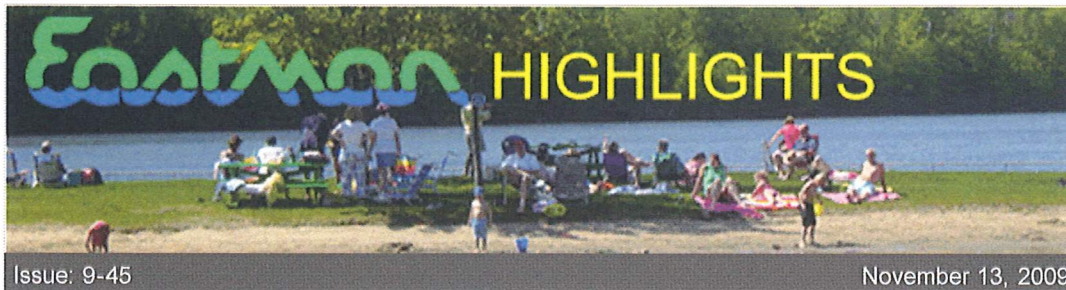


From: Eastman Notices <notices@eastmannh.org>  
Subject: **Highlights, November 13, 2009**  
Date: November 12, 2009 11:41:11 AM EST  
To: jeff@eastmanrealestate.net  
Reply-To: notices@eastmannh.org



#### NEWS & NOTES

Click to view upcoming and on-going events for [November](#) or for the [next 6 months](#).

**South Cove Activity Center** is staffed from 8 a.m. to 8 p.m. Come use our new facility.

**Thanksgiving notice: All ECA departments, including South Cove Activity Center, will be closed on Thursday, Nov. 26.** This includes pool and fitness members.

**Last day to sign up for the ice melt co-op:** A bulk purchase of calcium magnesium acetate (CMA), a winter road salt substitute, is being conducted for Eastman owners again this year by Ron Carr. CMA is biodegradable and helps protect our lake. It is harmless to children and dogs, non-corrosive and very effective. The price is \$14.50 per 50-pound bag,

## Holiday decorating volunteers needed

Like to decorate? Here's your opportunity to take on the holiday decorating at The Center at Eastman. We're looking for individuals to come together or a group that would like a new project.

The decorating is typically done the Monday after Thanksgiving and requires climbing on ladders, ordering poinsettia plants and more. Polly Tonsberg, who has been in charge of many years, has a complete notebook of information on the annual project.

For more information or to volunteer, contact Polly at [PJTRWTONS@aol.com](mailto:PJTRWTONS@aol.com), as soon as possible.

### THIS WEEK AT EASTMAN

**November 12 (Thursday) Mom's Night Out** - 7 p.m. at South Cove Activity Center. Bring an appetizer or dessert to share, your choice of drink and enjoy the company of other moms. Contact Jane Feldhaus, 509-781-1098.

**November 14 (Saturday) Turkey Trot 5-Mile Run & 2-Mile Walk at The Center at Eastman.** Register online from the [Recreation web page](#).

- Race starts at 11 a.m.
- Race day registration begins at 9:30 a.m.
- Pre-registration, \$12; race day registration, \$14
- Families w/children under 18, \$25
- Pies & other baked goods needed

Bring a non-perishable food item, and run or walk for a good cause. Net proceeds are donated to needy families in

which is lower than last year's price. **Deadline to order is Nov. 12.** The product will be delivered to the South Cove fire station in late November. Purchasers will be contacted by email with pick up times. Volunteers will be needed to help with distribution. For more information, contact Ron at [rcarr38@comcast.net](mailto:rcarr38@comcast.net) or 863-4298. If you order, please send your check to Ron at PO Box 1077, Grantham, NH 03753.

**Notice to walkers:** Please wear light or reflective clothing and carry a flashlight for your own protection when out walking in the evenings. And ALWAYS walk facing traffic.

**Email address changes:** Please keep us informed when you change your email address. Use the "Update Profile/Email address" link at the bottom of this email.

**Announcements:** Send information about upcoming events or programs to [calendar@eastmannh.org](mailto:calendar@eastmannh.org).

#### New on the members' website

[FY11 Long Range Plan](#)

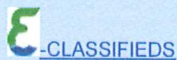
[Eastman Security's new webpage](#)

#### QUICK LINKS

#### [EASTMAN MEMBERS' AREA](#)

Username: our  
Password: eastman

#### [EASTMAN GOLF LINKS](#)



#### [BISTRO NOUVEAU](#)

[Grantham School District](#)

Grantham, Enfield, Springfield and Newport.

**November 15 (Sunday) Presentation and Book Discussion - 2 to 4 p.m.** at South Cove Activity Center. Eastman resident Joel Ash will speak and lead a book discussion of [The Sistine Secrets: Michelangelo's Forbidden Message in the Heart of the Vatican](#). Free and open to all. Bring an hors d'oeuvres or dessert to share and your own beverage. In conjunction with the Sunapee Kearsarge Community Jewish Group.

**November 18 (Wednesday) A View From The Top: Climbing and Back Country Skiing in North America - 7:30 p.m.** at The Center at Eastman. Photography and presentation by Hanover dentist Dr. Jim Predmore, who has been climbing and back country skiing for 30 years. Free and open to the public.

### COMING SOON

**November 28 (Saturday) Adult Potluck - 6 p.m.** at South Cove Activity Center. Call Recreation to sign-up and to let us know what you will be bringing, 863-6772.

### GOVERNANCE

- **Nov. 13 (Fri.) New Council member orientation - 5 p.m.** at South Cove Activity Center. RSVP to Garth Rand, 863-6092
- **Nov. 16 (Mon.) Finance & Budget Committee - 3 p.m.** at the ECA Office
- **Nov. 17 (Tues.) Board of Directors - 9 a.m.** at South Cove Activity Center
- **Nov. 17 (Tues.) Sewer Company - 1 p.m.** at the ECA Office
- **Nov. 17 (Tues.) Woodlands & Wildlife Committee - 4 p.m.** at South Cove Activity Center
- **Nov. 18 (Wed.) SustainAbility - 9 a.m.** at South Cove Activity Center
- **Nov. 19 (Thurs.) Lakes & Streams - 10 a.m.** at South Cove Activity Center
- **Nov. 20 (Fri.) Road Committee - 1:30 p.m.** at South Cove Activity Center

## Let's Exercise Eastman Winter Wellness Program

The Recreation staff invite all Eastman owners including every fitness center member, pool member, cross country skier and snowshoer to participate.

Information packets are available at the South Cove Activity Center front desk or visit the [Recreation web page](#). \$15 entry fee.

Each program has three tiers that people will commit to when signing up.

**Calculating miles:**  
Swim - mile for mile  
Walk/Run/Elliptical - mile for mile  
Ski or Snowshoe - mile for mile  
Bike - 1/2-mile for every mile

**Families may sign up as a team.**

**Grand Prize:** Everyone who completes the program is entered to win a 2010 pool or fitness pass. (**Families:** Only one team member who completes the program will be entered to win the pass. If a family wins, they may apply the single membership value to a family pool pass.)

Send Recreation weekly progress reports via e-mail.

Monthly giveaways along the way (sponsors still being gathered)

The winner will be announced at a social in May.