



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 2 ■ Issue 9 ■ April 2018

Message from the Executive Director

Hello Everyone,

The Kentucky Derby is more than just a horse race. It is a fashion event, it is a party, it is an iconic part of American life. This race has been run, uninterrupted by the great depression and two world wars, since the Presidency of Ulysses S. Grant. It began in 1875, is the longest running sporting event in our country, and is still the most exciting two minutes in sports.

The Kentucky Derby was the idea of Meriwether Lewis Clark, the grandson of William Clark. Yes, the same William Clark who sought a passage to the west with his partner Meriwether Lewis. Meriwether Lewis Clark was gifted land from his uncles, John and Henry Churchill, upon which he built the now famed Churchill Downs. The original race had 10,000 spectators and the winning purse was \$2,850. This year, more than 160,000 will attend the race and over 16 million televisions will be tuned to the race. Even more people will be watching. The purse this year is 2 million dollars.

Countless Kentucky Derby parties across the country are held not only to watch the race but to celebrate the southern culture that the derby promotes. Mint Juleps, Kentucky Bourbon, and fashionable hats are worn by women and men. Fun, food, and fashion make the Derby Party a must attend event for folks across our land.

White Birch will be having our own Kentucky Derby Party on May 5th from 3:00 PM to 7:00 PM at Pats Peak. You'll get it all; the hats, the Mint Juleps, the food, Nick's Other Band, and the race. Be a part of this great tradition and help us raise money at the same time.

Sincerely,

Marc McMurphy

Executive Director



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Spotlight on Board Member

Steve Burritt



I came to Henniker in 1970 as a college student. I was looking to get back to a small town after spending two years going to college in Boston. My first impression of Henniker was at the Exxon station (now the Citizens Bank) and the owner and presiding judge at the Henniker district court, Bob Sterling was welcoming and helped me with directions. At that time White Birch didn't exist. I lived in a room in the house across from White Birch then known as Facility Hall. One snowy February day my room mates and I helped push Chris out of the parking lot where she was stuck. See Chris for a slightly different version of the story, though the ending is the same.

Our son Adam attended White Birch as a drop in. He would come home and tell us about all the things he did that day. He went on to the Henniker Community School, John Stark HS, UNH and a Master's degree. He is married, and he and his wife

live with their three sons in Henniker. White Birch was the start to his formal education and provided him with a great foundation.

In 2013 our neighbor Jim Crane asked if I would be interested in driving the bus for the Active Living program. Jim was a board member and drove for many years and was retiring to Florida. I took him up on the offer and have found myself in seven states piloting the White Birch Bus. Who would have imagined that adventure?

I drive by White Birch almost every day and see parents coming and going but it is what you don't see that is most amazing. I see the food truck making deliveries but until I had lunch with the four-year-old class I didn't realize what school lunch had evolved into. It was tasty, well balanced and well received by the children. Lunch with the class of four-year olds was an adventure.

The most surprising activity is the before and after school programs. This doesn't even happen on Hall Ave but at the Henniker Community School. It provides programs for school aged children that fill the gap before and after school while their parents are at work.

I drive by and see the parking lots full, but you don't see all the things the Active Living folks are doing. From bone builders to KnitWits to cribbage and lots of other activities happen.

White Birch is the best kept secret in Henniker. So much happens here that provides quality of life to our community and most people don't even know it. I do my best to be an ambassador for White Birch and tell our story. Help by telling our story.

Day Trips in April

WEBS – Northampton MA

On Thursday April 12th, we will make our semi-annual trip to WEBS in Northampton MA. For those who have not visited this store it is a yarn lovers paradise. There is a beautiful retail area as well as a warehouse that has sale items and discontinued yarns.

We will have lunch at Fitzwillies. Pick-up at Rush Square at 8:15 AM Henniker Community Parking Lot at 8:20 AM. Cost for the bus is \$10 and must be paid when you sign up. If you would like to sign up stop by White Birch and see Marie or Beth Ann.

Concord Shopping

On Thursday April 26th, we will have a shopping day in Concord, with stops at Target and Walmart and lunch at the Longhorn. After lunch we will make a stop at OutFitters.

Pick up at Rush Square at 9:00 AM and Henniker Community Parking Lot at 9:05 AM.

Cost for the bus is \$5 and must be paid when you sign up. If you would like to sign up stop by White Birch and see Marie or Beth Ann.

Armchair Adventure Kauai Hawaii



warm saltwater laps the golden sands of Kauai's Beaches and the rain-forests of Koke'e host earth's rarest plants and birds. The tiny tropical island of Kaua'i has kept herself charmed, mysterious and unconquered. Known as "The Garden Isle," it will come as no surprise that Kauai is a breathtaking island characterized by its wealth of lush, rich lands, including vast tropical rainforests, jaw-dropping mountains, and stunning beaches.

On Wednesday April 11th at 1:00 PM, Beth Ann will share her pictures from her recent trip to Kauai.

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

Kauai, the oldest island of the Hawaiian Islands, is a place where worries vanish in the trade winds,

AARP Smart Drivers Course



AARP Smart Driver is the nation's first and largest driver safety course de-

signed especially for driver's age 50+. The course is intended to help drivers live more independently as they age and remain safe on today's roads.

On Tuesday April 17th, from 8:15 AM-3:00 PM we will be offering the AARP Smart Drivers class at White Birch Center for Active Living. This class is open to the public, however class size is limited to 15 participants. We request that you arrive 15 minutes early to complete registration and provide payment. Cost for the class is \$15 for AARP members (you must show your AARP card) and \$20 for non-members.

A light lunch, such as pizza, will be provided by White Birch or bring your own. There will not be time to go out for lunch. Registration is required, to register please call 428-3077.

AARP Smart Driver Course Objectives

The AARP Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment. Topics include:

- Maintaining proper following distance
- Minimizing the effect of dangerous blind spots
- Limiting driver distractions such as eating, smoking, and cell phone use
- Properly using safety belts, air bags, and all car features
- Effects of medications on driving
- Maintaining physical flexibility
- Monitoring the driving skills and capabilities of yourself and others

Monthly Luncheon

The monthly luncheon will be on Monday April 9th at noon at the Congregational Church Hall. On the menu we will have pasta with meat sauce, bread, salad, and dessert.

Deb Urbaitis, attorney at Courteous Law, P.C., in Henniker, will give a brief talk on the services she offers at her practice and the upcoming seminars she will be having at White Birch.

We kindly request that you make a reservation no later than April 5th. To sign up, you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

A BIG THANKS goes out to Chris and Steve Burritt for sponsoring the luncheon this month. If you are interested in sponsoring a luncheon, please call 428-3077.

Saturday May 5, 2018

Kentucky Derby Party

3 pm-7 pm

Get ready for our 2nd Annual Kentucky Derby PARTY taking place at Pats Peak. Get a little Louisville excitement right here in Henniker! Experience delicious hors d'oeuvres and classic race-day cocktails while enjoying live music from the ever-popular Nick's Other Band. Derby-goers dressed in style can take a chance on some exquisite raffle items and fun contests - including the coveted Derby Hat contest. Get together with friends and join in the thrill of catching the Run for the Roses on the big screen. Proceeds from this signature event benefit White Birch Center, a local nonprofit, dedicated to enriching life and strengthening community.

Individual Tickets: \$75.00 per person (includes food, entertainment, specialty drink ticket, party favor, door prize entry & fun!)

Live Musical Entertainment from
Nick's Other Band!

Delicious southern-inspired
hors d'oeuvres

Traditional and creative cocktails

Expanded Derby Hat competition

Exquisite Raffle Table

Themed Booths & Contests

50/50 Raffle & Door Prizes

Grand Marshall Award

Kentucky Derby Race
on the big screen

Group Special: Bundles of 10 for \$675.00 may be purchased by April 21 (Great way to thank employees, clients, and include your friends and family!) Tickets for this Event are limited.

Sponsorship Opportunities

A variety of sponsorship levels are available to promote business exposure, share community involvement, and take advantage of event benefits.

For more information, Please visit our event page at www.whitebirchcc.org or call 428.7860.



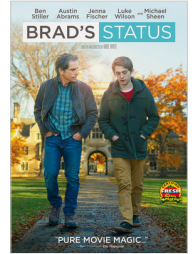
Tuesday Movies in April

Brad's Status

Tuesday, April 3rd at 1:00 PM

Rated R

Ben Stiller stars as Brad, whose satisfying career, sweet wife, and comfortable life in suburban Sacramento aren't quite what he imagined during his college glory days. When he accompanies his musical prodigy son on a university tour, he can't help comparing his life with those of his four best college friends who seemingly have more wealthy and glamorous lives. But when circumstances force him to reconnect with his former friends, Brad begins to question whether he has really failed or if their lives are actually more flawed than they appear.

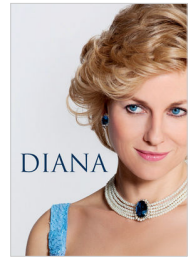


Diana

Tuesday, April 10th at 1:00 PM

Rated PG-13

Princess Diana, the world's most-watched woman, struggles to find herself after her painful divorce. In the two years before her death, she embarks on a vital campaign to ban landmines and on a passionate love affair with heart surgeon Hasnat Khan.



This Beautiful Fantastic

Tuesday, April 17th at 4:00 PM (Please not time change.)

Rated PG

When her landlord forces librarian and aspiring author Bella Brown to clean up her overgrown garden, she meets grumpy elderly neighbor Alfie Stephenson, who's an avid horticulturalist -- and an unlikely friendship is born.



Secret In Their Eyes

Tuesday, April 24th at 1:00 PM

Rated PG

Thirteen years after a colleague's daughter is savagely murdered, former FBI investigator Ray remains haunted by the unsolved case. But as he gets close to nabbing the killer, Ray unearths a shocking truth that casts a different light on past events.



Banner Tours and Travel and White Birch Center Present **Norman Rockwell Museum**

Stockbridge, MA on Wednesday, May 23, 2018

The Norman Rockwell museum houses the world's largest and most significant collection of Rockwell's work, including 998 original paintings and drawings. On our self-guided tour, you will view Rockwell's studio that features original art materials, his library, furnishings and personal items. Stockbridge and many of the little towns nearby provided images including the children and grandchildren whom Rockwell painted. Imagine him painting the most iconic scenes of American life.

Please note there is quite a lot of walking with this day trip.

Enjoy a sandwich luncheon at Michael's Restaurant. In 1980, the Stockbridge Inn was purchased by the Abdallas and Michael's Restaurant was born.

Price: \$134 per person includes:

Luxury motorcoach transportation, all admissions, luncheon, and Professional Tour Director services. Bus Driver Gratuity and Professional Tour Director Gratuity not included.

Depart: 6:45AM at Concord Trailways

30 Stickney Ave – Return approximately 5:30PM

Payment is due upon reservation. Reserve early as space is limited. Last date to reserve: **April 27, 2018.**

Reservations after April 27 will be on a first come first served if space is available.

Make checks payable to: Banner Tours and Travel LLC

Please mail to: White Birch Center PO Box 2035
Henniker, NH 03242

Questions? Call 603-428-3077 or email:
bethannp@whitebirchcc.org.

Net Zero House Tour

On Friday April 6th, Dan Paul of Daystar Builders, has invited us to tour a Net Zero Home in Henniker that is still under construction. Being constructed as a Net Zero home means that the owners will never have any utility costs, that includes heating, cooling, and electrical needs. This home was built with a significant portion of lumber harvested from a tree farm about 1 mile

from the house site and the lumber was processed without leaving Henniker.

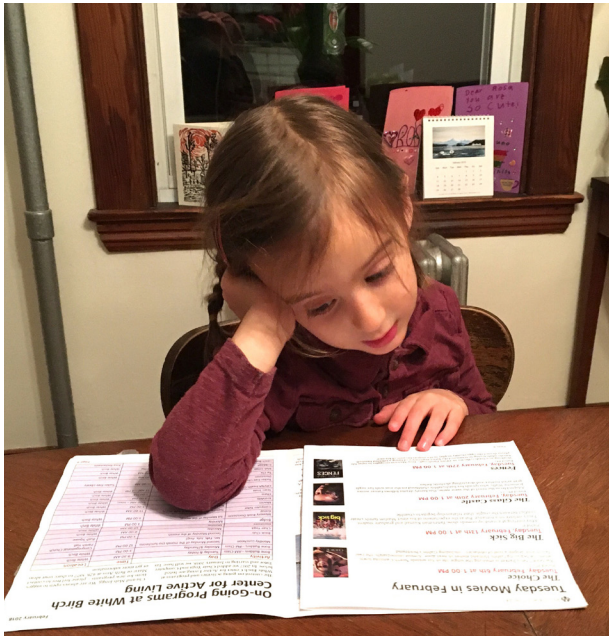
Transportation is on your own and we will meet at White Birch at 9:45 AM to car pool. If you would like to sign up you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

Lunch Bunch – Lakehouse Tavern

On Friday April 6th, the lunch bunch will dine at the recently re-opened Lakehouse Tavern located at 157 Main Street in Hopkinton NH. The lunch menu has a nice variety of appetizers, soups, salads, sandwiches.

Transportation is on your own and the deadline to signup is April 3rd. We will meet at the restaurant at 11:45 AM.

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



Rosa Lillian Paul enjoys reading 'Grannies White Birch Book'.



Queen June and her friends had a regal time at King Arthur.



Many hands contributed to the completion of this beautiful puzzle.

Tucker Free Library

On Thursday April 19th at 11:00 AM we will conclude our Tucker Free Library sessions with a special live presentation by Saundra Maisey that is guaranteed to have you laughing.

Saundra has been associated with the World Laughter Tour since August, 2005. She has led Laughter Clubs and workshops for family gatherings, businesses and organizations across the country and internationally.

She makes laughter a daily activity in her life and is a catalyst for laughter with family and friends. Laughter comes naturally for her – she’s not a humorist, or a comedian – she merely loves to

laugh – and shares it with others.

Saundra’s professional life has included public school music teacher, retail sales, and systems development and design for a Fortune 500 Company for 30 plus years.

Completion of the Certified Laughter Leader training in Columbus, OH, with the founder of the World Laughter Tour organization, Steve Wilson, has opened new horizons.

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

Recipe: Shredded Beets and Red Cabbage with Cranberries

We have discovered that one of the big benefits of having Pot Luck lunches is getting to try delicious new dishes. Thanks to June Peterson for sharing the recipe for this dish – it was a huge hit at the last lunch.

2 Tablespoons olive oil

1 1/2 cups coarsely shredded red cabbage

1 1/2 cups peeled, coarsely shredded cooked fresh OR canned whole baby beets - drained

1/3 can whole berry cranberry sauce OR fresh cranberries

1 Tablespoons balsamic vinegar

1 teaspoon salt

1/4 teaspoon black pepper

1/8 teaspoon ground allspice

1/8 teaspoon ground cloves

In a 10-inch skillet or Dutch oven over moderate heat, heat oil for 1 minute. Add cabbage and sauté, stirring occasionally, 5 minutes.

Stir in beets, cranberry sauce, vinegar, salt, pepper, allspice, and cloves. Cook, covered, until tender – about 10 minutes. Makes 4 servings.



White Birch Center
51 Hall Ave, PO Box 2035
Henniker, NH 03242

www.whitebirchcc.org

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WHITE BIRCH CENTER *for* ACTIVE LIVING

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