

The Greystone Connection

A Monthly Newsletter

Building the Greystone Community Together!

A Publication for the Community by the Community



OCTOBER 2024

Published by Susan Schweitzer and Bill Naedler

A MESSAGE FROM THE PUBLISHERS

Dear Friends and Neighbors,

“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”

-Desmond Tutu

Yes, autumn is here. The time goes so fast; it feels like just yesterday we were eagerly anticipating the arrival of spring. We watched with excitement as the trees began to bud, the grass turned greener, and flowers started to bloom. We looked forward to the lazy, hazy days of summer, filled with warmth and sunshine. But now, we find ourselves welcoming autumn—a season of change and preparation.

Autumn is a time when nature puts on a spectacular show of color. The leaves turn vibrant shades of red, orange, and yellow before they fall, leaving the trees bare and ready for the quiet dormancy of winter. This burst of color is nature’s last hurrah before the landscape slips into the more subdued tones of winter. It’s a reminder that change is a natural part of life, and with each change comes a new kind of beauty.

Just as the earth has its seasons, so do our lives. The seasons of life are not as predictable as those of the earth. Sometimes they last a long time, sometimes much longer than we would like. Other times, they pass by in the blink of an eye. Some years, we may find ourselves in only one season, while in other years, we may go through many, many seasons. But that’s where the beauty lies: each season is different, and each one brings its own unique set of challenges, blessings, and opportunities.

Each season of life reveals more of our character as we allow it to refine and shape us. We cannot control the seasons that come into our lives, much as we might want to. But when we walk into a season with an attitude of learning and growing, there’s no end to what we can learn and accomplish. Each season, whether it is one of joy or sorrow, growth or stagnation, has something valuable to teach us.

This autumn, take the time to see its beauty and enjoy your season of life. Reflect on the changes you have experienced and the lessons you have learned. Embrace the challenges and opportunities that come your way, and allow them to shape you into a stronger, wiser person. Just as the trees shed their leaves to make way for new growth, let go of what no longer serves you and make room for new possibilities.

Autumn is a season of transition, a time to prepare for the future while appreciating the present. It’s a time to slow down, reflect, and find joy in the simple pleasures of life. Whether it’s taking a walk through a park filled with colorful leaves, enjoying a warm cup of cider, or spending time with loved ones, make the most of this beautiful season.

As you enjoy the beauty of autumn, remember that each season of life has its own unique beauty and value. Embrace each one with an open heart and a willingness to learn and grow. In doing so, you will find that every season, no matter how challenging, has something wonderful to offer..

Bill and Susan

A WARM WELCOME! AND CONGRATULATIONS!

The Greystone residents extend a warm welcome to our new building manager, Jane Edralin, who will be taking Keith Maiorano’s position. Jane has already hit the ground running, attending meetings and met with residents in the lobby mid-September. She will be available to meet residents again on October 7, starting at 6:30, before our open meeting begins. We send our congratulations to Keith on his promotion and thank him for all his years of service to The Greystone and we look forward to working with Jane, as we build The Greystone Community together.



OPEN BOARD MEETING

Due to the Columbus Day holiday falling on the 2nd Monday of October, the day that our board meetings are held, ***the October meeting will be held on Monday, 10/7, at 7:00 PM.*** Our new building manager, Jane Edralin, will be present at around 6:30 to meet and greet residents before the start of the meeting. We hope that all will attend.

GREYSTONE COMMITTEES, ACTIVITIES, EVENTS

WHY NOT JOIN A COMMITTEE

Our community has many committees to enhance our community life here at the Greystone. The list of committees are posted on the Board bulletin boards located in the mailrooms. New residents are encouraged to join and those already on committees are asked to confirm if they are still members of a committee. Email name apt. # and committee name to Greystone1085Bill@gmail.com.

GREYSTONE COMMUNITY GARDEN

info provided by Rita Walton



The garden is still looking very lush, as we usher in autumn. We're harvesting tomatoes, peppers, beans and herbs like basil, mint and oregano. We look forward to

expanding the garden next year by adding more garden beds and installing more signage. Please keep visiting the garden and give us feedback and let us know if you would like to be involved!

With winter approaching, several gardeners mentioned in our last meeting that they dry their own herbs and that it's fairly easy to do. By drying, they have their own homegrown herbs in the winter months when they can't pop out and pick them fresh from the garden. To dry herbs: pick and wash them; let them dry thoroughly. Trim the lower leaves so you can get at the stems. Once dry, gather the stems and tie them in a bunch with twine or even a twist tie. Then hang them upside down in a cool, dark place. Some people just put the dried herbs in a brown paper bag instead of hanging them upside down. It takes about 1-3 weeks to dry herbs. Once they're dried, and nice and crunchy, then you can break them up into pieces and put them in storage jars. Use them instead of buying dried herbs at the store!

Remember, contact Rita Walton if you are interested in becoming involved and, if available, having your own garden bed.



THE GREYSTONE READERS' CIRCLE

info provided by Diane Rosen

The Greystone Readers' Circle meeting on

DATE: Tuesday, October 22nd

TIME: 7:30 - 8:30 PM

PLACE: Community Room

BOOK: Black Cake

AUTHOR: Charmained Wilkerson

This is the story of how the inheritance of betrayals, secrets, memories, and even names can shape relationships and history. Deeply evocative and beautifully written, *Black Cake* is an extraordinary journey through the life of a family changed forever by the choices of its matriarch.

All are WELCOME!!

GREYSTONE LECTURE SERIES

info provided by Sharon Olong

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight. This session will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family.

Community Room Saturday, October 19th at 2:00 PM.

ENVIRONMENTAL CONCERNS COMMITTEE

info by Sue McAnanama



Our Greystone environmental concerns team met recently and we are working on a comprehensive guide to disposing of all kinds of STUFF. In the meantime, please check out the online Yonkers site.

<https://www.yonkersny.gov/500/Recycling-Refuse-Guide>

Please remember to follow our **MANDATORY CO-OP Rules for RECYCLING**. It is up to **ALL OF US** to keep our compactor rooms clean and well-organized.

- All **GLASS & PLASTICS** should be rinsed and preferably washed thoroughly before placing in the recycle bins. **PLEASE DO NOT PUT THEM IN PLASTIC BAGS!**
- Recycled **paper or cardboard** should be clean and not contain any food particles. **BOXES** should be broken down.
- **ALL OTHER TRASH MUST BE PLACED IN PLASTIC BAGS SECURELY TIED**, so they don't open and spill contents into the compactor chutes. **NO LARGE BAGS OF GARBAGE MAY BE LEFT IN BASEMENT!**
- **CAT LITTER is heavy**. **PLEASE** place in sturdy bags so they don't burst open on impact. Small bags are better, and perhaps double bag if

necessary. And REMEMBER...**DO NOT PUT cat litter down the drains or toilets!**

Our voluntary FOOD SCRAP CURBSIDE PICK UP is doing WELL. Please join with your neighbors and start separating out your food scraps. Its easy, it's much better for our environment and helps the city of Yonkers reduce tipping fees at the Peekskill incinerator. And you'll have less trips to the compactor room. **PIZZA BOXES CAN BE FOLDED AND ADDED TO THE GREEN COMPOST CONTAINER IN THE GARAGE!**

SOCIAL EVENTS COMMITTEE



SNACK AND YAK

Bingo Afternoon

Yes, if you passed by the Community Room one Sunday, September 15, you heard shouts of "BINGO" permeating into the hallway. A small group of residents, one as young as 4 1/2 years old, had a wonderful time snacking, yakking and playing for small prizes and having a great time. One highlight of the afternoon was that there were a wide range of participants, from kids, to teens, to young parents and older. With our caller, Kathy Santangelo, doing a wonderful job keeping the game rolling, the games were not slow. Kathy kept the games moving at a lively pace.

Bingo back by Demand

We hope that many more of you will attend our next Bingo on Sunday, October 13th, at 4:00 - 6:00 in the Community Room and enjoy a fun afternoon with friends and neighbors. BINGO!!!

Movie Night

On Sunday, October 27th, at 4 - 6:00 PM, we will hold our *Snack and Yak Movie Night*, celebrating Halloween. The movie, **Young Frankenstein**, was chosen because it is funny, appeals to all age groups, and is good for the pre-celebration of Halloween, which this year falls on Thursday, 10/31.

There will be some snacks provided but you can bring some treats to share. Come in costume if desired. All are welcome for a scary, fun afternoon of Halloween and Snack and Yak all in one! Hope to see you there!

An Afternoon with Monet in the Garden

The garden has become a peaceful spot to sit, relax, meet, and just give some TLC to the many different garden beds that were planted. As an end to the growing season, and to celebrate our harvest, a party was held in the garden on Sunday, Sept. 29th. Many came to enjoy the beautiful surroundings, sketching the flowers and plants, with supplies provided, and then

putting it together to make a community collage from the sketches. The afternoon ended with pumpkin face painting and treats, including apple cider and doughnuts. A fun time was had by all who attended and hopefully this can become a Greystone Tradition.

UPCOMING COMMUNITY EVENTS

November 17th – Greystone Harvest Dance, Potluck
December 8th – Christmas Tree Lighting
December 15th – Café Greystone Holiday Sing-along
December 25th – Hanukkah, lighting of First Candle

Annual Collection Drives:

🌿 **Thanksgiving Food Drive**, November 1-19

🌿 **Toy Drive**, December 1-17

Greystone Holiday Door Decorating Contest

(Start thinking of your door decoration)

🌿 November 17th registration at Doorman's Desk

THE ASTROLOGICAL CHART OF THE GREYSTONE

Info provided by Sharon Deep

Looking at the astrological chart of The Greystone, which was constructed based on the working assumption that The Greystone was as if "born" when the doors opened for an open house on 4 September 1971 (53 years ago).

Looking at the planetary aspects and the available astrological energies available to The Greystone these days, we see that, within the wake of energies from a New Moon Solar Eclipse, Jupiter (big, broad, beneficent, and loving) is aspecting the Greystone's natal Venus and Neptune.

Blessings befalling us ...The energies are inclining each and all of us to lift our energetic vibrational frequency and, in doing so, to contribute that energy toward the everyday living in community at the Greystone. Magic! There is magic in the interplay between our own individual energetic vibrational frequency and that of the Greystone Community as a whole. There is magic in reciprocity. As we give, we are as if given so that we can give again. Magic! Jupiter is challenging each of us to see the somewhat veiled opportunity we have in contributing a fraction of an inch of our heightened energetic vibrational frequency as well as the opportunity for each of us to be lifted by the overall collective contribution from each of our simple fractions of an inch. Magic!

POOL COMMITTEE

info by Susan Schweitzer

The weather has been beautiful and has been perfect for those who are enjoying the extended use of the pool. We have our faithful swimmers who come daily to do laps or those who meet in the afternoons to take advantage of the lingering warmth and sunshine. We hope that the pool can continue to be enjoyed if the weather permits. Our long-time shareholder, Dr. Anthony Martino, has logged in over 79 miles of laps this summer, and still counting, as he faithfully swims two or three times daily. A very *special thank you to Steve Kahn*, who has played an important role in overseeing the maintenance and safety of the pool, either from his “perch” on the 6th floor or poolside. His efforts do not go unnoticed and are greatly appreciated. ***Thank you!***

EARLY VOTING BALLOTS AVAILABLE

Early Voting begins in Westchester County on October 26th. Ballots are available at the Doorman’s Desk. Here is the polling sites close The Greystone:

- Hastings-on-Hudson Public Library, 7 Maple Avenue, Hastings-on-Hudson, NY 10706
- Riverfront Library, One Larkin Center, Yonkers, NY 10701
- Grinton I. Will Library, 1500 Central Park Avenue, Yonkers, NY 10710
- Nodine Hill Community Center, 140 Fillmore Street, Yonkers, NY 10701
- Museum School 25- 579 Warburton Ave. Yonkers, NY 10791 YONKERS, NY 10701

FREE COVID TESTS

Once again, every family in the United States is eligible to order 4 covid-19 home tests for free - including free shipping. To order your free tests go online to covidtest.gov and fill out your name and address and the tests will ship to you completely free of charge. Each family will receive 4 tests. If you need help or do not have access to a computer, you can order your tests by calling 1-800-232-0233. Be safe and stay healthy!



Halloween At The Greystone

The Greystone Community has always made Halloween a fun day for the children and grandchildren of Greystone residents (and even the adults) by putting out baskets of goodies for the trick-or-treaters in our building. Wander through the halls and get your goodies!



*Wishing
Peace and Goodness
to all our neighbors
who are Celebrating
Religious Holy Days
this month.*

OCTOBER RELIGIOUS HOLIDAYS

- Oct. 2- 4 - Rosh Hashanah -The Jewish New Year
- Oct. 4 – Feast of St. Francis of Assisi, Christian
- Oct. 3-12- Navratri - The 9-day Hindu festival that honors the Goddess Durga
- Oct. 11-12 -Yom Kippur -The Day of Atonement, the holiest day of the Jewish year
- Oct. 12 - Dussehra - The final day of the 10-day Hindu festival
- Oct. 16-23- Sukkot, Jewish celebration of the fall harvest
- Oct. 24-25 - Simchat Torah, Jewish celebration of the Torah
- Oct. 31 – Diwali, the Hindu festival that celebrates good over evil

COLUMBUS DAY/INDIGENOUS DAY

On Monday, October 14th, we celebrate the Columbus Day holiday. It was declared a federal holiday, on the second Monday in October, that commemorates the landing of Christopher Columbus on October 12, 1492, in the “new world”. As Columbus was a native of Genoa, Italy, over the years Italian Americans took up the cause of honoring his achievements and take great pride in celebrating this day. Currently, there has been much controversy around Columbus because of his acts of genocide against the native people. As a result of advocacy by Native American activists, many states now observe the second Monday in October as Indigenous Peoples’ Day instead of or in addition to Columbus Day. Although our oldest holiday, as many as 13 states don’t celebrate Columbus Day because of the controversy involved but since the arrival of Columbus in 1492 marks the beginning of recorded history in America and this event opened relations between America and the rest of the world it is hard to ignore. In any case, Happy Columbus Day or Happy Indigenous People Day - whichever you observe!



November Open Board Meeting
Thursday, November 14th at 7:00 PM
In person and Zoom
The link will be emailed to you.