



WHITE BIRCH CENTER *for* ACTIVE LIVING

Issue No. 11 | 5/9/2022



Introducing Rusty Gage, Director of Active Living

In last week's newsletter, we briefly introduced you to Rusty Gage, our new Director of Active living. In this issue, we'll provide a more thorough look so you can get to know him better.

As you've likely noted by the southern accent that he swears he doesn't have, Rusty grew up in a small town in west Texas. He moved to the Dallas area as a fresh high school graduate to attend University of Texas at Arlington, where he later graduated with a degree in Exercise and Sport Science.

As a competitive gymnast, it was very much in his blood to guide the next generation of athletes, so he taught gymnastics as a means to pay his own way through his undergraduate studies. When the opportunity arose for him to buy the training center where he was teaching, he jumped at the chance. Many years later, he eventually sold the center for ten times the original investment.

Rusty decided to return to school, focusing on business. He earned an MBA from University of Dallas, enjoying marketing, strategic planning and organizational dynamics the most. During that schooling, he was volunteering as Director of Community Outreach for his church, where he was awarded the Dallas County Volunteer of the Year award for his work with indigent and marginalized populations. He went on to become executive director of the church's charitable foundation, again serving those same marginalized populations.

With Dallas being a rush, rush, rush place, Rusty decided he needed a change of pace - one that didn't involve exhaust fumes and bumper to bumper traffic. He moved to Maui and learned that there was no formal, well-run gymnastics program on the island. Completely surprising even himself, he decided to open a new training center. During its run, Valley Isle Gymnastics was awarded Maui Business of the Year, the Better Business Bureau's Torch Award for Business Ethics, Special Olympics Maui's Outstanding Partner Award, commendations from the House of Representatives for ethically trained high-achieving athletes, and Rusty was one of six finalists for Maui Person of the Year. During his time on Maui he also led group and personal training exercise classes for active seniors, where he discovered a love for working with those who have a different motivation and a bit more life history under their belts.

Fast forward to Henniker. Rusty moved here in 2019 despite having never been to the east coast. He fell in love with the town and the people, learning its nooks and crannies through serving as a substitute mail carrier for the Henniker Post Office. He heard about the Director of Active Living position, and instantly knew it would be a perfect fit. "The sense of community within each of the social groups here is quite noteworthy. The desire to participate, to lead, to be involved, to work...I have such admiration and respect for everyone who enters these doors. I so look forward to getting to know all of you better! Please contact me any time. Just walk on in, call me at 603-428-3077 or drop a line: rustyg@whitebirchcc.org. Howdy and aloha!"

Active Living Activities

US Presidents II

H	N	F	C	R	H	L	O	A	Y	U	U	F	M
E	L	R	H	J	F	W	E	M	G	A	L	L	J
R	O	A	E	J	Y	O	O	B	E	O	Y	Y	O
O	C	N	S	I	D	O	R	A	O	H	S	N	H
N	N	K	T	M	E	D	N	R	R	S	S	D	N
A	I	L	E	M	N	R	O	A	G	U	E	O	Q
L	L	I	R	Y	N	O	M	C	E	B	S	N	A
D	M	N	A	C	E	W	S	K	H	W	S	J	D
R	A	P	A	A	K	W	E	O	B	E	G	O	A
E	H	I	R	R	N	I	M	B	U	G	R	H	M
A	A	E	T	T	H	L	A	A	S	R	A	N	S
G	R	R	H	E	O	S	J	M	H	O	N	S	H
A	B	C	U	R	J	O	N	A	B	E	T	O	S
N	A	E	R	E	E	N	A	J	E	G	I	N	E

ULYSSESS GRANT
FRANKLIN PIERCE
BARACK OBAMA
WOODROW WILSON
GEORGE H BUSH
ABRAHAM LINCOLN
CHESTER A ARTHUR
LYNDON JOHNSON
JIMMY CARTER
JOHN Q ADAMS
RONALD REAGAN
JAMES MONROE
JOHN KENNEDY
GEORGE W BUSH

Play this puzzle online at : <https://thewordsearch.com/puzzle/11082/>

Sunapee Cruises Scenic Lake Tour

Please note that this is NOT yet a scheduled event. Read on, and let us know if you're interested in making this cruise happen as a group event for White Birch members.

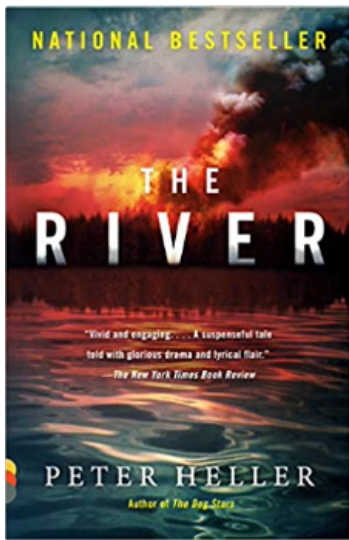
Departing from Sunapee Harbor, a narrated boat tour on Lake Sunapee is a time-honored way to spend an afternoon. Come aboard, relax in your deck chair and enjoy the beautiful scenery of Lake Sunapee. Your knowledgeable Captain will provide a narration of the history, landmarks and lore of this crystal clear mountain lake. Lake Sunapee is known as the "waters of the flying goose," and the M.V. MT. Sunapee II has been cruising her waters for decades. The M.V. MT. Sunapee II features an open-air top deck and a fully enclosed lower deck – no matter the weather, you can cruise this picturesque lake in comfort. You'll see the magnificent homes that have sprung up around the lake as well as the historic sights of yester year. A highlight for many are the three historic, and still operating, lighthouses. Beginning June 19, sailings take place daily at 2:00 p.m. Senior tickets are \$20 per person, and suggested White Birch bus fare donation is a \$5 donation per person. Visit the Sunapee Cruises website at sunapeecruises.com.

Please let Rusty know of your interest: 603-428-3077; rustyg@whitebirchcc.org.

Schedule Highlights

Page Turners Book Club

Wynn and Jack have been best friends since college orientation, bonded by their shared love of mountains, books, and fishing. Wynn is a gentle giant, a Vermont



kid never happier than when his feet are in the water. Jack is more rugged, raised on a ranch in Colorado where sleeping under the stars and cooking on a fire came as naturally to him as breathing. When they decide to canoe the Maskwa River in northern Canada, they anticipate long days of leisurely paddling

and picking blueberries, and nights of stargazing and reading paperback Westerns. But a wildfire making its way across the forest adds unexpected urgency to the journey.

One night, with the fire advancing, they hear a man and woman arguing on the fog-shrouded riverbank; the next day, a man appears on the river, paddling alone. Is this the same man they heard? And if he is, where is the woman? From this charged beginning, master storyteller Peter Heller unspools a headlong, heart-pounding story of desperate wilderness survival.

Join other White Birch members and fans of *The River* at Tucker Free Library on Thursday, May 17 at 11:00 a.m. If you decide to join, please remember to indicate your commitment by placing your name on the sign-up sheet in the Welcome Room at White Birch Center.

Active Living Schedule

Monday, May 9

- 10:00 a.m. - Bonebuilders
- 1:00 p.m. - Bridge

Tuesday, May 10

- 9:30 a.m. - Bonebuilders
- 1:00 p.m. - Mah Jongg

Wednesday, May 11

- 10:00 a.m. - KnitWits
- 10:00 a.m. - 3:00 p.m. - Hiking Sunset Hill
- 11:00 a.m. - Team Trivia with Marc
- 2:00 p.m. - Bridge

Thursday, May 12

- 8:45 a.m. - Gentle Yoga
- 10:00 a.m. - Bonebuilders

Friday, May 13

- 9:30 a.m. - Bonebuilders
- 1:00 p.m. - Cribbage