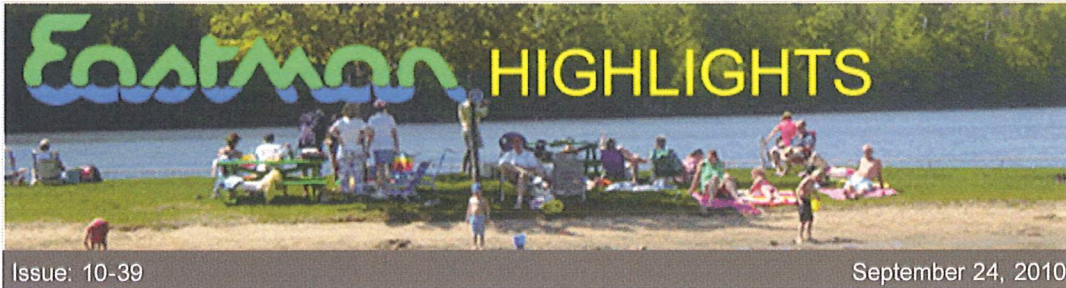


From: Eastman Notices <notices@eastmannh.org>
Subject: **Swimming, yoga, a cruise... lways something to do at Eastman!**
Date: September 23, 2010 12:17:27 PM EDT
To: jeffadie@gmail.com
Reply-To: notices@eastmannh.org



NEWS & NOTES

View Eastman events for [September](#) or for the [next 6 months](#).

Fire lanes are for authorized use only. *No parking is permitted* except for loading or unloading.

Grading of gravel roads will begin early next week.

Walking is allowed on EGL cart paths on holes 10 through 18 until 8:30 a.m. each day unless it is suspended by the general manager. If in doubt, call the course at 863-4500. Advance notice will be given if possible.

Now on display at South Cove Activity Center: Photos by Eastman Members. Contact Leslie Moses at 863-6772 or leslie@eastmannh.org to schedule an exhibit.

Rock Bass, an invasive, non-native fish, has been discovered in Anderson Pond and Eastman

THIS WEEK AT EASTMAN

September 24 (Friday) Games Luncheons Begin - 12-4 p.m. at South Cove Activity Center. Bring your own lunch and drink. RSVP to Sandy Noordsy, 863-9278 or noordsy63@comcast.net.

September 25 (Saturday) Woodland Hiking - 5:30 a.m. carpool from Alpine Vista parking area. Mt. Pierce, Clinton (4310'). Climb the historic Crawford Path for great views from open ledges. Total distance 6.2 miles, elevation gain 2450'. Moderate. Leader Frank Furdyna, 863-0630. Transportation fee \$10.

September 25 (Saturday) EGL Memorial Golf Tournament - First Memorial Golf Tournament to honor former Eastman Golf Links members who have passed away. Golf and the after-golf gathering are open to all Eastman residents. Cost is \$12 for the post-golf gathering only, and \$61 for golf, cart and gathering. Contact the Pro Shop for more details or to register, 863-4500.

September 25 (Saturday) Red Cross Swim Clinics - An adult swim clinic will be held 9-9:45 a.m., and a master's swim clinic (able to swim 200 yards freestyle without resting) will be held 10-10:45 a.m. Cost for each is \$10. Participants are encouraged to bring goggles and swim cap. Call Recreation to register, 863-6772.

September 26 (Sunday) Vinyasa Yoga Class - 9-10 a.m. at South Cove Activity Center. All levels welcome. \$8/class. Bring a yoga mat and water.

September 27 (Monday) Toddler Play Group - 10 a.m.-Noon at South Cove Activity Center. Play group meets every Monday

Lake. If you catch one, **do not throw it back!** [View more information and a photo of this fish.](#)

Beach notices: Dogs are not allowed on the beaches. Fishing is not allowed from the beaches.

Parking stickers and tags are required for all vehicles at all beaches, the South Cove Activity Center and when parking on roadsides.

Temporary tags are available at South Cove Activity Center and the ECA Office.

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.

Water conservation urged; outdoor ban still in place

The Village District at Eastman continues its outdoor water ban and urges water conservation of all kinds. For more information, [visit the VDE website.](#)

NEW TO THE MEMBERS' AREA

Username: our
Password: eastman

[Board packet for Sept. 21 meeting](#)

QUICK LINKS

[EASTMAN MEMBERS' AREA](#)

morning. Ages newborn to 5 years. Contact Melissa Britton at 863-4176 or mpbritton22@comcast.net.

September 29 (Wednesday) Photographic Cruise - 7:30 p.m. at The Center at Eastman. Join Andrea Sodano and Chas Norton for "Traveling Down the Danube: Munich and Passau to Budapest." Free and open to the public.

September 29 (Wednesday) Woodlands HIKE - Carpool leaves at 8:30 a.m. from Alpine Vista parking area. Lake Solitude, Newbury. Climb the Andrew Brook Trail to this beautiful back country lake and possibly continue to White Ledges. Great views. Total distance 4.4 miles, elevation gain ~1400'. Moderate. Leaders Judy & Bob McCarthy, 863-5663.

September 30 (Thursday) "After Work Hours" Club - 6 p.m. at South Cove Activity Center. Connect with other community members after work hours. Share ideas and organize activities for the working crowd. Everyone welcome. Bring your own beverage and an appetizer to share. Call Cindy at 865-5466 for more information.

September 30 (Thursday) Informational meeting on Quebec City Trip - 6 p.m. at South Cove Activity Center to gauge interest in a possible trip to Quebec City March 3-6. Sightsee, Alpine and/or Nordic ski at Mont Saint Anne. Motor coach transportation provided. Call Recreation 863-6772 for more information.

NEXT WEEK AT EASTMAN

October 1 (Friday) Bistro Nouveau presents Jason Cann - 6-9 p.m. in the Tavern. Make reservations for a chance to see this popular, Upper Valley, acoustical musician, 863-8000.

October 1 (Friday) Eastman Shabbat Service - 7 p.m. at South Cove Activity Center the first Friday each month. Everyone welcome. Bring a dessert to share. Contact Susan Berg for more information, jarsberg@comcast.net or 863-7327.


October 2 (Saturday) Woodland Hiking - 6:30 a.m. carpool from Alpine Vista parking area. Mt. Hedgehog (2532'). Hike the UNH Loop Trail, passing many great viewpoints. Total distance 4.8 miles, elevation gain 1450'. Moderate. Leaders Betty and Andy Kargacos, 863-6324. Transportation fee \$10.

October 5 (Tuesday) Greensward Social - 5 p.m. at South Cove Activity Center. Bring an appetizer to share and BYOB. Contact Nancy Luce (863-6661) or Jan Jenik (863-6313) for more information.

Username: our
Password: eastman

[EASTMAN CROSS COUNTRY
CENTER](#)

[EASTMAN GOLF LINKS](#)

 [CLASSIFIEDS](#)

[BISTRO NOUVEAU](#)

[EASTMAN SECURITY](#)

[VILLAGE DISTRICT AT EASTMAN](#)

Eastman Pickleball

Open Play:

Wednesdays 4:30-7
p.m. and Sundays 4-6 p.m.
Equipment provided.

Fall Leagues: Weekday
mornings and afternoons
Saturday & Sunday. Groups
of 4 or more will sign up to
play at fixed times. Contact
Fred Dunfey
fdunfey@gmail.com or 863-
9248 to sign up.

Pickleball is played at Spring
Glen Tennis Courts.

School kits for Haiti

The Grantham United Methodist
Church is again organizing
School Kits for Haiti. Supplies
may be dropped off at the
church 9:30-10:30 a.m.
Tuesdays and 9 a.m.-noon
Sundays until Oct. 17.
Each kit consists of the
following NEW supplies: 1 pair
of blunt scissors (rounded tip);
3 pads (or loose leaf) 8 ½" x
11" ruled paper; 1 30-cm ruler;
1 hand-held pencil sharpener; 6
unsharpened pencils with
erasers; 1 eraser (2 ½"); 1 box
of 24 crayons; a cloth bag (14"
X 16") with either a Velcro,
button or snap closure.
Contact Robin Palermo (863-
5933) or Janet Lowell (863-
8820) with questions.

October 6 (Wednesday) Woodland Walk - Carpool leaves at
8:30 a.m. from Alpine Vista parking area. Trout Pond, Lyme.
Walk to this remote pond nestled under Smart's Mountain. Total
distance 3 miles, fairly level. Easy. Leader Peter Hope, 863-
6456.

COMING SOON

October 8 (Friday) Bistro Brain Busters Trivia Night returns!
- 7:30 p.m. at The Center at Eastman. Free. Join Kathy Pomer
and her crew for a night of trivial fun and fun competition.
Register your team of 2 to 6 players for an opportunity to win
prizes and bragging rights. Call 863-8000. (**Note:** This month's
event is on a Friday due to conflicting events on all Saturdays in
October.)

October 9 (Saturday) Woodland Hiking - 7 a.m. carpool from
Alpine Vista parking area. Mt. Ascutney, VT (3150'). Climb the
attractive Weathersfield Trail, passing Crystal Cascade. Great
views from outlooks and summit tower. Total distance 5.8 miles,
elevation gain 2062'. Moderate. Leader Andy Eastman, 863-
2312. Transportation fee \$5.

October 9 (Saturday) Annual Craft Fair - 10 a.m.-4 p.m. at
South Cove Activity Center. The holiday season is just around
the corner, so take this opportunity to shop the craft and art
displays offered by local crafters. Outside space is available if
you are an artisan interested in showing. Call Recreation to
reserve a space, 863-6772.

October 9 (Saturday) Annual Fall Fest - 10 a.m.-4 p.m. at
South Cove Activity Center. A day of family activities for young
and old. Hay rides, pumpkin carving, cider pressing, craft
activities, make your own apple dumplings. Take in the Craft
Fair and taste the pie entires in this year's apple pie bake-off.
\$5 for 12 & younger; \$7 over 12. Call Recreation to sign-up for
the festival, 863-6772. Volunteers needed. Call Recreation to
help out.

October 9 (Saturday) 4th Annual Apple Pie Bake-Off - 11
a.m. at South Cove Activity Center. Have you entered your pie
recipe yet? Bragging rights are up for grabs for the best apple
pie in Eastman. Winners will be announced during Fall Fest.
Whole pies and slices will be available for purchase after
judging. Entry forms available at the Recreation Office at South
Cove.

October 30 (Saturday) Halloween Trunk or Treat - 3-5 p.m. at
South Cove Activity Center. Children's activities 3-4 p.m.
inside, followed by a costume parade and "Trunk or Treat" at 4
p.m. outside. Prize awarded to the best decorated vehicle in the
parking lot.

October 30 (Saturday) Adult Potluck - Volunteer Hosts &
Hostesses needed to the run the potluck. [Click for a list of
responsibilities](#). For more information or to sign up, call
Recreation, 863-6772.

GOVERNANCE

All are at South Cove Activity Center unless otherwise noted.

Sept. 28 (Tues.) Board of Directors - 7 p.m., special meeting