



# WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 3 ■ Issue 7 ■ February 2019

## Message from the Executive Director

Hello Everyone,

I remember when my family and I moved to Henniker, NH. It was in September of 1995. That winter we had some serious snowstorms. For some reason, I loved watching the plow, with its powerful blade blasting snow over the banks and its heavy rumble shaking our house, as it came down our street.

Today I live even closer to the street than my first house. We hear the plow coming time and time again, night and day. Our house shakes like an earthquake when it comes by. I am older now but, I still love it. When I was young it was the novelty of the machine and what it could do. What a dream job that must be I thought, driving a plow around town and decimating snow piles with an unstoppable winter weapon. Today, I love the fact there are people, dedicated employees of our great town, who work day and night to make sure that our working families and our seniors have good roads to drive on.

Today, if you work for the government, whether you are a volunteer or a paid employee, it seems you can never win. Someone doesn't like the way you did this or that. There always has to be blame, and it almost always is the case from those who like to complain that all the things that went right are forgotten. Still, these great employees do their jobs, do it well, and get it done. That is what I think of today when I hear the plow coming.

It isn't a perfect world. It is great though, to know there are people who work to make it better for us all.

Sincerely,

Marc McMurphy

Executive Director



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# Henniker Community Concerts

On February 24th from 5-7 PM the Henniker Community Concert series continues the Winter Coffee House series at the PUB in the Simon Center at New England College.

Performing this month is Shindy, a Celtic music duo with Randy Miller (fiddle and accordion) and Roger Kahle (guitar and mandolin). Shindy takes an original approach to the traditional music of our Celtic heritage. Using a unique blend of creativity and musical skills, Shindy offers a sensitive and powerful performance that includes jigs, reels, airs, and waltzes from the Irish/Scottish/New England folk traditions. Since 2005, Shindy has been performing music professionally at dances, concerts, festivals, weddings, and sessions throughout New England and country.

Performances are free, however donations for the artists are gratefully accepted. Refreshments are available for sale.



New England College AND THE  
Town of Henniker PRESENT

## Henniker COMMUNITY CONCERTS

**The Only Henniker on Earth Acoustic Café**  
A Three Month Winter Coffee House series featuring  
local musicians AND Open Mic Sessions

JANUARY	FEBRUARY	MARCH
<b>27</b>	<b>24</b>	<b>24</b>
<b>DECATUR CREEK</b>	<b>SHINDY</b>	<b>STATE STREET COMBO</b>

AT THE  
The PUB at Simon Center, New England College  
5:00 – 7:00 PM

**Sign up for Open Mic at the Café**  
Performances are free, donations for the artists,  
gratefully accepted. Refreshments available for sale.



For more information:  
[hennikerconcerts@henniker.org](mailto:hennikerconcerts@henniker.org)

# Day Trips in February

## Mystery Movie Morning at Red River

On Thursday, February 14th we will head to Red River theater in Concord to see a special morning showing of one of the films nominated for an Academy Award. At press time we cannot determine which films will be showing, but once determined it will be posted at White Birch.

Following the movie, we will have lunch at the Olive Garden and make a quick shopping stop at Aldi's.

Cost is \$10, due when you sign up and that includes movie and bus fare. Lunch and shopping are on your own.

Pick up at Rush Square at 9:15 AM, Henniker Community parking lot at 9:20 AM, and Weare Legion at 9:35 AM.

If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.

## Stonewall Kitchen Outlet and Trader Joes

On Thursday February 21st we will have a day of shopping starting with the Stonewall Kitchen outlet store in Rochester. For those who have not been this is a fun store where you can sample products and buy items at a substantially reduced price. We will have lunch at LongHorn in Newington and last stop at Trader Joes.

Cost for the trip is \$10 and due when you sign up. Pick up at Rush Square at 8:30 AM, Henniker Community parking lot at 8:35 AM, and Weare Legion at 8:55 AM.

If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.

# Valentine Craft Class

On Thursday February 7th at 2:00 PM, join Marie as she will lead you in creating this cute valentine decoration.

Cost for the class 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.



# Lunch Bunch at Pats Peak

On Thursday February 7th at 11:30 AM, the Lunch Bunch will meet at the Sled Pub at Pats Peak. The Pub menu includes appetizers, sandwiches, salads and desserts. They use some local food providers to create many menu items.

The draft beer system offers a great selection of fine beers and there are many wine selections and a full bar!

The glass front wood stove makes sure everyone is warm and comfortable while visiting. Come sit fireside with your friends and enjoy watching the skiers and tubers.

Transportation and lunch are on your own. 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).

# Getting to Know You

We have come up with a contest that we think will be a fun way for us to get to know each other a little bit better. When you stop by White Birch please fill out a form where you will write three statements about yourself. Two of the statements will be true and one statement will be false. The fun part comes if you write things that most people don't already know. Marie will transfer the

statements on to individually numbered hearts and then use them to decorate the February bulletin board. At the end of the month we will have a pot luck lunch and you will have the chance to guess at who is who, and we will post the results. Everyone who chooses to play will have their name entered for a drawing for a \$25 gift card to Country Spirit Restaurant.

# Valentine Pot Luck

On Friday February 22nd at noon we will have a pot luck lunch, reveal the results of the Truth and Lie contest, and draw the winner of the \$25 gift

card to Country Spirit. 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).



Relaxing before the Christmas pot luck.





At the annual Christmas gathering of the morning Bone Builders, they opted to bring donations for the food pantry instead of exchanging gifts.

## Paint and Pizza Night: Repeat Birch Tree Class

On Friday February 15th, it's time for another Pizza and Paint night. Due to the fact that the previous class was full and several people really wanted to paint the birch trees we are repeating this class. We will meet at 4:30 PM for pizza and then Elaine Emerson will lead us stroke by stroke in creating a painting similar to this picture. No artistic talent required just a willingness to give it a try and a sense of humor.

Cost for the night is \$25 and includes all materials and pizza. Space is limited, and payment is due when you sign up. If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.



# Tuesday Movies in February

## *The Descendants*

Tuesday, February 5th at 1:00 PM

Rated R

With his wife on life support in the wake of an accident, an affluent landowner tries to mend his broken relationships with his daughters. All the while, he's weighing his marriage – and the decision to sell land his family has owned for decades.



## *Love, Simon*

Tuesday, February 12th at 1:00 PM

Rated PG-13

Closeted gay teen Simon is mortified when his classmate Martin gets hold of Simon's intimate email to his online love. With the prospect of humiliation looming, Simon reluctantly agrees to help Martin get closer to Abby, Simon's female best friend.



## *Bottle Shock*

Tuesday, February 19th at 1:00 PM

Rated PG-13

France's position as the world's top wine producer went unchallenged until 1976, when the Montelena Winery put California wines on the map – a story delightfully told in this full-bodied tale about the heady early days of Napa Valley's success..



## *Collateral Beauty*

Tuesday, February 26th at 1:00 PM

Rated PG-13

With his life shattered by personal tragedy, advertising executive Howard Inlet is unable to break out of his deep depression. To help him, Howard's colleagues concoct an elaborate and unorthodox plan.



# 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. We always welcome suggestions for new

programs – please feel free to contact Marie or Beth Ann at 428-3077 to share your ideas or get more information.

<b>Activity</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>
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
Gentle Yoga	Monday	9:00 AM	White Birch
Bridge	Monday	12:30 PM	White Birch
Movies	Tuesday	1:00 PM	White Birch
Sip and Stitch	3rd Tuesday	6:00 – 8:00PM	White Birch
KnitWits	Wednesday	9:00 AM – noon	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
Tai Chi	Friday	8:00 AM	White Birch
Mah Jongg	Friday	3:00 PM	White Birch
Cribbage	Friday	1:00 PM	White Birch
Lunch Bunch	Varies monthly		Area Restaurants

# The Joy of Being a Woman in Her 70's

*(The following article was originally published in the New York Times on January 13, 2019, and is reprinted with permission from the author, Mary Pipher)*

When I told my friends I was writing a book on older women like us, they immediately protested, "I am not old." What they meant was that they didn't act or feel like the cultural stereotypes of women their age. Old meant bossy, useless, unhappy and in the way. Our country's ideas about old women are so toxic that almost no one, no matter her age, will admit she is old.

In America, ageism is a bigger problem for women than aging. Our bodies and our sexuality are devalued, we are denigrated by mother-in-law jokes, and we're rendered invisible in the media. Yet, most of the women I know describe themselves as being in a vibrant and happy life stage. We are resilient and know how to thrive in the margins. Our happiness comes from self-knowledge, emotional intelligence and empathy for others.

Most of us don't miss the male gaze. It came with catcalls, harassment and unwanted attention. Instead, we feel free from the tyranny of worrying about our looks. For the first time since we were 10, we can feel relaxed about our appearance. We can wear yoga tights instead of nylons and blue-jeans instead of business suits.

Yet, in this developmental stage, we are confronted by great challenges. We are unlikely to escape great sorrow for long. We all suffer, but not all of us grow. Those of us who grow do so by developing our moral imaginations and expanding our carrying capacities for pain and bliss. In fact, this pendulum between joy and despair is what makes

old age catalytic for spiritual and emotional growth.

By our 70s, we've had decades to develop resilience. Many of us have learned that happiness is a skill and a choice. We don't need to look at our horoscopes to know how our day will go. We know how to create a good day.

We have learned to look every day for humor, love and beauty. We've acquired an aptitude for appreciating life. Gratitude is not a virtue but a survival skill, and our capacity for it grows with our suffering. That is why it is the least privileged, not the most, who excel in appreciating the smallest of offerings.

Many women flourish as we learn how to make everything workable. Yes, everything. As we walk out of a friend's funeral, we can smell wood smoke in the air and taste snowflakes on our tongues.

Our happiness is built by attitude and intention. Attitude is not everything, but it's almost everything. I visited the jazz great Jane Jarvis when she was old, crippled and living in a tiny apartment with a window facing a brick wall. I asked if she was happy and she replied, "I have everything I need to be happy right between my ears."

We may not have control, but we have choices. With intention and focused attention, we can always find a forward path. We discover what we are looking for. If we look for evidence of love in the universe, we will find it. If we seek beauty, it will spill into our lives any moment we wish. If we search for events to appreciate, we discover them to be abundant.

There is an amazing calculus in old age. As much is taken away, we find more to love and appreciate. We experience bliss on a regular basis. As one



friend said: “When I was young I needed sexual ecstasy or a hike to the top of a mountain to experience bliss. Now I can feel it when I look at a caterpillar on my garden path.”

Older women have learned the importance of reasonable expectations. We know that all our desires will not be fulfilled, that the world isn’t organized around pleasing us and that others, especially our children, are not waiting for our opinions and judgments. We know that the joys and sorrows of life are as mixed together as salt and water in the sea. We don’t expect perfection or even relief from suffering. A good book, a piece of homemade pie or a call from a friend can make us happy. As my aunt Grace, who lived in the Ozarks, put it, “I get what I want, but I know what to want.”

We can be kinder to ourselves as well as more honest and authentic. Our people-pleasing selves soften their voices and our true selves speak more loudly and more often. We don’t need to pretend to ourselves and others that we don’t have needs. We can say no to anything we don’t want to do. We can listen to our hearts and act in our own best interest. We are less angst-filled and more content, less driven and more able to live in the moment with all its lovely possibilities.

Many of us have a shelterbelt of good friends and

long-term partners. There is a sweetness to 50-year-old friendships and marriages that can’t be described in language. We know each other’s vulnerabilities, flaws and gifts; we’ve had our battles royal and yet are grateful to be together. A word or a look can signal so much meaning. Lucky women are connected to a rich web of women friends. Those friends can be our emotional health insurance policies.

The only constant in our lives is change. But if we are growing in wisdom and empathy, we can take the long view. We’ve lived through seven decades of our country’s history, from Truman to Trump. I knew my great-grandmother, and if I live long enough, will meet my great-grandchildren. I will have known seven generations of family. I see where I belong in a long line of Scotch-Irish ancestors. I am alive today only because thousands of generations of resilient homo sapiens managed to procreate and raise their children. I come from, we all come from, resilient stock, or we wouldn’t be here.

By the time we are 70, we have all had more tragedy and more bliss in our lives than we could have foreseen. If we are wise, we realize that we are but one drop in the great river we call life and that it has been a miracle and a privilege to be alive.

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## Community Education Series

On Tuesday February 12th the Community Education series continues with a program titled, “What Do You Want to be When You Grow Up?” Mandy Fraser, SAU 24 futures coordinator will show the short documentary, The One Week Project, by Sean Aiken. Rather than take just any

job after college, Aiken spent a year trying a variety of different careers. A panel discussion with community business leaders will follow. The program will be held at John Stark in room 192 starting at 6:00 PM.



White Birch Center  
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[www.whitebirchcc.org](http://www.whitebirchcc.org)

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# WHITE BIRCH CENTER *for* ACTIVE LIVING

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