



# WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 2 ■ Issue 10 ■ May 2018

## Thank You Marc

Each month the front page of the White Birch Center for Active Living Newsletter has a message from Marc McMurphy. In his role as the Executive Director of the White Birch Center (WBC), he uses this forum to share some piece of wit or wisdom with us, from his perspective, which often leaves us with a smile.

This month the Board of Directors for WBC has chosen to commandeer this space to take the opportunity to say, “THANK YOU MARC!!!”

We wish to commend Marc for the excellent job he is doing to achieve our Mission:

Our Mission is to be a community leader in providing exceptional programs and services that support learning and active living for children, adults, and families.

Marc’s efforts in forming relationships and partnerships in the Henniker community and throughout the state have brought important recognition to our programs and services. In 2017, WBC was the recipient of the Concord Chamber of Commerce “Pinnacle Award for Excellence and Community Commitment”. Recently, the White Birch Center was the recipient of the prestigious “Nonprofit Impact Award” from the NH Center for Nonprofits. This award “recognizes a nonprofit whose performance and exceptional service to the community sets a

high standard of quality and demonstrated effective strategy, execution and impact.”

Marc’s leadership focuses on all of these components:

- He has set a high standard of quality for staff and programing
- He has worked alongside the Board of Directors to establish and implement a strong strategic plan
- He has clearly had a positive and powerful impact on the Henniker community, and beyond.

Perhaps most of all, Marc is appreciated for his humor and compassion each and every day. His active involvement in the center is evident as he walks around the various rooms and programs. He is requested as a participant in the Bone Builders program and even took up knitting, so he could work alongside the KnitWits group. The children love it when “Mr. Marc” comes to the classroom to spend time with them. His door is always open to staff, families, the Board of Directors and the community. We thank Marc for his vision and leadership in making the White Birch Center a program of excellence and impact.

With gratitude-

The Board of Directors of White Birch Center

## WHITE BIRCH CENTER BOARD OF DIRECTORS

**Louise F. Cyr**  
**President**  
louisefcyr@gmail.com

**Stephen Burritt**  
**Vice President**

**Cathy Clement-Dias**  
**Secretary**

**Ryan Towle**  
**Treasurer**

**Members:**  
Betsy Fowler  
Carol Goodenough  
Peg Herbert  
Dagmar Sepulveda Herrick

Elin Leonard  
Carolyn J. Madden  
Carolyn McKean  
Mark S. Zuckerman

**Emeritus Members:**  
Jon Evans  
Lucia R. Evans

Jolene Schillinger/Erikson  
Carol Gaidos

**Marc McMurphy**  
**Executive Director**

**Beth Ann Paul**  
**Director of Active Living**

# Spotlight on YOU!

## Dale Clement



Dale Clement learned about White Birch by word of mouth and his favorite activity at White Birch is the Senior Luncheon.

Dale grew up in Henniker and then went on to live in Durham, Bow, Concord, and Manchester. He returned to Henniker and has lived here for the last 24 years.

Dale has had a variety of jobs which included electronics/radio repair, design engineer for radio antennas, and an electronics and science teacher. His hobbies include ham radio, experimental electronics projects, calligraphy, folk music, travel, and history.

Dale's favorite outdoor activities are hiking and snow shoeing. His favorite restaurants include Taco Beyondo, High Tide, Gin Gin, and Intervale Pancake House. His favorite snack is cashews, and his favorite time of year is Autumn because of the dry air and cool nights.

Dale is especially thankful to be alive after having triple bypass heart surgery and what he is most proud of is his ability to make people happy.

---

## Create a Planter

On Tuesday May 8th at 11:00 AM, come to the annual "Create Planter" activity.

For those who have not previously participated, the way it works is you bring a planter or plant pot from home along with a 6-pack or two of your favorite annual flowers, White Birch will provide the potting soil. All the plants are put on a table

along with potting soil and you pick and choose the plants you want to use to fill your planter. Everyone leaves with a smile and a pretty pot of flowers.

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

# Day Trips in May

## Memorial Day Ceremony at the NH Veteran's Cemetery

On Wednesday May 30th we will attend the Memorial Day Ceremony at the Veteran's Cemetery in Boscawen NH. The ceremony lasts about an hour and starts at 11:00 AM. There is limited seating at the cemetery, so please bring a folding chair. Following the ceremony, we will have lunch at Alan's Restaurant.

Bus fare will be by donation. Pick up at Rush Square at 9:15 AM and Henniker Community Parking Lot at 9:20 AM.

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

## Keene Shopping

On Thursday May 10th we will head over to Keene for a day of shopping. First, we park the bus on Main Street where you will have time to visit a wide variety of stores, featuring apparel, toys, arts & crafts, shoes, jewelry, books, and souvenirs.

On Marc's recommendation, we will have lunch at Jim Eddy's.

Then we will end the day with a stop at the new Aldi store. For those who have not been, Aldi has a unique style when it comes to grocery shopping. And being unique has helped make them one of the fastest growing retailers in the US. For example, they keep carts in one convenient place. You put a quarter in the cart, shop and then return the cart to get your quarter back. This helps to keep

prices low because they don't spend time retrieving carts. You can bring your own bags or buy our reusable ones at checkout. Everything they do is with conservation in mind and as a result their prices are substantially lower.

Cost for the trip is \$5 and must be paid when you sign up. Lunch and shopping are on your own. Pick up at Rush Square at 8:45 AM and Henniker Community parking lot at 8:50 AM. If you would like to sign up you can stop by White Birch.

## NH Telephone Museum

On Thursday May 24th we will visit the NH Telephone Museum in Warner. The following description is from their website.

*Our enthusiastic staff and our collection of over 1000 artifacts, have made the New Hampshire Telephone Museum one of the must-see attractions in the state, as well as an important educational resource. Stop by and see why people say "WOW!" when they walk through the door!*

Following our museum visit we will have lunch at The Local. Everyone enjoyed our previous lunch outing at this locally owned and run restaurant – they have an excellent lunch menu and a fun friendly atmosphere.

Lunch and museum entrance fee (\$6) are on your own and bus fare is by donation. Pick up at Rush Square at 9:15 AM and Henniker Community parking lot at 9:20 AM. If you would like to sign up you can stop by White Birch, call 428-3077, or email [bethannp@whitebirchcc.org](mailto:bethannp@whitebirchcc.org).

# Congratulations 2018 Nonprofit Impact Award Recipients!

White Birch Center was honored recently, with the Nonprofit Impact Award, a very special recognition from the NH Center for Nonprofits. The NH Center for Nonprofits is a nonprofit, statewide association dedicated to providing programs and resources that support nonprofit organizational capacity building and partnering with sector leaders, businesses, and the broader community to elevate the visibility and status of the nonprofit sector.

The Nonprofit Impact Awards are presented each year to honor remarkable people and nonprofit organizations that have made outstanding contributions to their communities. The emphasis of the awards is on recognizing those who push to work more broadly, to innovate, and to expand ways of meeting the needs of our state. The Staff and Board of Directors of White Birch Center proudly share this achievement with the program participants, volunteers, donors, advocates, and greater community that share the organization's vision of

enriching life and strengthening community. More information on this award and the event can be found at <https://www.nhnonprofits.org/>



(Left-right) Marc McMurphy of White Birch Center, Kathleen Reardon of NH Center for Nonprofits, Helen B. Taft, Courtney Tanner of Hope on Haven Hill, and Mary Susan Leahy at Monday evening's Nonprofit Impact Celebration. Photo credits NH Center for Nonprofits

## Keeping it Local-Henniker Brewing Company, StoneFalls Garden, and Sonny's

On Thursday May 3rd we will keep it local and visit several businesses in Henniker. We will start at Henniker Brewing Company with a tour (given by founder Dave Carrier) and beer tasting:

*It all started back in 2011 with four guys, a passion for craft beer, and an abandoned warehouse in the woods of Henniker, New*

*Hampshire. We set out with the goal of brewing quality beer that New Hampshire could be proud to call its own. We don't chase trends, we brew beers that we enjoy drinking.*

Next, we will stop at StoneFalls Garden:

*Continued on Page 5*

# *Banner Tours and Travel and White Birch Center Present* **Duck Tour & Old North Church**

**Boston, MA, Wednesday, June 20, 2018**

Experience Boston like never before on a Boston Duck Tour. See what makes Boston tick, hear the history, discover all the districts, listen to the stories and experience driving into the water. This tour continually wins awards. Don't miss the fun!

Lunch is at the renowned Cheers Restaurant at Faneuil Hall Marketplace. It is the exact replica of the Hollywood set with delicious pub food.

Next visit Boston's icon, the Old North Church. Hear our colonial history and the beginning of our new republic. Take time to visit the grounds, the Printing Office of Edes & Gill, Captain Jackson's Historic Chocolate Shop and the gift shop.

**Price: \$134 per person includes:**

Luxury motorcoach transportation, Boston Duck Tour, luncheon, Speaker with visit at Old North Church and Professional Tour Director.

Bus Driver Gratuity and Professional Tour Director Gratuity not included.

**Depart: 8:30 AM at Concord Trailways**

30 Stickney Ave – Return approximately 6:00PM

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](mailto:bethannp@whitebirchcc.org).

**Any cancellation prior to the departure of the tour, cancellation fees are as follows: Over 45 days no cancellation fee, 31-45 days 25%, 15-30 days 50%, 14 days or less 100% fee**

*Continued from Page 4*

*Stonefalls Garden is the premier supplier for all your gardening needs! This place is amazing!*

*The grounds are beautiful, the people are friendly and knowledgeable, and the quality of the plants is far beyond any other place local.*

And we will finish with lunch at Sonny's Main Street Pizza.

Transportation for this outing and lunch are on your own. We will meet at Henniker Brewing located at 129 Centerville Road in Henniker at 10:00 AM. If you would like to sign up you can stop by White Birch, call 428-3077, or email [bethannp@whitebirchcc.org](mailto:bethannp@whitebirchcc.org).



# Tuesday Movies in May

## *Three Billboards Outside Ebbing, Missouri*

**Tuesday, May 1st at 1:00 PM**

*Rated R*

When law enforcement fails to make headway on the months-long hunt for her daughter's killer, Mildred Hayes takes the drastic step of putting up three large signs questioning the motivation of the town's widely respected police chief.

---



## *Murder on the Orient Express (2017)*

**Tuesday, May 8th at 1:00 PM**

*Rated PG-13*

In this retelling of Agatha Christie's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain – and almost everyone on board is a suspect.

---



## *I, Tonya*

**Tuesday, May 15th at 1:00 PM**

*Rated R*

This wickedly entertaining biopic looks at the life and doomed career of ice skater Tonya Harding and her connection to one of the most infamous sports scandals in American history: the assault on rival Nancy Kerrigan before the 1994 Winter Olympics.

---



## *The Post*

**Tuesday, May 22nd at 1:00 PM**

*Rated PG -13*

When the "Washington Post" agrees to publish the leaked Pentagon Papers -- which point to a secret escalation of the Vietnam War -- the Nixon administration tries to block publication, setting off an epic legal and political battle.

---

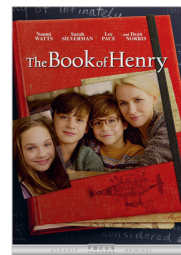


## The Book of Henry

Tuesday, May 29th at 1:00 PM

Rated PG -13

Naomi Watts stars as Susan, a single mother of two, working as a waitress in a small town, but everything in her life is not what it seems. Her son, Henry (Jaeden Lieberher), is an 11-year-old genius who not only masters academics but manages the family finances and acts as emotional support for Susan. When Henry finds out that the girl next door, Christina, has a terrible secret, Henry and Susan take matters into their own hands in this imaginative and emotional drama from director Colin Trevorrow.



## Your Top 10 Objects Your Kids Don't Want

*The following article was published on the Next Avenue website and is printed here with permission from the author, Elizabeth Stewart. Elizabeth Stewart is the author of No Thanks Mom: The Top 10 Objects Your Kids Do Not Want (and what to do with them). She is a certified member of the Appraiser's Association of America and collects "no thanks" stories from her three decades of experience. To learn more about what you own, visit [ElizabethAppraisals.com](http://ElizabethAppraisals.com).*

Your house, and what it contains, is a minefield in the eyes of your grown children. They can see from your example that collections of stuff are a curse; such objects are superfluous to a life well lived. They want a clean, clear field in which to live their lives. Your grown children will not agree to be the recipients of your downsizing if it means their upsizing.

In the following list of the Top Ten Objects Your Kids Do Not Want — inspired by conversations (or lack thereof) about my keepsakes with my 30-year-old son, Lock, and his wife, as well as by similar conversations I've had with hundreds of boomer clients and their millennial heirs — I will help you find a remedy for dealing with each:

### No. 10: Books

Unless your grown kids are professors, they don't want your books. There are a couple common mistakes my clients make in valuing books:

The 17th-century books are likely to be theological or grammar-based and are not rare. The 19th-century books are probably not in good condition, and since most came in a series or set, it's unlikely you'll have a full (valuable) set.

**Remedy:** If you think the book is relatively common plug the title, author, year of publication, and publisher into a search engine. A favorite book site of mine is [Biblio.com](http://Biblio.com). Once you have background information, call a book antiquarian.

### No. 9: Paper Ephemera

Things like family snapshots, old greeting cards and postcards are called paper ephemera. Old photos are not worth anything unless the sitter is a celebrity or linked with an important historical event or the subject is extremely macabre, like a death memorial image. Old greeting cards are not valuable unless handmade by a famous artist or

*Continued on Page 10*

*Continued from Page 9*

sent by Jackie O. Postcards are valued mainly for the stamps.

**Remedy:** Take all your family snapshots and have them made into digital files. The other option is to sell those old snapshots to greeting card publishers who use them on funny cards or give family photos to image archive businesses like Getty. If the archive is a not-for-profit, take the donation write-off.

## No. 8: Steamer Trunks, Sewing Machines and Film Projectors

Trust me, every family has at least three steamer trunks from the 19th century. They are so abundant that they are not valuable, unless the maker is Louis Vuitton, Asprey, Goyard or some other famous luggage house.

Likewise, every family has an old sewing machine. I have never found ONE that was rare enough to be valuable.

And every family has a projector for home movies. Thrift stores are full of these items, so, unless your family member was a professional and the item is top-notch, yours can go there as well.

**Remedy:** Donate this category and don't look back.

## No. 7: Porcelain Figurine Collections and Bradford Exchange "Cabinet" Plates

These collections of frogs, chickens, bells, shoes, flowers, bees, trolls, ladies in big gowns, pirates, monks, figures on steins, dogs, horses, pigs, cars, babies, Hummel's, and Precious Moments are not desired by your grown children, grandchildren, or

any other relation. Even though they are filled with memories of those who gave them to your mom, they have no market value. And they do not fit into the Zen-like tranquil aesthetic of a 20- or 30-something's home.

**Remedy:** Find a retirement home that does a gift exchange at Christmas and donate the figurines. If you want to hold on to a memory of your mom's collection, have a professional photographer set them up, light them well and make a framed photo for your wall. Collector's plates will not sell anywhere to anyone. Donate these to a retirement village as well or to anyone who will take them.

## No. 6: Silver-Plated Objects

Your grown children will not polish silver-plate, this I can guarantee. If you give them covered casserole dishes, meat platters, candy dishes, serving bowls, tea services, gravy boats, butter dishes and candelabra, you will be persona-non-grata. They might polish sterling silver flatware and objects, but they won't polish the silver-plated items your mom entertained with. The exception may be silver-plated items from Cristofle, Tiffany, Cartier, Asprey, and other manufacturers of note.

**Remedy:** None. Give it away to any place or person who will take it.

## No. 5: Heavy, Dark, Antique Furniture

There is still a market for this sort of furniture, and that market, in the fashionable areas of the U.S., is most often the secondhand shop. You'll receive less than a quarter of purchase price if you sell on consignment in one. Unless your furniture is mid-century modern, there's a good chance you will have to pay someone to take it off your hands.



**Remedy:** Donate it and take a non-cash charitable contribution using fair market valuation. Use reporting services such as P4A.com to find where this class of furniture sells.

## No. 4: Persian Rugs

The modern tranquility aimed for in the décor of the 20- to 30-somethings does not lend itself to a collection of multicolored (and sometimes thread-bare) Persian rugs.

**Remedy:** The high-end market is still collecting in certain parts of the U.S. (think Martha's Vineyard), but unless the rug is rare, it is one of the hardest things to sell these days. If you think the value of the rug is below \$2,000, it will be a hard sell. Like antique furniture, it may be best to donate.

## No. 3: Linens

Go ahead, offer to send your daughter five boxes of hand-embroidered pillowcases, guest towels, napkins, and table linens. She might not even own an iron or ironing board, and she definitely doesn't set that kind of table.

**Remedy:** Source those needlewomen who make handmade Christening clothes, wedding dresses, and quinceañera gowns. Also, often you can donate linens to costume shops of theaters and deduct the donation. A site like P4a.com has auction results to establish the fair market value of such objects.

## No. 2: Sterling Silver Flatware and Crystal Wine Services

Unless the scrap value for silver is high enough for a meltdown, matching sets of sterling flatware are hard to sell because they rarely go for "antique"

value. Formal entertaining is not a priority these days. And of course, sterling must be hand-washed and dried. Can you see your kids choosing to use the silver? Same goes for crystal: The sets you have are too precious, and the wine they hold is too small a portion. Period.

**Remedy:** Sites like Replacements.com offer matching services for folks who DO enjoy silver flatware and have recognized patterns. Because they sell per piece, and therefore buy per piece, sellers get a rather good price. Sell your whole silver service; it will be "pieced out."

Unless your crystal is Lalique, Moser, Steuben, Baccara, or another great name, you will not be able to sell your "nice set." Give "unknown maker" sets away, fast.

## No. 1: Fine Porcelain Dinnerware

Your grown children may not want to store four sets of fancy porcelain dinnerware, and frankly don't see the glory in unpacking it once a year for a holiday or event.

This is the saddest story I have to tell my clients: your grown kids and grown grandkids DO NOT want and will NEVER want five or more fine china services. They don't even want one. They do not see the logic. They don't want porcelain tea sets or dessert, fish, or fruit services either. Ask yourself, when was the last time you witnessed your grown son using a saucer?

**Remedy:** Like silverware, china is something to consider for sale to a replacement matching service like Replacements.com. Know your pattern to get a quote from one. Because such replacement companies buy per piece, the aggregate of the selling price is always more than a bulk sale at a consignment store, which might be your only other option.



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

[www.whitebirchcc.org](http://www.whitebirchcc.org)

Non-Profit  
Organization  
US Postage

**PAID**  
Henniker, NH  
03242  
Permit #7

Return Service Requested



# WHITE BIRCH CENTER *for* ACTIVE LIVING

## WHAT'S INSIDE

|                       |        |
|-----------------------|--------|
| Memorial Day Ceremony | page 3 |
| Telephone Museum      | page 3 |
| Boston Duck Boat trip | page 5 |