



# WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 4 ■ Issue 7 ■ February 2020

## Message from the Executive Director

Hello Lovers,

In February we celebrate Valentine's Day. May I offer some advice?

For the guys. Fellas, your special someone doesn't want the world. She just wants some acknowledgement of the bond you share. Flowers, cards, or a meal are all appropriate but more important is your time and attention. We are all busy, but Valentine's day is an opportunity to slow down for a moment and recognize the person who is a really big part of your life and happiness. Expressing that recognition is a big act for us men but it pays big dividends. The biggest is the happiness it can bring to someone important to you.

For the ladies. Gals, if you are trying to figure out what men want on Valentine's Day, you've gone 10 miles past your exit. The secret here is there is nothing to figure out. In general, we're not very deep and we are blind to the hundreds of signals you send us. A subtle tilt of the head is not our contemplating the wonders of love. More likely,

we're thinking of why the toaster has been sparking. Yes, that's sad but we can't help it. The point is, as bizarre as this sounds, a new faster toaster could mean as much to a man as a well-thought-out, and well-scripted card.

If this is news, you must be young, and we are all rooting for you. For us older folks, Valentine's Day is about more than love. It is celebration of how love helps us meet the needs of each other.

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

# Spotlight - KnitWits

On any Wednesday morning between 9:00 AM and noon you will find a happy, welcoming, talented group of knitters and crafts people at White Birch. The gathering of the White Birch KnitWits is one of the longest running programs at the center. When they first started meeting there would be one table and perhaps 4 or 5 in attendance. These days there are at least 4 tables and anywhere from 15-25 people participating. In the group there is always someone who is willing to help you get started or fix a mistake. We have a supply of donated yarn and needles if you want to give it a try.

Many of the items that are created are sold at the annual Holiday Fair in December and this year the group raised over two thousand dollars that was donated back to White Birch programs.



Treat? Treat?  
Did somebody  
say treat?



# Day Trips in February

## Red River

On February 6th we are off to Red River Theater in Concord to have a private screening of an Oscar nominated film. At press time the movie schedule had not been set but we are sure to be entertained. For those who have not been to Red River, the following is taken from their website:

*Red River Theatres opened its doors October 19, 2007, after a 7-year community effort and a \$1.8 million capital campaign. The 3-screen, state-of-the-art theater was designed and built by Sheerr McCrystal Palson Architects of New London. It is recognized as a beautiful and intimate space, unrivaled in the region for its aesthetic appeal.*

*Founding volunteers named the organization after "Red River," a classic, 1948 Western starring John Wayne, in which the lead characters undertake an epic, nearly impossible, but ultimately successful, journey. The name seemed suitable to the challenge the community faced in creating an art-house cinema from scratch in the state capital.*

Following the movie, we will have lunch at the Longhorn. Cost for the trip is \$10 and includes movie and bus fare. Lunch is on your own.

Pick up at Rush Square at 9:10 AM, Gould St lot at 9:15 AM, and Weare Legion at 9:30 AM. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

## Bowling at Boutwells

Its time again for bowling. On Thursday February 20th we will head to Boutwells for some fun-filled bowling. Regardless of your skill level this outing is guaranteed to be enjoyable.

Following bowling we will have lunch at the Olive Garden.

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

Pick up at Rush Square at 10:15 AM, Gould Street parking lot at 10:20 AM, and Weare Legion at 10:40 AM.

# 2020 Another Year Begins

by Louise French

We want to shout, we want to cheer,

Happy Seniors starting a new year.

So many things to do and  
so many things to see.

White Birch Active Living  
is where we like to be.

It fills the void for many that live alone,

The friendship, love, and laughter  
makes you feel at home.

Marc's skills are endless,  
we know many are not so,

He's really good at trivia, and he lets us know!

We all love Romie who meets us at the door,

He knows who brings the treats  
always looking for more.

With Beth Ann's planning and guidance  
helping us in many ways,

It keeps us happy and moving  
and brightens every day!



# FINALLY!!!

There is always a jig saw puzzle in progress at White Birch. On a recent trip to Maine Pauline and Bernie Bond bought this puzzle as a gift for the center. We now know that Bernie takes great joy in finding the most difficult puzzles. This one

took over three months to complete – at times there were threats of just putting it back in the box and forgetting about it. But persistence prevailed and with a group effort of 5 people working on the last 20 pieces it was finally completed!



The finished puzzle and David celebrating putting in the final piece!

## Quotes for February

“The hard soil and four months of snow make the inhabitants of the northern temperate zone wiser and abler than his fellow who enjoys the fixed smile of the tropics.”

– Ralph Waldo Emerson

“There’s just something beautiful about walking on snow that nobody else has walked on. It makes you believe you’re special.”

– Carol Rifka Brunt

# 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 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 another 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
- 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.

## 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](http://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 #)

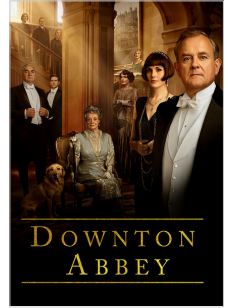
# Tuesday Movies in February

## *Downton Abbey*

Tuesday, February 4th at 1:00 PM

Rated PG

The beloved Crawley's and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance.

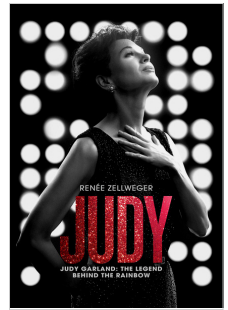


## *Judy*

Tuesday, February 11th at 1:00 PM

Rated PG-13

Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sold-out run at The Talk of the Town. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans — all while bravely struggling to overcome intensifying anxiety and physical decline.

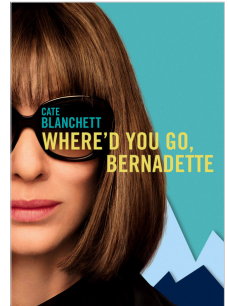


## *Where'd You Go Bernadette*

Tuesday, February 18th at 1:00 PM

Rated PG-13

A loving mom becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jump-starts her life and leads to her triumphant rediscovery.



## *The Hate You Give*

Tuesday, February 25th at 1:00 PM

Rated PG-13

Though Starr Carter lives in a lower-income black neighborhood, she attends a largely white prep school. When she sees a longtime friend shot by a white police officer, Starr finds herself caught between two worlds as she tries to do the right thing.



# WE CAN BE CENSUS TAKERS

**APPLY ONLINE!**  
[2020census.gov/jobs](https://2020census.gov/jobs)

**2020 Census jobs provide:**

- ✓ Great pay
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

For more information or help applying, please call  
**1-855-JOB-2020**

Federal Relay Service:  
1-800-877-8339 TTY/ASCII  
[www.gsa.gov/fedrelay](http://www.gsa.gov/fedrelay)

The U.S. Census Bureau is an Equal Opportunity Employer.



D-3282

## LOVE YOUR LIBRARY BECOME A FRIEND



### WHY YOU SHOULD BECOME A FRIEND...

Libraries need Friends – It's just that simple. Friends extend a library's capacity through dollar gifts, volunteer and program support, and through advocacy. Friends groups grow out of library supporters' desire to do something tangible for the library that means so much to them.

### YOUR TAX-DEDUCTIBLE DONATION HELPS THE FRIENDS... AND BENEFITS YOU!

Making a donation is easy AND the FTFL is a 501(C)3 non-profit organization so your donation is tax deductible!

### BECOME A FRIEND WITH A MINIMUM DONATION OF \$20.00! HOW?

Check payable to:	Tucker Free Library
Friends of Tucker Free Library	PO BOX 688
	Henniker, NH 03242
	ATTN: FTFL
	<a href="http://www.tuckerfreelibrary.org/join-the-friends/">www.tuckerfreelibrary.org/join-the-friends/</a>

The Friends of Tucker Free Library is a 501(c)3 non-profit organization. We welcome individual donations as well as corporate matching gifts. Membership Donations for 2020 are accepted January 1, 2020 through December 31, 2020. Membership privileges apply throughout the 2020 calendar year.



# A Humorous Look at Obsolete Expressions – by Richard Lederer

*The following article is reprinted with permission by the author Richard Lederer, an American author, speaker, and teacher. He is best known for his books on the English language and on word play such as puns, oxymorons, and anagrams.*

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included “Don’t touch that dial,” “Carbon copy,” “You sound like a broken record” and “Hung out to dry.” A bevy of readers have asked me to shine a light on more faded words and expressions, and I am happy to oblige:

Back in the olden days, we had a lot of moxie. We’d put on our best bib and tucker and straighten up and fly right. Hubba-hubba! We’d cut a rug in some juke joint and then go necking and petting and smooching and spooning and billing and cooing and pitching woo in hot rods and jalopies in some passion pit or lovers lane. Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy Moley! We were in like Flynn and living the life of Riley, and even a regular guy couldn’t accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Back in the olden days, life used to be swell, but when’s the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes, and pedal pushers. Oh, my aching back. Kilroy was here, but he isn’t anymore.

Like Washington Irving’s Rip Van Winkle and Kurt Vonnegut’s Billy Pilgrim, we have become unstuck in time. We wake up from what surely has been just a short nap, and before we can say, I’ll be

a monkey’s uncle! or This is a fine kettle of fish! we discover that the words we grew up with, the words that seemed omnipresent as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards.

Poof, poof, poof go the words of our youth, the words we’ve left behind. We blink, and they’re gone, evanesced from the landscape and word-  
scape of our perception, like Mickey Mouse wristwatches, hula hoops, skate keys, candy cigarettes, little wax bottles of colored sugar water and an organ grinders monkey.

Where have all those phrases gone? Long-time passing. Where have all those phrases gone? Long-time ago: Pshaw. The milkman did it. Think about the starving Armenians. Bigger than a bread box. Banned in Boston. The very idea! It’s your nickel. Don’t forget to pull the chain. Knee-high to a grasshopper. Turn-of-the-century. Iron curtain. Domino theory. Fail-safe. Civil defense. Fiddlesticks! You look like the wreck of the Hesperus. Cooties. Going like sixty. I’ll see you in the funny papers. Don’t take any wooden nickels. Heavens to Murgatroyd! And awa-a-ay we go!

Oh, my stars and garters!

It turns out there are more of these lost words and expressions than Carter had liver pills. This can be disturbing stuff, this winking out of the words of our youth, these words that lodge in our heart’s deep core. But just as one never steps into the same river twice, one cannot step into the same language twice. Even as one enters, words are swept downstream into the past, forever making a different river.



We of a certain age have been blessed to live in changeful times. For a child, each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not

exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging. We can have archaic and eat it, too!"

# New England College and the Town of Henniker present: Henniker Community Concerts with Decatur Creek Sunday

New England College AND THE  
Town of Henniker PRESENT  
**Henniker**  
COMMUNITY CONCERTS

**Decatur Creek**

An acoustic musical experience where the simplicity  
of the past meets the complexity of the present

**SUNDAY, FEBRUARY 23**  
AT THE  
The PUB at Simon Center, New England College  
5:00 - 7:30 PM

Sign up for Open Mic at the Café

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

“An acoustic musical experience where the simplicity of the past meets the complexity of the present.”

This event is open to the public. Performances are free but donations for the artists are gratefully accepted. Sign up for Open Mic at the Café. Refreshments will be available for sale.



For more information:  
hennikerconcerts@henniker.org



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

Red River	page 3
Bowling	page 3
Keeping It Local at Pat's Peak	page 7