



WHITE BIRCH CENTER *for* ACTIVE LIVING

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Message from the Executive Director

Hello Everyone,

When the movie Avatar came out in 3D several years ago, I had to go see it. I loved it. One thing from the movie I think of often is the greeting that the Na vi, highly evolved aliens that live on the planet Pandora, give each other. The translation of their greeting into English is “I see you”.

This is a wonderful greeting. I would say it to everyone I meet except that most people have excellent nerd radar and those would be the last words I get in before they glaze over and cast pity on me. So, I don’t say the words, but I often think them before I greet someone. It sets me in the correct frame of mind to accept my counterpart as a person and individual first. “I see you” means that I am actively trying to understand you. Who are you and how can I engage you?

Think of how many times we assume things when we meet or greet people. My wife was in the Midwest recently and told me how the folks who

live where she was visiting assume that we are all liberals because we live in New England. Have they been to Henniker and lived with us? Do they know us or are they even trying to know us? Do they see us?

What makes White Birch a good place, and what makes us a welcoming place, is that we see you when you walk through the door.

Sincerely,

Marc McMurphy

Executive Director



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I am a lifelong resident of Henniker, and our family

owns Ayer & Goss Fuel Company. We are third generation and working on the fourth generation of family members working at Ayer & Goss. Skip and I celebrated our 50th wedding anniversary this year with a family trip to the Grand Canyon. It was fun!

Henniker is a great town. I always like to give out of town friends a tour of Henniker. It has such a beautiful downtown and has so much to offer. Not many towns can boast having both a college and a ski area. We are so lucky to have White Birch Center which fulfills the needs of many of the town's citizens as it provides learning and active

living programs for children, adults, and families. White Birch Center is across the street from where I work every day, but until I was invited for a tour of the facility ten years ago, I had no idea how much goes on there. The children and the adults taking part in the programs learn and have fun at the same time. All members of the staff at White Birch work very hard to provide excellence.

I have been on the White Birch Board of Directors for 8 years and worked with many dedicated board members. I will be leaving the board next year, but I will still support White Birch.

I urge community members to contact White Birch to see what it has to offer. And I encourage community members to support White Birch financially. When you donate to White Birch you are actually helping the members of our community and enriching their lives.

School District Deliberative Sessions

Under SB2, the final proposed budget amount is decided by voters who attend the Deliberative Session. Voters who are present at the Deliberative Sessions will hear presentations and rationale for the proposed budget numbers and have the

opportunity to ask questions. After discussion, the registered voters who are present at the Deliberative Session vote on the proposed budget and warrant articles to be presented on the ballot for voting in March.

Date	Meeting	Time and Location
Feb 5	Henniker Community School Deliberative Session	7:00 PM Henniker Community School Cafeteria
Feb 6	Public Hearing on Henniker Town Budget	7:00 PM Henniker Community School Center
Feb 7	Weare School Deliberative Session	7:00 PM Weare Middle School Cafeteria
Feb 9	John Stark Deliberative Session	7:00 John Stark Cafeteria

A White Birch Love Story



Who doesn't love a love story? In honor of Valentine's Day, it gives me great joy to share a love story written by Bernie Bond. It's a love story that had its beginning right here at White Birch Center for Active Living.

The story began when Pauline introduced me, Bernie, to the activities and programs at White Birch. During the month of February or March 2016 both of us attended a program called TED Talks at the Tucker Free Library in Henniker. The talk was about loneliness. After the talk, input was asked from those in attendance. Pauline got up and said that she missed playing cards on Saturday night. After her husband passed away, she played cards with her girlfriends for several years until health problems interrupted the card games. I approached her after the meeting and asked her if she would like me to visit with her on Saturday to play cribbage. She agreed. That Saturday evening, I arrived at her apartment with pizza and

beer. We talked as we ate the pizza and we each drank a beer. We touched on many subjects. The more we talked I found out how very different we were, she was very reserved. That was not me! We played cribbage for a while. Then it was time for me to leave. We ended the evening with a handshake and agreed to see each other the following Saturday evening. On my way home I thought about my evening with Pauline. I had come to the

conclusion that the only thing we had in common was that we both enjoyed playing cribbage along with having pizza and beer.

White Birch provided a foundation for our romance to blossom. Pauline and I went on many trips together that were planned or sponsored by White Birch. There always seemed to be two seats next to each other for Pauline and me. Even though we were opposite in many ways we enjoyed each other's company.

As time went on I moved more towards Pauline's way of thinking and she moved somewhat towards my way of thinking. The more we saw of each other, the closer we became.

Sometime later we fell in love. I asked Pauline for her hand in marriage this past Thanksgiving and she accepted. We are going to be married on May 12, this year.

I think back over the past two years and realize how far we have truly come-supported and encouraged by the seniors and staff at White Birch. We are truly blessed!

Surviving Winter

The extreme cold weather we endured in late December and into the New Year is not at all uncommon in the Scandinavian countries of Denmark and Norway. Both of those countries have developed coping strategies for the long cold winters. In Denmark they call it “hygge” (pronounced “hooga”) and in Norway they call it Koselig. In English there is no translation for these words but below are descriptions of what the words mean in each country. It might do us all well to adopt some of these practices to get us through the remaining winter months.

Denmark

Hard to explain and even harder to pronounce, the Danish word “hygge” (pronounced “hooga”) has exploded in popularity around the world. It translates roughly to “cosiness,” but it means so much more than that. So, what is hygge, really? We’ve created this handy introduction to the Danish way of life known as “hygge”.

Danes have long been practitioners of climatic stoicism, since Denmark is cloudy, overcast and/or dark almost 64 percent of the time and never hot. Even in July, the highs are in the 60s. For centuries, to compensate, Danes create hygge whenever and wherever they can, warming the damp, chill-you-to-the-bones cold indoors and out with fire and light.

How to Hygge

As we get older, we tend to get more isolated. Hygge is a great antidote to that. Here are a few things you can do to embrace the long, dark days of winter with optimism:

- Get out. Don’t be a shut in. Break out of your routine and seek warmth and companion-



ship for cheap, good fun: a walk, a latte, singing at your place of worship. Get fresh air every day.

- Have frequent, low-key and unpretentious get-togethers. Employ soft lighting, good music, and comfortable chairs.
- Start groups: Book clubs, salons, Bunco, mahjong as well as cooking, knitting and poker parties are wonderful ways to form lasting, monthly connections.
- Limit alone screen time, but do consider inviting friends for the Super Bowl, the Oscars, sporting events, Victoria, or any TV series that promotes a great discussion.
- Share meals. Cook, bake and/or order in. A simple stew, delivery pizza, scrambled eggs or coffee will delight your guests.
- Create a cozy feeling with warm seasonal lighting and candles instead of overhead lighting. If it’s dark, light candles, even at breakfast.
- Scuttle the clutter of unread books, bills, too many photos, dying plants and outdated collectibles. Get rid of objects you never touch

and that bring you no joy. (You can't promote hygge with junk all around.)

- Instigate and initiate. Contact friends, family, and those you love and miss, with whom you've lost touch. Set dates; make plans; look forward to it.

Norway

In Norway, the sun doesn't rise for months in northern parts, yet the rate of winter depression is incredibly low. It all made sense after hearing about "koselig." Pronounced "koos-uh-lee," the literal translation is "cozy," but it's really an all-encompassing philosophy that many Norwegians live by to help get them through the winter. *"Koselig" can describe a hug ("Kan jeg gi deg en kos?" or "Can I give you a "hug"?), a warm greeting ("Koselig å se deg igjen!" or "It was nice to see you again. But the word is most commonly used during the winter, to talk about anything and everything that evokes warm and fuzzy feelings.*

Below are how Norwegians stay koselig and fend off wintertime blues.

Don't complain about the weather

Grumbling may be a way of sharing our frosty misery, but koselig it is not. In fact, it could even make winter more unbearable, says Fulbright researcher Kari Leibowitz.

We tend to make small talk in the US by complaining about the weather, but in Norway people don't look at it that way, they are excited about winter recreation, camping and so on. People do seem to be leading into it differently."

Indulge in winter fashion

A good example of koselig is having lots of warm and comfy winter garb that you can get excited about wearing.

For example, if it's cold and wet outside, be

thankful that you have these new boots. Or, if it's super cold and chilly, get excited about wearing a new scarf or nice, thick wool socks.

Throw Dinner Parties

As Norwegians will tell you, there's no better way to spend a chilly evening than meeting in somebody's abode for a potluck. Gløgg (mulled wine) and coffee tend to be on hand as fuel for good conversation, but apparently hot cocoa with cream and waffles are also foundations of the koselig food group.

Get outside

Norwegians appreciate winter as something to be enjoyed, not endured, and the best way to do that is bundling up and going al fresco. While most people aren't spoiled enough to have the aurora borealis on their front lawns, there are many other ways of relishing the season, like skiing, skating, or even just heading out for a crisp walk.

Decorate your home

Candlelight is the essence of koselig, which is why you'll find a warm glow radiating nearly everywhere with four walls in Norway during winter, from home base to office space. Local bars and restaurants create atmosphere by giving wool blankets, or sheepskin and reindeer pelts to guests. Seriously, there's no better way to nurse a pint.

So why not deck out your home as a koselig oasis with lots of candles and buy or better yet make a new throw for the sofa.

Travel somewhere cold

No one's going to blame you for taking that mid-January Mexican vacation, but for your humble consideration: try out a cold-weather trip. There are plenty of destinations that get more charming and rustic after snowfall, and living like a local there could also help change your perspective.

Tuesday Movies in February

The Choice

Tuesday, February 6th at 1:00 PM

Rated PG-13

Bachelor Travis Parker is enjoying the single life in his seaside North Carolina town when the beguiling Gabby Holland moves in next door. Almost immediately, the two fall in love despite a host of obstacles – including Gabby’s boyfriend.



The Big Sick

Tuesday, February 13th at 1:00 PM

Rated R

After meeting at a stand-up comedy show, funnyman Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship begins to crumble.



The Glass Castle

Tuesday, February 20th at 1:00 PM

Rated PG-13

Adapted from the novel of the same name, this family drama follows future writer Jeannette Walls, who spends her hardscrabble childhood on the run with her negligent artist mother and storytelling alcoholic father.

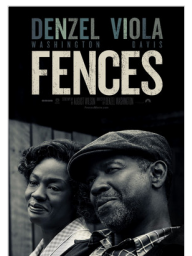


Fences

Tuesday, February 27th at 1:00 PM

Rated PG

Working as a trash collector in 1950’s Pittsburgh, Troy Maxson struggles to raise his family while trying to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of his race.



On-Going Programs at White Birch Center for Active Living

The current on-going activities and programs at White Birch Center for Active Living are listed below. In 2017 we added Chair Yoga and Computer Tutor and starting in January 2018, we will have Tai

Chi and Mah Jongg. We are always open to suggestions for new programs – please feel free to contact Marie or Beth Ann at 428-3077 to share your ideas or get more information.

Activity	Day	Time	Location
Bone Builders –AM Class	Tuesday & Friday	9:30 AM	White Birch
Bone Builders –PM Class	Monday & Thursday	3:00 PM	White Birch
Monthly Luncheon	Second Monday of the month (no luncheons Jan, Feb, July, Aug)	12:00 PM	Congregational Church Parish Hall
Book Club	Second Monday of the month	1:00 PM	Rush Square
Chair Yoga	Monday	9:00 AM	White Birch
Dominoes	Monday	10:00 AM	White Birch
Bridge	Monday	1:00 PM	White Birch
Memory Book Discussion Group	1st Monday of the month	1:00 PM	White Birch
Computer Tutor	Tuesday (by appointment 428-3077)	11:00 AM	White Birch
Movies	Tuesday	1:00 PM	White Birch
KnitWits	Wednesday	9:00 AM – noon	White Birch
Chess	Wednesday	3:00 PM	White Birch
Team Trivia	1st Wednesday	1:00 PM	White Birch
CRVNA Health Clinic	3rd Wednesday - by appointment only. Call 410-9953	11 AM – 4 PM	White Birch
Tucker Free Library Discussion	3rd Thursday (Oct-April)	11:00 AM	Tucker Free Library
Tai Chi	Friday	8:00 AM	White Birch
Mah Jongg	2nd and 4th Friday	11:00 AM	White Birch
Cribbage	Friday	1:00 PM	White Birch
Lunch Bunch	Varies monthly		Area Restaurants

Yarn Donations

Yarn donations are always welcome and appreciated by the White Birch KnitWits. This friendly group of knitters meets every Wednesday from 9:00 AM - Noon and always welcomes new members. There is always someone who is willing to teach the basics or help you fix a mistake or interpret a pattern.

This generous and talented group knits year-round and during the holidays they donated boxes of their handmade hats, mittens, socks, sweaters to many local charitable organizations. Most recently they gave a box of afghans to the Hillsborough County Nursing Home.



Another highlight of the holiday season for the KnitWits was inviting the children who attend programs at White Birch to select a knitted item to give to a family member. The seniors then wrapped and tagged the gift.



Giving Back

In December, the morning Bone Builders group had a holiday pot luck lunch. This year, instead of exchanging gifts, the group decided to bring a food item to be donated to the Henniker Food Pantry.



Red River Theater

On Thursday February 1st, we will visit Red River Theater in Concord for a private showing of an Oscar nominated film. At press time we could not confirm which films will be available, but as those of us who have previously been to Red River know, they always show quality movies.

Following the movie, we will have lunch at Man Yee, a Chinese Japanese restaurant.

White Birch will treat for the movie (for those riding on the bus) and bus fare will be by donation.

Pickup at Rush Square at 9:10 AM and Henniker Community Parking Lot at 9:15 AM. If you would like to sign up you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

Shopping Nashua

On Thursday February 22nd, it's time to visit some of our favorite stores in Nashua for a day of shopping. Our first stop will be at the Christmas Tree Shop Plaza, followed by lunch at Uno's, and a final stop at Trader Joe's.

Cost for the trip is \$8 and must be paid when you

sign up. Pick up will be at 8:45 at Rush Square, 8:50 at the Henniker Community Parking Lot, and 9:15 at the Weare Legion.

Please see Marie or Beth Ann if you would like to sign up.

Pre-Super Bowl Snowshoe or Ski

On Sunday February 4th at 11:00 AM, Active Living participants are invited to go for a snowshoe or cross-country ski before settling in to watch the Super Bowl. We will head out on the trails that run along the Contocook River and are accessed from the New England College parking lot by the turf field. If you are not familiar with the location, meet

at White Birch at 10:45 AM to caravan. This activity is weather permitting, and transportation is on your own.

If you would like to sign up you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.



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