
EAST RIVER

NEWS

February 2007

**PUBLISHED BY THE EAST RIVER
HOUSE COMMITTEE**

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The House Committee is a group of your East River House neighbors who are elected by Cooperators to advise and to report to the Board and Management on issues of importance to tenants. The Committee meets monthly and focuses on several areas, including Physical Plant, Transportation, Newsletter, and Lobby Get Togethers. The newsletter has long been an important way to communicate with the overall community on these matters. We hope you'll find it useful, and look forward to your comments and suggestions to better serve you. You may contact the House Committee through the Management Office: 530 Grand Street, New York, NY 10002 or e-mail us at erhc2@earthlink.net.

New Schedule

With this issue East River News moves from a monthly publication schedule with a break for the summer to publishing bi-monthly (every other month) year-round.

Community Board 3

The next full Board meeting is 6:30 pm on Tuesday, February 27, 2007 at Chinatown YMCA Beacon Center located inside MS 131,100 Hester Street (Between Eldridge & Forsyth Streets). Various CB3 committees meet on other dates. For more information, go to www.cb3manhattan.org.

New Subcommittee

The East River House Committee has a new subcommittee dedicated to environmental and sustainability issues. The subcommittee will look into, and make suggestions on, how we – as a coop and as individuals – can save energy, money, and the Earth. If you have any ideas you'd like to suggest please e-mail us at erhc2@earthlink.net

The Golden Rule...

Our New Year's resolutions have gotten us all back into the gym. Here's a short list of gym etiquette.

- Clean the machines in the gym after you use them – cleaning spray and paper towels are provided for this purpose.
- Stick to a 20 minute time limit on cardio machines.
- Let others "work in" with you if you're doing more than one rep at a machine.
- Return all weights and other items to their proper place.
- No phones please, unless it's an emergency, save your chat-time for after your workouts.
- Don't spread out, put your bags and coats in the closet. If you're doing floor exercises on a mat make sure others can easily walk around you.
- Keep it down, we all know you're super-strong but please keep your grunts and screams to a minimum. If you are using an iPod make sure that it's not so loud that others can hear your music.

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Neighborhood Services

Our East River Community is rich with services for people of all ages. Many of these organizations have been serving the neighborhood for more than a century. Here are just a few:

CHINESE AMERICAN PLANNING COUNCIL

150 Elizabeth St., 212-941-0920
Services for the whole family: preschool, after school, job training and other services provided in Chinese dialects.

THE EDUCATIONAL ALLIANCE

197 East Broadway, 212-780-2300
Services for the whole family: preschool, summer day camp, art classes, gym, mental health, senior services and more.

GRAND STREET SETTLEMENT

80 Pitt St., 212-674-1740
Services for the whole family: preschool, teen program, summer day camp, career services, senior services and more.

HAMILTON-MADISON HOUSE

50 Madison St., 212-349-3724
Services for the whole family: preschool, after school, summer day camp, counseling, violin lessons, senior services and more.

BETANCES HEALTH CENTER

280 Henry St., 212-227-8401
Health services for the entire family.

GOVERNEUR HEALTHCARE SERVICES

227 Madison St., 212-238-7897
Health services for the entire family.

CO-OP VILLAGE NORC

465 Grand St./473 FDR Dr., 212-358-8489
Services for East River cooperators aged 60 and over: nursing and social

work services, fitness, lecture series, writing and comedy classes, trips at nominal cost, jitney to Pathmark and doctor appointments in Manhattan, Lifeline service, homecare. This program is supported by East River Housing Corporation and The Educational Alliance.

Grand Gourmet

DELIVERY!

Yes, there are restaurants that deliver to East River Housing. Here are a few:

Big Eat (Chinese)

97 Bowery, 212 219-9955

El Castillo De Jagua (Spanish)

521 Grand Street, 212 995-0244

Lombardi's (pizza and Italian food)

32 Spring Street, 212 941-7994

McDonald's, 212 337-3278

Noah's Ark Original Deli

399 Grand Street, 212 674-2200

Pizza Shack

525 Grand Street, 212 477-3374

Shalom Chai Pizza

367 Grand Street, 212 598-4178

Soy (Japanese)

102 Suffolk Street, 212 253-1158

Tien Garden (Asian vegan)

170 Allen Street, 212 388-1364

Thai on Clinton

6 Clinton Street, 212 228-9388

Wa Lung Kitchen

557 Grand Street, 212 254-3775

Wild Ginger (pan-asian vegan)

380 Broome Street, 212 966-1883

Zafi's Luncheonette

500 Grand St., 212 533-2415

Know some other? Let us know, erhc2@earthlink.net.

PLACES TO FIND SWEET TREATS FOR YOUR VALENTINE

Babycakes vegan bakery

Baked goods are free of gluten, wheat, dairy, refined flour and sugar: they'll deliver for \$15.

248 Broome Street, 212 677-5047

Donut Plant

379 Grand Street, 212 505-3700

They usually have special flavors such as rose petals for V-day.

Economy Candy

Chocolate, dried fruit, candy, nuts, jams, jellies, and more.

108 Rivington Street, 800 352-4544

Hong Kong Supermarket

A full-service supermarket that also has a good assortment of boxed chocolates, cookies, cakes and some exotic candies and dried fruits
Allen Street & East Broadway

The Sweet Life

Chocolate, dried fruit, candy, nuts, jams, jellies, and more - they'll also ship your gifts

63 Hester Street, 212 598-0092

Sugar Café

Café food and delectable desserts
220 Allen Street, 212-260-1122

Sugar Sweet Sunshine Bakery and Café

Cookies, cakes, cakes-by-the-slice, tarts, muffins, coffee cakes
126 Rivington Street, 212 995-1960