



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 4 ■ Issue 2 ■ August 2019

Message from the Executive Director

Hello Everyone,

It is up to you to know what you are talking about. Today's cable T.V. and social media is full of opinions but rarely are we exposed to objectivity and reason. You are asked to identify as a conservative or liberal and you are presented with one side or the other – as if either side holds all the answers. Honestly, are so many global and domestic issues as simple as they are presented?

We can accept that there are viewpoints, political ideologies, and simplifications of complicated issues for the sake of discussion. However, if you want the objective facts, and the underlying background on a topic, you will have to get those on your own. They won't be presented to you in a comprehensive fashion.

For example, the Mueller Report is available to read for free. I've read it end to end. It's not full of opinion but rather facts, dates, and what people said. One of the most shocking things I took away from the report was, how many people, on both sides of the debate, misquoted and misrepresented what it actually said.

You can find what you want to believe and hear without looking too hard. It's made easy for you. The more you tune in, the more money the content provider can make. Unfortunately, the more provocative the content, the more people seem to tune in.

Facts, objectivity, and reason don't sell very well. That's why you must look for it. The investment is on your end. On the other hand, the return is a more rational, reasoned view that just might make the world a better place.

Sincerely,
Marc McMurphy

Executive Director



WHITE BIRCH CENTER BOARD OF DIRECTORS

President

Stephen Burritt

Vice President

Peg Herbert

Secretary

Cathy Clement-Dias

Treasurer

Elin Leonard

Members:

John Capuco

Dave Currier

Val Dyer

Betsy Fowler

Arnie Huftalen

George Mobley

Bill Sullivan

Ryan Towle

Emeritus Members:

Jon Evans

Lucia R. Evans

Jolene Schillinger/Erikson

Carol Gaidos

Marc McMurphy

Executive Director

Beth Ann Paul

Director of Active Living



Client Appreciation Event

Sponsors:

Davis & Towle Insurance Group

Ayer & Goss Fuels

Fidelity Investments

Putnam Investments

Hartford Funds

MFS

176 Rt. 101 Unit B2
Bedford, NH 03110
603-488-5745



6TH ANNUAL GOLF TOURNAMENT



Cost: \$400 donation per foursome to play.
Register by June 30th and get \$25 in raffle tickets per player

Registration starts at 7:30 a.m.

The tournament will begin at **9 a.m.**, with lunch to follow.

There will be a closest to the pin, longest drive and raffle to benefit White Birch Center

To sign up, sponsor, or find more information visit:

WWW.WHITEBIRCHCC.ORG/PSFGOLFCLASSIC

Wednesday, September 25th, 2019

Stonebridge Country Club

161 Gorham Pond Road

Goffstown, NH 03045



Raymond James is not affiliated with the event sponsors or the White Birch Center Securities offered through Raymond James Financial Services, Inc, Member FINRA/SIPC Investment advisory services offered through Raymond James Financial Service Advisors, Inc. Paquette & Shaw Financial Group is not a registered broker/dealer and is independent of Raymond James Financial Services, Inc.

Day Trips in August

Wadleigh State Park

On Thursday August 8th we will make our annual trip to Wadleigh State Park for a day at the lake. For those who have never been this state park offers swimming on beautiful Kezar Lake along with a shaded picnic area. So, pack your own lunch, bathing suit, sunscreen, a book, and whatever else you might need for a relaxing day at the beach.

Pick up at Rush Square at 9:30 AM and Gould Street lot at 9:35 AM.

Cost for the trip is \$5 and due when you sign up. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

Bowling at Boutwells

On Thursday August 15th, it's time for a return to Boutwells for another fun and entertaining morning of candlepin bowling. This outing is a guaranteed good time! After bowling we will have lunch at the Olive Garden.

Pick up at Rush Square at 9:15 AM, Gould Street

parking lot at 9:20 AM, and Weare Legion at 9:35 AM.

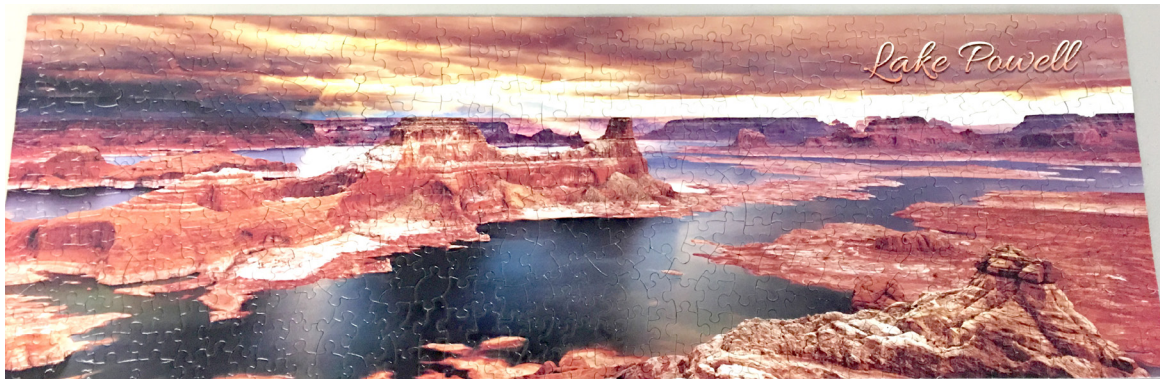
Cost for the bus is \$5 due when you sign up and cost for lunch and bowling are on your own. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

Tanger Outlet Mall - Tilton

On Thursday August 22nd, we are off for a day of shopping at the Tanger Outlets in Tilton. This outlet mall promises to offer the best deals at your favorite designer and brand-name stores. Guaranteed there is a store to meet whatever shopping needs you have. Lunch will be on your own – you can choose from Five Guys, Uno's, or the Starbucks café.

Pick up at Rush Square at 8:30 AM, Gould Street parking lot at 8:35 AM and Weare Legion at 8:50 AM.

Cost for the trip is \$8 due when you sign up and lunch and shopping are on your own. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.



This beautiful puzzle was a gift from Pauline and Bernie after their vacation to the southwest. It was challenging to complete but the 'puzzle doers' finally finished it!

Advice from an Old Farmer

This list is taken from a recent post on social media.

- Your fences need to be horse-high, pig-tight and bull-strong.
- Keep skunks and bankers at a distance.
- Life is simpler when you plow around the stump.
- A bumble bee is considerably faster than a John Deere tractor.
- Words that soak into your ears are whispered... not yelled.
- Meanness don't just happen overnight.
- Forgive your enemies; it messes up their heads.
- Do not corner something that you know is meaner than you.
- It don't take a very big person to carry a grudge.
- You cannot unsay a cruel word.
- Every path has a few puddles.
- When you wallow with pigs, expect to get dirty.
- The best sermons are lived, not preached.
- Most of the stuff people worry about, ain't never gonna happen anyway.

- Don't judge folks by their relatives.
- Remember that silence is sometimes the best answer.
- Live a good and honorable life, then when you get older and think back, you'll enjoy it a second time.
- Don't interfere with something' that ain't bothering you none.
- Timing has a lot to do with the outcome of a rain dance.
- If you find yourself in a hole, the first thing to do is stop diggin'.
- Sometimes you get, and sometimes you get got.
- The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every morning'.
- Always drink upstream from the herd.
- Good judgment comes from experience, and a lotta that comes from bad judgment.
- Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.
- If you get to thinking' you're a person of some influence, try ordering' somebody else's dog around.
- Live simply, love generously, care deeply, speak kindly, and enjoy the ride.

Dinner Diners

On Wednesday August 28th, at 5:00 PM, the Dinner Diners will meet at the Lakehouse Tavern located at 157 Main Street in Hopkinton. The menu includes burgers, sandwiches, pasta dishes and other unique options like stuffed mushrooms which can have either a seafood or a vegetarian stuffing.

Transportation and dinner are on your own. If you would like to attend, please sign up before August 26th so that we can make reservations.

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

The Page-Turners



NEIGHBORS & FRIENDS DISCUSSING ANY WRITTEN WORD...
Books, Articles, Poems, Lyrics, Recipes, and more

FALL
2019

MEETINGS AT
TUCKER FREE
LIBRARY AT 11AM

SEPTEMBER 10
OCTOBER 8
NOVEMBER 12
DECEMBER 10

RSVP NOW

INTERESTED?
PICK UP READING
MATERIALS AT
TUCKER FREE AND
JOIN US!

QUESTIONS
CALL 428-3471

This community initiative is proudly sponsored by:



TUCKER FREE LIBRARY
2018 NHLTA Library of the Year



WHITE BIRCH CENTER
Active Living

Tuesday Movies in August

Best in Show

Tuesday, August 6th at 1:00 PM

Rated

Master mockumentarian Christopher Guest (*Waiting for Guffman*) is at it again with this snarky send-up of canine culture that traverses the galloping neuroses surrounding one highly competitive dog show in Pennsylvania. Talented improvisers Parker Posey, Eugene Levy, Michael McKean and Catherine O'Hara elevate this satire to the stuff of genius. Fans of *This Is Spinal Tap*, television's "SCTV" – and dogs, of course – will find much to love.



Ben Is Back

Tuesday, August 13th at 1:00 PM

Rated R

As troubled as he is charming, 19-year-old Ben Burns surprises everyone when he returns home for Christmas. Although his mother cautiously welcomes Ben's arrival, he soon begins to disrupt the family.



The Hollars

Tuesday, August 20th at 1:00 PM

Rated PG-13

After learning about his mother's grave illness, aspiring graphic novelist John Hollar leaves New York City behind and heads to his hometown, where he must contend with his dysfunctional family, an old rivalry and a persistent ex-girlfriend.



The Mountain Between Us

Tuesday, August 27th at 1:00 PM

Rated PG-13

Kate Winslet and Idris Elba star in this sweeping, suspenseful drama based on Charles Martin's novel. When a plane they've chartered to beat a storm crashes in a remote mountain area, two strangers must trust each other in order to survive the extreme elements. With little hope of rescue, they begin a perilous journey that will shape the course of their lives.

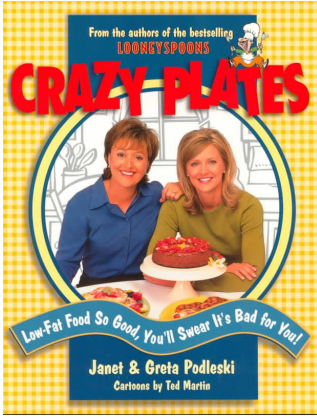


In June we had a great trip to Oxford Casino-guess who the big winner was!



A very relaxed Romie enjoying Frank's lap.

Cookbook Dinner



Our first cookbook dinner in May was a huge success! And now it's time to have another. For this dinner we will choose recipes from cookbooks titled Looney Spoons and Crazy Plates created by Janet and Greta Podleski.

If you would like to participate, stop by White Birch to look through the cookbooks and choose a recipe. On the sign-up sheet put your name and the name of the recipe you want to try. Marie or Beth Ann can make a copy of the recipe for you.

On Wednesday September 11th at 5:30 PM, bring your culinary creation to White Birch for what is sure to be a delicious meal.

Space is limited to 16 participants.

Pizza and Paint Night



It's time for another, always popular, Pizza and Paint night! On Friday August 9th at 4:30 PM, join your friends and share pizza and adult beverages. Following pizza our teacher extraordinaire, Elaine Emerson, will lead us stroke by stroke in creating a painting similar to the one below. Honestly, no artistic talent is required -just an appetite and the ability to laugh and have fun.

Cost for the evening is \$25 and due when you sign up. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

“ The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of a Ferris wheel when it pauses in its turning. The weeks that come before are only a climb from balmy spring, and those that follow a drop to the chill of autumn, but the first week of August is motionless, and hot. It is curiously silent, too, with blank white dawns and glaring noons, and sunsets smeared with too much color. Often at night there is lightning, but it quivers all alone.”

—Natalie Babbitt,
Tuck Everlasting

Banner Tours and Travel and White Birch Center Present **Louise Penny Mystery Lover's Tour** **The Three Pines Inspirational Trail**

September 20 – 22, 2019

Day 1:

We depart the Monadnock region for Louise Penny's beloved Knowlton, Quebec, Canada. Enroute we have lunch on our own at Eastside Restaurant on the shores of Lake Memphremagog. Next we visit Domaine des Nobles Alpacas for a guided tour. A fascinating alpaca farm.

We arrive at the Chateau Bromont Resort for our 2 night stay. Tonight is a delicious French cuisine dinner in the company of fellow mystery lovers.

Day 2:

Breakfast included at our hotel.

We depart for a guided journey through fabled Three Pines and follow what inspired Louise to write *The Brutal Telling*, *How the Light Gets In*, *Still Life* and many more. Armand, Clara, Myrna, Ruth, Gabri, Olivier, and Reine-Marie will come to life in the printed word as we tour a mélange of locations that have triggered Louise's imagination.

After our tour for the day, we return to the resort for relaxation. Enjoy at your leisure at the pool, spa, fitness room or a walk on the beautiful grounds. Dinner is on our own this evening.

Day 3:

Farewell breakfast included at our hotel

We depart today for a guided tour of The Abbey de Saint-Benoit-Du-Lac where Louise gained inspiration for "A Beautiful Mystery." Experience the monastery's beautiful site over-looking a grand lake, surrounded by gorgeous mountains and an apple orchard.

On our return home we stop at the quaint town of Montpelier, VT for a late lunch on our own.

Deluxe Tour Cost

Double: \$649 per person Single: \$789:

Deluxe Tour includes: Luxury motorcoach transportation, First Class hotel accommodations & taxes, Baggage Handling, Full day guided tour of Knowlton area, Guided tour of Abbey, and professional Tour Director services. Included Meals: 2 Buffet Breakfasts, 1 French Gourmet Dinner.

Driver and Tour Director gratuities are not include.

Passports are required for this tour.

You can stop by White Birch for registration information.



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

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

Golf Tournament	page 2
Tilton Shopping	page 3
Paint and Pizza	page 10