

esna EXTRA

A Not-for-Profit Organization The Bulletin of the East Sixties Neighborhood Association

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Are we missing you?

You might be missing out on some ESNA notices if we don't have your current email address. Email is the speediest and most direct way for us to notify you of upcoming events, volunteer opportunities, and other timely news of the association. So please, please email us at info@esna-nyc.com and we'll add your name to our growing list of members. It's the 21st century way to stay informed.



ESNA's 2015 Annual Meeting

Sunday, April 19, 2015 1:00 pm
Mt. Vernon Museum & Garden
317 E. 61st Street
New York, NY 10065
Details to follow...



ESNA Holiday Sing a Rousing Success!

Led by the Goode Time Carolers in period costumes and members and friends of ESNA in high spirits, esna's annual event to collect toys and games for the young patients at NY-Presbyterian Hospital was a fitting kick-off to the holiday season. We were joined this year by the nurses and administrators of the Pediatric Care Unit of NY-Presbyterian who expressed their deep gratitude to the esna community for its generous outpouring of holiday gifts for their young charges. Your donations of unwrapped games and toys once again went a long way to making a significant difference in the lives of many who would receive no other Christmas gifts but for your generosity. Thanks to TD Bank at First Avenue and E. 67th Street.



The Times They Are a-Changin'

Thank you Bob Dylan! He must have had in mind the recent updates to the NY State law covering not-for-profit corporations when he wrote those words. Last year, the State of New York made some additional governance requirements for not-for-profits. As a result, ESNA has to amend its Bylaws to conform to the new requirements and the Certificate of Incorporation will also be amended. Another requirement is that we must have a listing of paid membership should it be requested at an annual meeting. For changes to the Bylaws and Certificate of Incorporation to take effect, a yes vote of two-thirds of the members in good standing voting either in person at the meeting or on the proxy to be mailed on March 1st. The result of the vote will be announced at the Annual Meeting on Sunday, April 19, 2015. The meeting will be held at the Mt. Vernon Hotel and Museum, 417 East 61st Street, at 1 PM. A formal notice of the meeting will be mailed to each ESNA member on March 1, along with the revised Bylaws, amendment to Certificate of Incorporation and proxy.



If you have any questions about how the State legislation affects not-for-profit organizations, especially the East Sixties Neighborhood Association, please email us at info@esna-nyc.net.

Be assured, however, these changes to our Bylaws and Certificate of Incorporation are pro forma and in no way alter the mission of ESNA – to promote a better community through group action, representing the residents, merchants and property owners within its boundaries.

Give blood the ultimate renewable resource



Farewell old friend!

The stunning conservatory at Second Avenue and E. 63rd Street is gone. After some 20 years as the symbol of effective community interaction with civil authorities, the glass house gave way to the inevitable East Side Access project. ESNA will keep you posted on the construction at the site.

Volunteering May Be Good for Body and Mind

In an article posted to the Harvard Health Publications in June 2013, Stephanie Watson, Executive Editor, Harvard Women's Health Watch, wrote: "There's something gratifying about



volunteering. Whenever I work a charity event—which I try to do with some regularity—I often get more out of it than I give.

I already knew about the mental health benefits of volunteering. Studies have shown that volunteering helps people who donate their time feel more

socially connected, thus warding off loneliness and depression. But I was surprised to learn that volunteering has positive implications that go beyond mental health. A growing body of evidence suggests that people who give their time to others might also be rewarded with better physical health—including lower blood pressure and a longer lifespan."

Very interesting. For the rest of the article, here's the link to the website:

<http://www.health.harvard.edu/blog/volunteering-may-be-good-for-body-and-mind-201306266428>

Keeping Posted While on the Go



When you're out and about, you can check out the latest news of the neighborhood by stopping by the ESNA Bulletin Board. It's located on the CVS Pharmacy wall, on the north side of E. 64th Street, just west of Second Avenue. If you'd like your local organization's event posted, send it to info@esna-nyc.com for our consideration.

Recent Activity at ESNA's Commercial Members

EFI Dry Cleaners & Laundry – new manager

Marché du Sud – new menus, redesigned garden & dining room

Hertz – relocated from 327 to 337 E. 64th Street

Massey Knakal was recently acquired by **Cushman & Wakefield**

Sports Club LA is now **Equinox Sports Club**

Tower Chemist is moving to 1292 First Avenue

VitaHealth Pharmacy expanding into the adjacent space to the south, adding a new front

Water Tunnel No. 3 - Shaft Connections

New York City Water Tunnel No. 3 is a part of the New York City water supply system and is the largest capital construction project in New York City history. It is being built by the New York City Department of Environmental Protection and the Department of Design and Construction (DDC) to provide New York City with a third connection to its upstate water supply. The tunnel will be more than 60 miles long, travels 500 feet below street level in sections, and will cost over \$6 billion. Construction began in 1970 and is expected to be completed in 2020.[From



Wikipedia, the free encyclopedia]

How does the water get from 500 feet below the surface of Manhattan up to your apartment? It travels through the ten tunnel connections that the DDC is currently building. In our neighborhood the work is currently going on in the vicinity of E. 58th Street.

The projected completion date for the entire local project is July 2016. The trunk water main work for the entire project is expected to be complete by early 2016. This will be followed by permanent restoration of curb, sidewalk and roadway as required.

For an illuminating 3-1/2 minute video about the Shaft Connection, visit this website: <http://www.nyc.gov/html/ddc/html/videos/videos.shtml?webuildthecity#DDC>