



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 2 ■ Issue 8 ■ March 2018

Message from the Executive Director

Hello Everyone,

If you are a small dog lover, do yourself a favor and flip to page two right now. I have a bone to pick with the Westminster Kennel Club. This year, the Best in Show at their annual “world famous” dog competition was a Bichon Frise. I took the Patriots loss in the Super Bowl in stride but on this, I have to speak out.

Have you seen this dog? Imagine a giant white ball of cotton with two eyes and a tail. Now, imagine spending the rest of your life washing and primping that ball of cotton so that it never looks dirty and it retains its shape. Finally, don’t forget to feed it. I looked up the various shampoos and cleaning products one needs to keep the Bichon Frise free of “stains” and dirt so that it stays its white color.

Having two teenage daughters, each with more hair products than can fit into the back of a full size pick up truck, I can tell you its cheaper to have two teenage daughters.

The Bichon Frise breed is listed under the “Nonsporting” group of dogs. This doesn’t surprise me as

I have recently discovered that the group name “Nonsporting” is actually code for “this dog serves no purpose.” If you took it hunting, and you want to have any respect when you come across another hunter, you would have to say that the Bichon was your bait and you are hoping to attract hawks and eagles.

What is it going to take to get the fun, family dogs back on the podium? These specialty dogs have had their day. Feel free to pass this on to anyone you know who feels the same way. Speak up America! It’s time for a change.

Sincerely,

Marc McMurphy

Executive Director



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Spotlight on YOU!

Judy Flanders



Judy learned about White Birch through Marguerite Damour who originally started the monthly senior luncheons. Judy learned the ropes of putting on the luncheons from Margue-

rite and when Marguerite retired, Judy took over and ran the luncheons for 11 years. Currently Judy is one of the Bone Builders instructors at White Birch.

Judy was born and raised in Laconia and graduated from Laconia High School. She graduated from the Concord School of Nursing in 1961 and went on to work at Concord Hospital for 34 years spending time in various departments including maternity, Ob-Gyn, and special care nursery.

The accomplishment Judy is most proud of is attaining the age of 75. Judy has 4 stepchildren, 5 grandchildren and 1 great granddaughter. She has lived in Henniker for 37 years. Prior to that, she lived in Hooksett, Penacook, and Concord. Judy's favorite things include knitting, reading, cooking, wreath making and country music. She enjoys eating at her favorite restaurant, Country Spirit, and her favorite snack food is Goldfish crackers.

Judy's favorite seasons are spring and summer and she loves to garden and work with plants and flowers.

Craft Time with Marie

On Tuesday March 13th at 11:00 AM, join Marie as she leads you in creating this adorable Easter decoration.

Cost for the class is \$10 which includes all materials and is limited to 10 participants. Registration and payment are due no later than March 9th. Stop by White Birch and see Marie or Beth Ann to register.



Day Trips in March

King Arthur

On Thursday, March 1st, we will head to King Arthur Flour in Norwich, VT. There will be plenty of time for you to roam the Bakers Store and stock up on any supplies you might need. We will have lunch at the King Arthur café where you can choose from an extensive menu of soups, salads, sandwiches, and pastry.

Cost for the trip is \$8 and must be paid when you sign up. Lunch is on your own. Pick up at Rush Square at 9:30 AM and Henniker Community Parking Lot at 9:35 AM.

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

IKEA

On Thursday, March 22nd, put on your walking shoes and stock up on your favorite products as we make a return trip to IKEA. Visiting this giant store (three floors) is an experience – you are sure to find some new ideas for decorating your home, a kitchen gadget that you just must have, or some Scandinavian food product that you would like to try.

For lunch we will eat at the IKEA cafeteria which is

famous for their Swedish meatballs. Reminder: you must provide your own bags for your purchases or buy bags when you are at the store.

Cost for the trip is \$10 and must be paid when you sign up, lunch is on your own. Pick-up at Rush Square at 8:00 AM, Henniker Community Center parking lot at 8:05 AM and Weare Legion at 8:30 AM.

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

Nashua

On Thursday, March 29th, we will head back to Nashua. Due to the popularity of this shopping adventure, we will plan to go monthly until interest wanes or Trader Joes opens in Manchester. We will start the day at the Christmas Tree Plaza, have lunch at UNO's, and after lunch stop at Trader Joes.

Cost for the trip is \$8 and must be paid when you sign up. Lunch is on your own. Pick up at Rush Square at 8:45 AM and Henniker Community Center Parking Lot at 8:50 AM.

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

Lunch Brunch - Pancake House

This month the lunch bunch will be the brunch bunch as we will meet on Tuesday March 20th for our annual visit to Intervale Pancake House. Intervale Farm Pancake House opened more than 25 years ago and has been serving pancakes, waffles, eggs, and coffee from the same place on

Flanders Road since that first day.

Transportation is on your own. We will meet at the restaurant at 10:30 AM.

Please sign up no later than Thursday March 15th. To sign up you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

3 Scams to Protect Against

Millions of Americans fall prey to scams each year. Staying alert and knowing where to report financial exploitation helps stop scammers from claiming more victims. Here are three tips to keep you up-to-date on scams that are making the rounds right now.

Beware the (fake) IRS

Scammers know that taxes strike fear in the hearts of men and women. Exploiting the Internal Revenue Service (IRS) name and function is one way that scammers have been able to get people to open their wallets.

Two types of IRS scams have been making the rounds in the past year:

- Email “Phishing” (as in “fishing for information”). Scammers send phony e-mails that claim to come from the IRS and tell victims that they are due a tax refund. The victims then provide their personal and financial information, which can be used to steal their identities.
- IRS-impersonating phone calls claiming to be from IRS employees, using fake names and bogus IRS identification badge num-

bers. They may know a lot about their targets, and use a Washington, DC area code (202) to seem like the IRS really is calling about unpaid taxes. The scammer may even threaten victims with arrest or, in the case of immigrants, deportation unless they pay up immediately.

It’s important to remember that the real IRS never initiates contact with you via phone call, email, or through social media. The IRS cannot threaten to have you arrested or deported for not paying taxes. Here’s how to tell if it really is the IRS approaching you with a tax issue.

You can send any suspect correspondence to phishing@irs.gov and let the FTC know. If you get a fake IRS call, hang up immediately and report it to the Treasury Inspector General for Tax Administration at 1-800-366-4484.

You won’t need to pay for your new Medicare card

You may have heard that, beginning this spring, Medicare will be sending out new cards to all beneficiaries. The new card removes the current Social Security-based identifying number and

Important Dates

Date		Location
March 13	Town Elections	Henniker Community School
March 17	Henniker Town Meeting	Henniker Community School

replaces it with a random number/letter sequence that helps to reduce identity theft and fraud.

The Federal Trade Commission (FTC) warns against scammers posing as Medicare “agents” or health care providers telling seniors they need to purchase a replacement card. The new Medicare cards are free, and everyone with Medicare will be mailed a card between April 2018 – April 2019. The only action you need to take is to ensure Social Security has your current address, as the new cards will be sent to the address in their files.

If you’ve been solicited by a possible Medicare scammer, report it by calling 1-800-HHS-TIPS (1-800-447-8477), or submit a complaint online to the Office of the Inspector General of the U.S. Department of Health and Human Services.

Recognize how scammers make you pay

Whether it’s a phone call from someone impersonating a grandchild in trouble, or a plea for a donation from a fake charity capitalizing on a recent disaster, one of the quickest ways to spot a scam is by recognizing how you are being asked to send money.

The Federal Trade Commission warns consumers that if someone says you can only pay by wiring money, putting money on a gift card, or loading money onto a cash reload card: that is a scam. Hang up the phone, throw that email or flyer away, and report it to the FTC to keep yourself and others safe.

workcampNE

workcampNE is a non-profit organization running week long camps enabling up to 500 students and adult volunteers to work on approximately 60 homes of elderly, handicapped, or severely under-resourced each year.

This camp has been in existence for over 20 years and over the past 12 years seen approximately 3400 campers doing repair work on 600 homes. Jobs include roofing, scraping, painting, deck repair, handicap ramps, and replacement windows and doors. The work is done by students who are supervised by volunteer contractors and handy-men.

- All work is done free of charge
- Residents are chosen primarily on references

from local social service agencies

- As long as there is a viable need and a safe healthy working situation for the student volunteers, workcampNE will consider working at the home. (Residents must be homeowners, no rental properties.)

Please note that applicants must live within a 30-mile radius of Hopkinton NH.

If you have any questions or would like to be considered for assistance, please contact Mandi Ratay at 603-268-2286 , mandiratay@gmail.com or Karen Dufault at 603-746-4322, kbdufo@gmail.com.

Tuesday Movies in March

Victoria and Abdul

Tuesday, March 6th at 1:00 PM

Rated PG-13

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award® winner Judi Dench) remarkable rule. When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.



Roman J. Israel Esq

Tuesday, March 13th at 1:00 PM

Rated PG-13

For defense attorney Roman Israel, protecting the rights of society's most vulnerable is a personal crusade. Drafted by a top law firm after his partner dies, Israel learns that the firm uses nefarious tactics, putting him in a tight ethical corner.



Wonder

Tuesday, March 20th at 1:00 PM

Rated PG

Entering fifth grade will be momentous for Auggie – because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face.



Last Weekend

Tuesday, March 27th at 1:00 PM

Rated NR

When well-heeled, fastidious Celia Green rounds up her two grown sons and husband for a holiday weekend retreat at their beloved vacation home, perfection is her goal. Unfortunately for Celia, discord and dysfunction intervene.



Banner Tours and Travel and White Birch Center Present **Daffodil Days**

Blithewold Mansion in Bristol, RI on Wednesday, April 25, 2018

Spring means daffodils! Each April, Blithewold opens its gates to experience their famous daffodil display of over 50,000 daffodils with spectacular views of Narragansett Bay. Ranked by Yankee Magazine as one of the five best public gardens in New England, Blithewold, formerly home to the Van Wickle family, is a 45-room English-style manor mansion. With our tour guide we will see original furnishings just as it was when the family lived there. We will also be taken through the gardens for a complete experience of the seaside estate.

Enjoy a gourmet boxed lunch on the property, created by Blithewold's kitchen. Imagine life at this "summer cottage" as the rich and famous lived.

Price: \$126 per person

Deluxe Tour includes: Luxury motorcoach trans-

portation, gourmet boxed lunch, admission, and Professional Tour Director Services. Gratuities for the Bus Driver and Professional Tour Director are not included.

Depart: 8.30AM at Concord Trailways

30 Stickney Ave – Return approximately 5:00PM

Payment is due upon reservation. Reserve early as space is limited. Last date to reserve: March 23, 2018

Reservations after March 23 will be 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.

Jewelry Making: Leather and Glass Necklace

On Saturday March 24th at 9:30 AM, join us at White Birch as Carolyn Madden will guide us in creating a colorful necklace using leather cord and glass beads. Basic design elements for working with beads will be discussed. A large variety of colorful beads will be available to choose from. This workshop is designed for anyone interested in getting started with bead stringing.

Cost for the class is \$10 and includes all materials. Space is limited to 12 participants and payment is due with registration. If you would like to sign up stop by White Birch and see Marie or Beth Ann.



New Hampshire Free Tax Help

If you need assistance with your tax preparation, there are several options to book an appointment at the Hopkinton Town Library. You can dial 211, log onto <http://eznetscheduler.com/calendar/nhtaxhelp>, or stop by White Birch and Beth Ann can schedule your appointment online.

Free tax preparation is available to all ages and occupations

When you come for your appointment, you must bring:

- If married, it is preferable for both spouses to be present
- Original or photocopy of social security cards for taxpayer, spouse, if married, and any dependents being claimed
- Picture ID for taxpayer and spouse (must be a Driver's License, or state issued ID Card, or other official document)
- All W-2's for all places worked in previous year
- Prior year tax return if applicable
- Routing number and bank account number for direct deposit

If applicable, bring:

- If you're not sure, bring it! We'll be happy to review it.
- Copies of any 1099's issued to you or your spouse (including social security!)

- Form 1095A if you received purchased insurance via healthcare.gov
- Bank account interest year-end statement
- Student loan interest statement
- Proof of child care expenses paid (statement from provider with EIN # or Social Security #)
- Statement of post-secondary education tuition expenses paid. Any other documents related to your previous year taxes.
- Copies of last year's mortgage interest statements (including any points paid)
- Real estate taxes paid statement
- Proof of charitable donations
- Statement of work-related expenses
- Auto registration
- Receipt of tax preparation fees paid last year
- Statement of safe deposit box fees
- Statement of union dues paid
- Any other statements of allowable itemized deductions

If small business owner: Proof of income and expenses (in writing). Self-employed with more than \$25,000 in expenses cannot be served.

Returns cannot be filed with rental income, self-employed individuals with employees. Other limitations of scope may apply to your circumstances, an appointment is not a guarantee we can prepare your return.

Looking Ahead - Mamma Mia at the Palace Theater

Save the date – on Saturday April 28th we have a fun-filled day planned with a buffet lunch at the Puritan Backroom followed by the matinee performance of Mamma Mia at the Palace Theater.

Mamma Mia!

A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget!

Over 54 million people all around the world have fallen in love with the characters, the story and the music that make Mamma Mia! the ultimate feel-good show!

Writer Catherine Johnson's sunny, funny tale

unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship and every night everyone's having the time of their lives!

There are a limited number of tickets available. If you would like to make a reservation you can stop by White Birch, call 428-3077 or email bethannp@whitebirchcc.org. Cost for lunch and the play is \$50 and payment is no later than March 30th.

Steeple Bells in Henniker



Marty Davis is writing a short history of the steeple bells located in Henniker for the Henniker Historical Society. She would like to include people's memories and stories of the bells in her publication.

The booklet will discuss the bells in the Henniker Community School, the Grange building, the

Congregational Church, The Methodist Church (now the Community Center) and the train bell that is on the New England College campus. General information, a brief history of each bell, and other notable facts will be included.

If you have any anecdotes, memories, or photographs of these bells that you would like to share, we would like to include them in the booklet. You can drop them off at White Birch, mail to White Birch Center for Active Living PO Box 2035 Henniker, NH 03242, or email bethannp@whitebirchcc.org. The deadline for submission is April 15th and please include your name and contact information.



White Birch Center
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WHITE BIRCH CENTER *for* ACTIVE LIVING

WHAT'S INSIDE

King Arthur Flour

page 3

IKEA

page 3

Jewelry Making

page 9