web Site	Bonnie Siegel/Jerry Bassik
Insurance Certification	Bonnie Siegel/Jerry Bassik
Insurance Matters	Bonnie Siegel/Jerry Bassik
Legal	Bonnie Siegel
Liaison to Veria	Bonnie Siegel
Long Range Planning	Bonnie Siegel/ Lenny K.
Maintenance	Lenny K./Ed Hertz
Daily Pool	Jill Friedman/ Jerry Bassik
Safety	Lenny Kirschenbaum
Sales & Rentals	Ed Hertz/Lenny K.
Sanitation & Recycling	Lenny Kirschenbaum
Snow Removal	Lenny Kirschenbaum
Social	Karen Seltzer

Upcoming Events

Next Board Meeting: Sunday, July 13th

Social Committee Meeting: TBA

Please see the bulletin boards or website.

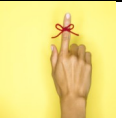


Want to announce something to our community? Call Linda and place an ad in the GEM.

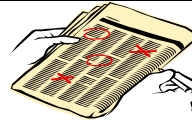
Please call 917-747-8660 or email: bonsdiva@aol.com

DEADLINE for JULY ISSUE - June 20th

Important Reminder



President Bonnie Siegel reminds all homeowners that a current copy of your insurance certification is required to be on file with the HOA. This form should include the unit number as well as the effective dates of coverage. A copy of the Declarations page is acceptable and preferred. Handwritten details on these documents as well as premium notices are not acceptable. Send your certification forms directly to the Hidden Ridge Office, PO Box 976, Monticello, NY 12701.



Classifieds

Wanted: Ads to defray costs of printing the *GEM*, such as, business cards, etc.

Prices for ad space in newsletter:

• full page	\$25/issue	\$125/year
• 1/2 page	\$15/issue	\$ 75/year
• 1/4 page	\$10/issue	\$ 50/year
• business card	\$ 5/issue	\$ 25/year

Call Linda: 845-791-6056 (May-Oct.) 561-498-9338 (Oct.-May)

GEM Staff

Editor-in-Chief

Senior Editor

Advertising

Contributing Writers:

Linda Solomon

Bonnie Siegel

Jerry Bassik

Janet Lieberman

Allan Meyers

Robbie Schecter

Karen Seltzer

Terry Steinberg

*If you would like to contribute to the July issue or consider writing a regular byline, please notify the Editor-in-Chief
Please send your information to:*

Linda Solomon at bonsdiva@aol.com



Liberty Pest Control

Liberty Pest Control has visited the premises and will return for those who need to address interior concerns.

Please call them at the following number to make arrangements and be sure to let them know you are part of Hidden Ridge Homeowners Association.

845-361-3100

If you have any questions, speak to Bonnie Siegel.

Life Cycle Events



Flag Day
June 14



Summer begins
June 21



Father's Day
June 15



D Day
June 6



Happy Birthday

June - Birthstone: Pearls



Gemini (May 21 - June 20)



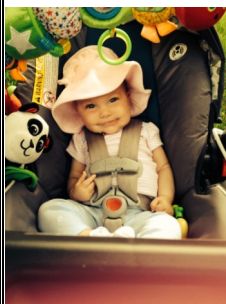
Cancer (June 21 - July 22)



- 05-05 Mel Perlman
- 06-02 Ettie Rachleff
Morty Lynch
- 06-04 Frances Katz
- 06-06 Evelyn Abramowitz
- 06-07 Blossom Cohen
- 06-11 Lee Rosenthal
- 06-12 Hermine Block
- 06-14 Doris Rosdeitcher
- 06-15 Tia Calkin
- 06-18 Sheila Cole
- 06-19 Glenn Meyers

Celebrations!

On December 14, 2013, we welcomed with much joy, our precious granddaughter, Mikayla Ruth. Several dear friends from Hidden Ridge joined us, and proud parents, Jenn & David, and Aunt Tanya & Uncle Steve, for her ritual baby naming back in March. And over Memorial Day weekend, many of our snowbird friends met her as well. For all Hidden Ridgers who missed our sweet Mikaya over Memorial Day weekend, we want to share this recent photo. We sincerely thank all who have extended warm wishes. Grandma Robbie & Grandpa Stan



Happy Anniversary

- | | |
|-------------------------------------|----------------------------------|
| 1. Clocks and Watches | 15. Watches |
| 2. China | 16. Silver Hollowware |
| 3. Crystal and Glass | 17. Furniture |
| 4. Electrical Appliances | 18. Porcelain |
| 5. Silverware | 19. Bronze |
| 6. Wood | 20. Platinum Watches and Jewelry |
| 7. Desk Sets - Pens and Pencil Sets | 25. Sterling Silver Jubilee |
| 8. Linens and Laces | 30. Diamond Watches and Jewelry |
| 9. Leather | 35. Jade |
| 10. Diamond Watches and Jewelry | 40. Ruby |
| 11. Fashion Jewelry and Accessories | 45. Sapphire |
| 12. Pearl or Colored Gems | 50. Golden Jubilee |
| 13. Textiles or Furs | 55. Emerald |

- 04-11 Myrna & Arnold Young
- 05-29 Glenn Meyers & Jason Keigher
- 06-09 Rita & Ron Kukafka
- 06-10 Doris & Sy Rosdeitcher
- 06-18 Myrna & Stanley Want
- 06-21 Sheila & Bob Cole

HOLD THE DATE!



- Sunday, June 22 - Welcome Back Brunch
- Sunday, June 29 - Association General Meeting
- Saturday, July 5 - July 4th Celebration Dinner/Show
- Sunday, July 13 - Board of Directors Meeting
- Sunday, July 20 - Meet the Candidates
- Sunday, July 27 - Board of Directors Meeting
- Sunday, August 3 - Annual Meeting and Elections
- Sunday, August 10 - Board of Directors Meeting
- Sunday, August 24 - Board of Directors Meeting
- Sunday, September 7 - Association General Meeting
- Sunday, September 21 - Board of Directors Meeting

Watch for our July 4th Celebration plans !

Please watch the bulletin boards and your emails for updates on our plans for the July 4th weekend celebrations here at Hidden Ridge!



Thank you to the Hidden Ridge community for your support during the time of Larry's illness and of me since his passing.
Tatiana Shorten & family

Dining and Entertainment

Robbie's Recipes

submitted by Robbie Schecter



Chicken-Broccoli Stir-Fry with Water Chestnuts & Carrots

This is a light stir-fry for a warm summer night.

Ingredients:

- 1 cup brown rice
- 2 heads of broccoli, cut into florets (about 6 cups)
- 2 large carrots, peeled and cut into thin rounds
- 3/4 cup low-sodium chicken broth
- 2 tsp. canola oil
- 3 garlic cloves, peeled and finely chopped
- 8 skinless, boneless chicken breasts, cut into 1 inch pieces
- 2 Tbs. reduced-sodium soy sauce
- 1 Tbs. hoisin sauce
- 1 Tbs. cornstarch
- 1 8 oz can sliced water chestnuts, drained
- 1/2 tsp. sesame oil

Directions:

1. Cook the rice; keep warm
2. Meanwhile, microwave the broccoli, carrots, and 1/4 cup of the chicken broth in a large covered bowl, for three minutes. Set aside.
3. Spray wok or large skillet with cooking spray, then heat the canola oil in the wok, medium to high heat. Stir-fry the garlic for 30 seconds to soften. Add the broccoli, carrots and all liquid from the bowl, and stir-fry for 5 minutes, until just tender.
4. Add the chicken, the remaining broth, the soy sauce, and the hoisin sauce. Cook for 4 minutes, stirring often.
5. Combine the cornstarch with 2 tablespoons of water in a small bowl. Add to the wok, along with the water chestnuts. Simmer for 2 minutes. Drizzle with the sesame oil. Serve with the rice.

Serves 4

ENJOY!

HIDDEN RIDGE POLO SHIRT

The cost will be \$16 for sizes small-extra large (\$18 for sizes 2x and up). (See photo of shirt below) Shirts can be ordered through Bonnie Siegel. Payment will be expected on delivery of the shirts. Thank you for your cooperation.



Hidden Ridge Polo Shirt Order Form:

Name: _____

Phone Number: _____

I would like to order: _____ Hidden Ridge Polo Shirt(s)

_____ Small _____ Medium _____ Large

_____ X Large _____ XX Large _____ XXX Large

Shirts will be available at Welcome Back Brunch for purchase.

Renter's Corner



Welcome !

Warren & Isabel Streisand	17 HR Drive
Esther Bohrer	59 HR Drive
Joe & Mitzi Schoenfeld	74 HR Drive
Ben & Lorraine Hack	96 HR Drive
Lou & Bea Freedlander	125 HR Drive
Lee Simon	175 HR Drive
Seymour & Sheila Spiegel	181 HR Drive
Audrey Fox	193 HR Drive
Yussi & Rose Samama	198 HR Drive
Arnold & Gloria Plotsky	32 HR Terrace
Len & Lena Weitzen (July)	45 HR Terrace

**this list is current as of press time*

Welcome New Neighbors



Darryl Questore	61 HR Drive
Morris Brafman & Barbara Brown	92 HR Drive
William Steinberg & Lauren Kukafka	42 HR Terrace

Cul-de-Sac Liaisons

Cul-de-Sac	Numbers	Liaison
Azaleas	15-23D	Karen Seltzer
Birch	29-43D	Helen Klein
Camellias	59-73D	Betty Fuchs
Daffodils	89-103D	Fran Zatz
Elms	107-125D	Julia Glaz
Firs	149-171D	Lenny Kirschenbaum
Gardenias	173-187D	Jerry Bassik
Hemlocks	193-205D	Lenny Keusch
Iris	196-214D	Harriet Kopelman
Juniper	126-148D	Jeff Lynn
Kerrias	74-96D	Rhoda Hertz
Laurels	44-58D	Ellen Burzichelli
Magnolias	29-43T	Sheila Cole
Narcissus	45-58T	Joe Gluck
Oaks	28-46T	Jill Friedman
Petunias	6-26T	Bonnie Siegel
Roses	8-14D	Helene Schulman

The Poet's Corner



Passages

Time breathing in, breathing out...
I sense time fleeing,
Open book confronts me
Old hopes, friendships, dear family memories...
Passage of years...
Quick eternal spring, then summer
Fireflies drifting toward candlelight
Mellow gold kisses vanishing...
Autumn... catching musk in leaves
Fossilized roses, full lips puckered, foreboding
Winter threatening illness, icicles forming...

Ground rules changing,
Thoughts wandering,
Like spikes pushing through mist
Tremulous tendrils, beguiled by time...

Time is now, find my center
Allay anxiety, accept what is
Live each day anew
My time capsule bobbing, nearing sea...
Safe passage home.

Janet Lieberman

In Memoriam

With great sadness we announce the following losses to our community

Larry Shorten
husband of Tatiana

Marlene Smith,
sister of Bea Freedlander

May their memories be for a blessing.

ELECTIONS 2014 ARE COMING!

This year there will be elections to fill 4 positions on the Board of Directors. The following Directors' terms of office will end as of August 3, 2014:

Jerry Bassik
 Chuck Greenberg
 Ed Hertz
 Bonnie Siegel

While any or all of them may be seeking re-election, other Hidden Ridge homeowners who are interested in a position on the Board should send a letter of intent to Karen Seltzer by July 4, 2013. Nominations will be accepted from the floor at our General Meeting. Check the GEM and the bulletin boards for further details and related election dates.

LIFE CYCLE EVENTS

There have been several occurrences (deaths and funerals, illnesses, etc.) over the winter in which those in charge of disseminating information to the community were not notified in a timely fashion. If you are aware of something that should be disseminated to all of Hidden Ridge, and you have not seen a timely email go out, please make it your business to **notify Bonnie Siegel or Eddie Erlich** as soon as possible. Thank you.

Slow Down and STOP

As more owners, tenants and guests come to enjoy our community, it is time to remind everyone that:

The speed limit on Hidden Ridge Drive and Terrace is 15 miles per hour.

Stop at all Stop signs.

Let us ensure that everyone at Hidden Ridge is safe and has a wonderful summer.

**SPEED
LIMIT
15**

A STORY OUT OF TIME...



Peter Morello is out on assignment and will have a story for us in the next GEM. In the meantime, I thought I would share a story of my own with you.

Linda

EMILY

BY LINDA SOLOMON

It was the summer of 1961, we were both turning 15 - a scary thought for us. Emily had a different name then, so I'll just call her "Es" for the remainder of this story. We were part of a "gang" of boys and girls who would spend the entire summer playing in the lake, hanging out at each other's homes, reading, playing board games or just listening to records - 45's, mind you, of all the latest hits - *"Where the Boys Are," "Take Good Care of My Baby," "Dedicated to the One I Love," "Hit the Road, Jack," "Hello, Mary Lou," "I Love How You Love Me," "Daddy's Home," "Let's Twist Again"* and so many more.

And speaking of twisting, did I mention that we danced? Oh yes, we danced! Morning, noon and night - whenever we were within earshot of music, our feet were moving. We found special places where we could couple up with our favorite partners for the lindy, the twist or a slow dance or that favorite group dance, The Stroll.

After dinner, we would gather at the local fountain shop, Miltie's. There were the requisite tables with mini juke boxes and chairs on one side, the fountain and stools on the other. In the back, there were two pinball machines and a great juke box, which Miltie kept stocked with our favorites and the latest songs. At different times, there were other "gangs" that hung out there, but in 1961, it became our turn - those of us girls who were 15 and 16 and the guys who were 16, 17 and 18. Unless we were going into "town" (i.e., Monticello) to see a movie or there was some teen activity or movie at our HOA's clubhouse, we were at Miltie's.

I don't know how he put up with us, but Miltie was a really good sport. We took up space in his store, spending very little except in the juke box or on the pinball machines. Occasionally, we would get thirsty or hungry so an egg cream (for me, vanilla) and 2 long pretzels would suffice as a filler before dinner (when we were at Miltie's in the afternoon) or after dinner as a nighttime snack.

But, that never stopped us or slowed us down. The others had to walk around us!

Es's birthday was the beginning of July and mine was at the end. On the day of her birthday, we were sitting in her living room and thinking about getting older. One of us turned to the other and said, "Let's never get older, let's stay 15 forever!" To this day, we argue about who was the one who said it and who agreed! From that time on, our birthday cards to one another have said, "15 Forever!"

Little did I know how prophetic that statement would be. Later on that summer, my father suffered what I now know must have been his first heart attack and the beginning of the decline of his health. He died two years later. Staying 15 seemed like a good idea - that time before true sorrow entered my life.

In the meantime, Es had her own share of woes and troubles. But we were there for each other. Both of us being only children, we became "sisters," sharing problems, joyful times, the very best of friends.

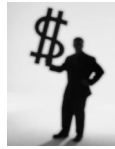
I have been very lucky in my life to have two best friends, with both of whom, I spent my summers. Besides Es there was Sandy of whom I have previously written. Sandy, Es and I made a great triumvirate and spent wonderful times together. Sandy upped and married early and sort of left the fold. And later on, she moved to Australia where she passed away from emphysema at the age of 51.

Es, now Emily and I, however, have remained true to our 1961 pledge to stay 15 forever. We take a yearly picture, posed back-to-back with one arm raised on our heads and the other on our hips. Those photos have seen us through all sorts of occasions, both happy and sad. I had been with her when she met her first husband, the father of her wonderful and delightful daughter. When Emily moved to Florida over 35 years ago, I felt a great sadness - I missed her so. I wasn't with her when she got divorced, but I did manage to get to see her many times over the years.

Now, she is remarried over 10 years and we get to celebrate many good times together since I have moved to Florida for the winters. Of course, her husband and Bonnie are always rolling their eyes when we begin to talk about "the country." But it is all in good humor.

Since living at Hidden Ridge, I go back to that "country" place where we spent those glorious summers of my childhood. One of the highlights was last summer when Emily came up and we went there together. It truly was like being 15 again, 15 Forever!

The Treasurer's Report



Balances:	Operating Account:	\$ 95,835.28
	Money Market:	\$ 60,021.51
	Reserve Account:	\$150,148.78
	Total:	\$306,005.57

- The expenses over income for May 2014 totaled \$29,000, a major portion going towards repairs on roofs and buildings that had problems as a result of this past harsh winter.
- The audit for the fiscal year ending April 2014 is in process with Knack, Pavloff and Company. We should have a completed financial statement to distribute in July.
- The Board has worked to create a balanced budget that at the moment does not increase monthly maintenance fees. The budget will be distributed at our General Meeting in late June. We have been working on ways to increase some of our income categories and reduce certain expenditures. Further discussions will be had with the membership at our General and Annual Meetings.
- We have decided that we needed to do the following;
 - Increase the price of the Welcome Back Brunch from \$5 to \$8 per person
 - Impose an entrance fee for our Saturday night shows as follows:
 - \$3 per person for the first two people in each unit
 - \$5 per person for each additional guest of a unit owner
 - \$10 per person for residents of neighboring communities (Emerald Greens, etc.)
 - Impose a guest charge for those attending our dinner and shows as follows (includes \$5 surcharge for meals for all guests):
 - \$10 + the price of dinner for guests of the unit owner
 - \$15+ the price of the dinner for residents of neighboring communities

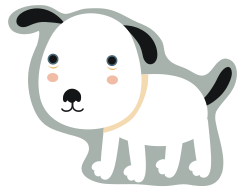
How Does Your Garden Grow?



Thanks to Ron Kukafka, our herb garden on the meadow on the Terrace is doing just fine, thank you. We are hoping that as the plants become fuller and robust, we will all be able to take advantage and cook with herbs from the Charlie Fox Memorial Garden.

With a joy in doing this work, Ron has also volunteered to plant and care for the vegetable garden as well. It will abide right next to the herb garden.

DOG REGISTRATION



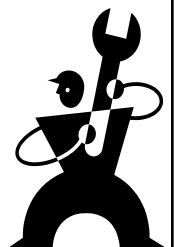
At the 2012 Annual Meeting the following rules concerning dogs were accepted by the membership. All residents (owners and renters) are to adhere to the following:

- Homeowners and renters are to register their dogs (including service dogs) with the homeowners association and provide proof of current rabies vaccination. Please send this information to the office.
- All dogs residing in Hidden Ridge for a period of 30 consecutive days must also be registered and licensed in the Town of Thompson. Proof of this license must be presented to the homeowners association. All homeowners shall provide proof the dog is licensed in the jurisdiction in which the dog's primary residence is maintained, if the dog does not reside for a period of 30 consecutive days in Hidden Ridge.
- Dog owners are responsible for abiding by the regulations set forth by the Town of Thompson which includes picking up after their dog, walking dogs on leashes, avoiding excessive barking, etc.
- There is a limit of 2 dogs per unit. If you have more than two dogs you MAY NOT replace the extra dog(s) as you lose them.
- All pet owners will be receiving a personal reminder via regular mail to take care of this matter.

If you need a copy of the Town of Thompson regulations, or if you have any questions, please contact: Bonnie Siegel 917-969-9646 siegelmath@aol.com

MAINTENANCE REQUEST FORMS

ALL requests for exterior maintenance must be written on **Maintenance Service Request Forms**. Use one form per request. Copies may be picked up in the **pocket envelope** on the bulletin board. All requests should be placed in the **maintenance mailbox** on the right side of the main bulletin board.

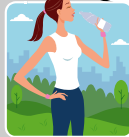


IF THE HOA IS RESPONSIBLE FOR THE WORK, USE THE REQUEST FORMS. IF THE WORK IS FOR YOU PERSONALLY, PLEASE ARRANGE WITH THE WORKER(S) TO DO THE WORK AFTER THEIR HIDDEN RIDGE WORK DAY. THANK YOU!

If you have any questions regarding maintenance, please contact Lenny Kirschenbaum or Bonnie Siegel. Enclosed is a copy for your convenience. Thank you.

For Your Information

Terry's Fitness & Health Corner



AT THE RIDGE THIS SUMMER... TRY TO GO MEDITERRANEAN!

By Terry Steinberg

We have all heard of the Mediterranean Diet which is really easy to follow; but did you know the benefits? It cuts the risk of heart attack and stroke by up to 30%, keeps pounds away and may protect memory. The emphasis of this plan is on produce, fish, whole grains and healthy fats, and limited sugar!! If you start at the beginning of summer and stick to the program, you will feel better and be much more fit and in shape by Labor Day!

Here are eight easy ways to go Mediterranean (try to bring THESE foods to pool parties):

1. Pile up on fruits and vegetables - 5 to 10 servings a day.
2. Choose healthy fats - olive and olive oil are cornerstones, also avocados and avocado oil.
3. Pick seeds, nuts and legumes - your choice. Check out what you like, such as, lentils, nut butters, almonds, walnuts (as with ANY food, take small portions).
4. Focus on Fish - (4 oz. portions at a time), eggs and egg whites, lean poultry and meat (okay in moderation).
5. Have some Dairy - 1 to 3 servings daily, yogurt, cheese (curd cheeses - ricotta is best) or 1 oz. cheese of your choice.
6. Get Grain wise - remember processed carbs can be toxic on your system - they are full of SUGARS. With whole grains, it is best to have 4 to 5 daily (small) servings of whole wheat bread/ pasta, quinoa, brown rice, soba noodles, spaghetti squash, sprouted breads, all kinds of beans.
7. Add as much herbs and spices as your taste desires.
8. Rethink what you Drink!!!! - Eliminate all sugar drinks and limit alcohol. Make water, diluted juices, teas, seltzers, coffees (regular or decaffeinated) your go to drinks!

This diet can be a way of life... It is satisfying and healthy. Give it a try - one day at a time.

Social Committee



submitted by Karen Seltzer

Hi! Hope everyone is well and arrived safely and healthy to Hidden Ridge.

Due to many expenses Hidden Ridge has seen over the winter months, we now have to raise the price of our Welcome Back Brunch to \$8.00 per person. Please make checks out to Hidden Ridge HOA and place in envelope at 15 Hidden Ridge Drive. The breakfast will be held in the Clubhouse June 22nd at 10:30 AM. Reservations are due no later than June 19th.

We will now also have to charge for our Saturday night entertainment. The ticket price of admission will be \$3.00 per person to be paid at the door, or at a discounted season ticket price of \$18.00 per person (this discount allows for 1 free show for the season). The discounted tickets begin for Saturday night shows AFTER the July 5th dinner and show and must be paid *before* our first show on July 12th for the discount to be in effect). A check for the amount you are submitting should be made out to Hidden Ridge HOA and also left in the envelope at 15 Hidden Ridge Drive.

We lost two important members of our social committee this year. Joyce Wetter, who is unable to come up this year, and my husband, Mike, for whom we would need at least 5 people to replace. ***We really need help setting up and cleaning up the Clubhouse.*** If you would like to help on Saturday mornings at 9:30, it would be greatly appreciated. Looking forward to seeing you at the Welcome Back Brunch.

A Note Regarding Monthly Maintenance Payments

Maintenance payments are due on the 1st of each month. If your payment is received with a postmark after the 15th of the month it is late and a late fee will be added to your account. With the rare exception, no one will receive a waiver for these additional charges.

Here are a few ways to avoid late charges:

1. Set up through your bank for them to automatically send a check from your bank account each month so that it reaches us prior to the 15th. Indicate your unit number in the memo section of the check so that there will not be a need to include the coupon from the maintenance voucher booklet.
2. Prepay for several months at a time. Some of homeowners actually pay the entire year's maintenance charges in January.
3. Prepay by postdating your check. You can also post-date several months at a time. These will be kept in our office and each month, the correct check will be pulled.

Please remember, we are running a business. We have bills that must be paid each month as well! When you are late in paying any other bill, for example a credit card, late fees are imposed!

Thank you for your cooperation.

Please join us for our annual
WELCOME BACK BRUNCH

Bagels and...
\$8.00 per person



Date: Sunday, June 22, 2014
Time: 10:30 AM
Place: Hidden Ridge Clubhouse

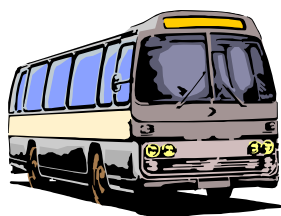
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BY JUNE 18, 2014**



Call Karen Seltzer
845-794-2752
(15 Hidden Ridge Drive)

Please bring checks (only) to Karen
Payable to "HRHOA" by June 18, 2014

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and \$5 lunch with a casino card from the Sands)

To reserve your place on the bus:
Contact Patricia 845-292-7074

- Thanks to Erica Sadowsky for getting us this exciting information!

H.R. Club News



The HR Book Club will be reading our first book of the season for our meeting on Saturday, July 12, 2014 at 2:00 PM either at the Pool Pavilion, weather permitting, or in the Clubhouse. Bring your own drinks and snacks.

The book we will review together is the **Orphan Train** by Christina Baker Kline. Here is a brief synopsis of the book:

Between 1854 and 1929, so-called orphan trains ran regularly from the cities of the East Coast to the farmlands of the Midwest, carrying thousands of abandoned children whose fates would be determined by pure luck. Would they be adopted by a kind and loving family, or would they face a childhood and adolescence of hard labor and servitude?

As a young Irish immigrant, Vivian Daly was one such child, sent by rail from New York City to an uncertain future a world away. Returning east later in life, Vivian leads a quiet, peaceful existence on the coast of Maine, the memories of her upbringing rendered a hazy blur. But in her attic, hidden in trunks, are vestiges of a turbulent past.

Seventeen-year-old Molly Ayer knows that a community-service position helping an elderly widow clean out her attic is the only thing keeping her out of juvenile hall. But as Molly helps Vivian sort through her keepsakes and possessions, she discovers that she and Vivian aren't as different as they appear. A Penobscot Indian who has spent her youth in and out of foster homes, Molly is also an outsider being raised by strangers, and she, too, has unanswered questions about the past.

Moving between contemporary Maine and Depression-era Minnesota, Orphan Train is a powerful tale of upheaval and resilience, second chances, and unexpected friendship.

Hidden Ridge Directory



Are you a new homeowner/renter?
Have you moved?
Have you changed your phone number?
Have you changed your email address?
Did we miss your birthday/anniversary?
Do you want to be published in the community directory?
If the answer to any of these questions is **YES**, complete the form on the back page and submit it to our office.
New Directories will be distributed in July 2014.

ALLAN'S ALLEY

submitted by Allan Meyers



JUST PLAIN *MISHAGOSS*

Eddie Erlich called me to thank me for mentioning him in my article. Since I can't remember the last time I had a senior moment, I reread my article and sure enough I never mentioned him. Eddie's a great guy, human being and a very talented musician. Eddie informed me that he blows a mean sax. Therefore I will mention him in all of my columns. Since I only write about people I like, I will also mention Brian Kudler.

When I was a kid I used to pray for snow. Unfortunately my prayers came through and through this winter. Maybe next year I'll finally get my electric trains.

Bocce on ice is called curling. And speaking of curls, my first true love passed away this winter. Her name was Shirley Temple. When I was a kid, I saw all of her movies and had her picture hanging on my wall. Unfortunately my second true love, Dianna Durban, also passed away.

For people who are over the age of 50 years to feel as if they still belong on this planet, the word *hashtag* should be barred.

I know little or nothing about electronics. My son Glenn bought Adrienne and me I-pads for our anniversary. We only used it to read books and to play scrabble. This March, Adrienne's I-pad rang and when we opened it, there were our California grandsons. While talking to them, I thought it would be great to show Alexander and the twins Jason and Joshua what snow looks like. My daughter Sharon then showed us what winter looked like when it was 100 degrees outside!

We opened our house in mid-April and there was still snow on the ground.

I still can't remember the last time I had a senior moment.

MORE ALLAN'S ALLEY

submitted by Allan Meyers



NOT FOR KIDS

While playing catch with my twin grandsons Jonathan and Jeremy, I thought about the last time that I played in a real game with kids. I was in my late 40's and we had joined a swim club at Mirror Lake, NJ. Staten Island clubs, at that time, was restricted and the Jewish club had a 5 year waiting list.

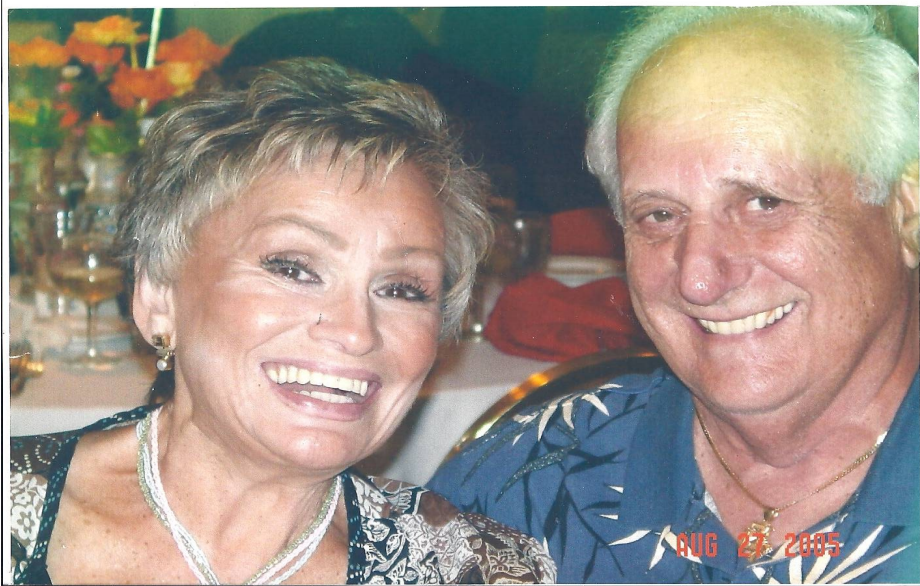
I had gotten hurt playing tennis and could hardly walk or stand up so I was never involved with any of the team sports. On fathers'/sons' day Eddie E convinced me to play in the softball game. Since both my sons, Robert and Glenn, were on the kids' team I agreed. The fathers had to bat opposite hand. Since most of the men didn't know me, I was relegated to play right field and to bat 10th.

As I faced the 10 year old pitcher, my only thought was "*Please don't embarrass me by striking me out!!!*" The pitch was high and outside. Contact was made and as I limped to first base I saw this lazy fly ball clear the left field fence. When I reached 2nd base the adult umpire was cursing at me. At 3rd base our coach was screaming and as I approached home plate a Lynch Mob was waiting for me.

Nobody believed me when I told them that I had never batted left handed in a game before. They threw me out of the game. As I Quickly limped away Bryan K put his arms around me and said, "Don't be upset. They're mad at you because they've played there for years and most of them have never hit one over the fence."

A week later as I was sitting on a bench reading, a 10 year old girl asked me if I would be on her team. I told the two kids on my side that I would only pass the ball to them for them to shoot for the basket. As I went up for a rebound the adult on the other team hit me as if I was a wide receiver trying to catch a pass. His shoulder hit me in my chest and stomach, sending me flying.

He stood over me shouting, "That'll teach you for trying to kill our kids." His fists were clenched. He was 15 to 20 years younger than I, so I got up, thanked him for allowing me to play with him. I then went to the only safe game that I knew, Bridge with the women.



Renee Bassik

I would like to thank all of my neighbors and friends at Hidden Ridge for the outpouring of your kind and generous support in my time of need. My beautiful wife, Renee, loved her home here and we were both thrilled to have spent time in this beautiful community. I continue to be grateful for my life at Hidden Ridge and for the wonderful friendships I have made. Thank you one and all.

Jerry Bassik

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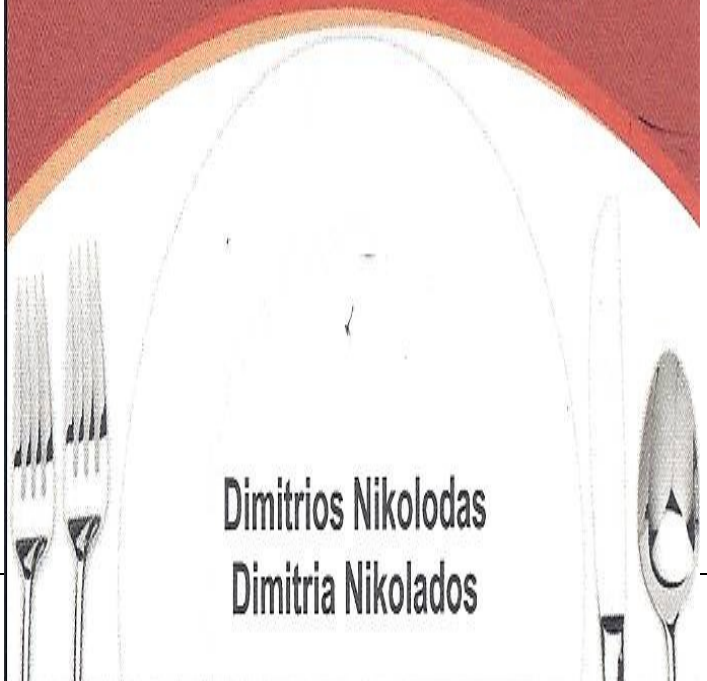


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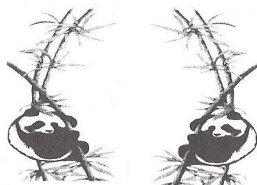
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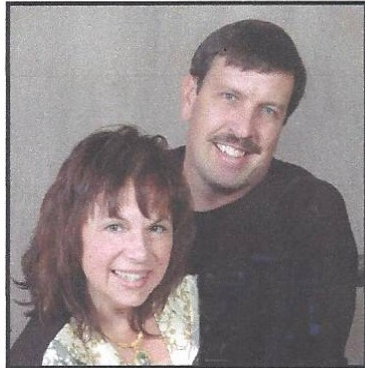
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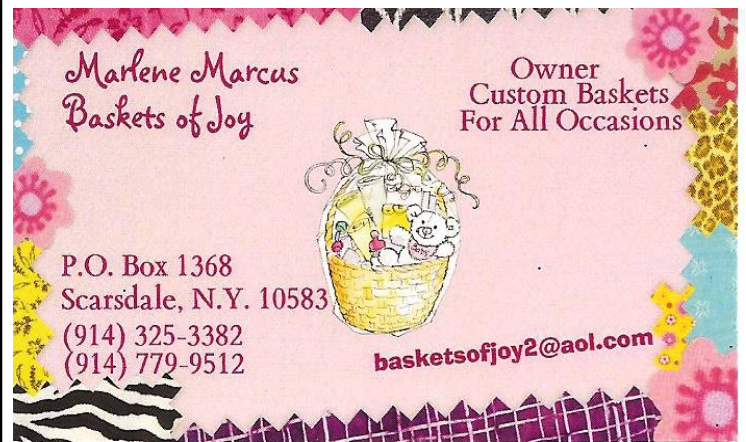
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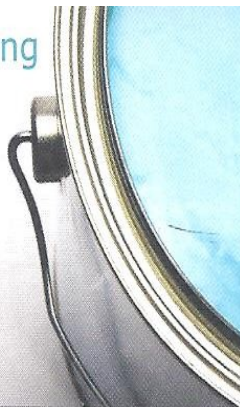
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Issue 14-02



Hidden Ridge Directory Information Sheet

Please complete the following form and return it with your maintenance payment. Return this form if there are any recent changes.

Name: _____

Hidden Ridge Address: _____ Phone: _____

The following information will be kept confidential.

However, it will be included in the Hidden Ridge Directory if you check the appropriate line(s). Please indicate below.

☐ *I want my alternate address/es and phone numbers included in the Hidden Ridge Directory.*

Alternate Address #1: _____

Phone: _____

☐ *I want my cell phone number/s included in the Hidden Ridge Directory.*

Cell Phone: _____ Cell Phone: _____

☐ *I want my email address/es included in the Hidden Ridge Directory.*

Email Address #1: _____ Email Address #2: _____

☐ *I want my birthday/s (list name/date for more than one) and anniversary listed in the GEM*

Birthdays _____ Anniversary _____