CENTER OF GRAVITY GAZETTE

NEW BOSTON'S SENIOR NEWSLETTER





Our office will be closed for the following:

- ⇒ January 1—New Years Day
- ⇒ January 20—Martin Luther King/Civil Rights Day
- ⇒ February 17—Presidents Day.

First Day Walk! — Meet at Bailey Pond Trailhead

• Exercise opportunities: See detailed info on page 11!

Pickleball—Tuesday Nights
Tai Chi—Wednesday Mornings
Yoga—Wednesday Nights
A Walk in the Woods—Thursday Mornings

- Red Cross Blood Drive—Tuesday, January 28, 2-8 pm, at the Whipple Free Library
- **Historical Society**—"Redcoats & Rebels: New Hampshire and the American Revolution", Thursday, January 9th at 7:00 PM, CCNB
- Foot Care Clinic—Not taking new clients at this time
- Senior Lunch at NBCS, Thursdays that school is in session. Doors open at 10:50am. Followed by Bingo at the Rec Office at noon.
- Senior Reading starts January 16th! Info on page 14

Annual Lip Sync Contest! Saturday, January 25

Doors open at the NBCS Gym at 5:30pm Show Starts at 6:30pm Admission \$1



Don't miss the Hottest Show in January!

Come on down and cheer on the kids in grades 1-6 as they take the stage to perform their amazing Lip Sync Acts! It's a night you won't want to miss!



Director-Mike Sindoni Assistant-Sheri "Ree" Moloney

www.newbostonnh.gov/recreation ~ 603-487-2880 Recreation@NewBostonNH.gov



"Our mission is to enrich and enhance the lives of the residents of New Boston. We accomplish this by providing safe, welcoming facilities and affordable, diverse recreation and cultural opportunities for people of all ages to play, learn, and build community."

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S'mores with Santa—Photo Credit Janet White

"Kindness is like snow—
it beautifies everything it covers"
~Kahlil Gibran

"Fresh Air Children"

by Dan Rothman, New Boston Historical Society volunteer, for the January/February 2025 issue of the Center of Gravity Gazette

For this issue of the Gazette, I've returned to the New Boston diaries of Bob Todd's grandmother, Bessie Hill Todd (1877-1960). I found for my inspiration Bessie's diary entries from the summer of 1931, entries which describe the visit to the Todd homestead of Ethel and Doris, a pair of 9-year-old Fresh Air Children from New York City.



Doris Waddell – Fresh Air Girl, eleven years later

To understand who these children might have been, I went to Wikipedia, which is the source of all knowledge, most of it true. The Fresh Air Fund was founded in 1877 (coincidentally, the

year Bessie was born) to allow New York City's neediest children, ages 8-14, an opportunity to "enjoy free summer experiences in the country." Volunteers like the Todd family opened their homes to the children for two weeks. The Fresh Air Fund is still active today.

My wife Lisa transcribed these excerpts from Bessie's diaries:

June 21: Mr. Swanson called about fresh air children [Louis Swanson was the minister of the Community Church.]

July 7: Mr. Swanson brought the Fresh Air children, two little girls, Ethel Robinson, from 491 W. 130th St, New York City, and Doris Waddell, from 146 West 108 St, New York City and stayed to supper. I am busy getting ready for them.

July 8: The little girls are contented.

July 9: Esther [Bessie's daughter] and I went to town toward night and took the little girls.

July 10: Laban [Bessie's son; later Bob Todd's father] and I took the little girls to the Movie, "The Big News". Put up two swings for the girls.

July 12: The little girls, Laban and I went to church this A.M. Esther, Laban and the girls went to town before dinner.

July 14: Louis Cote took the children to the Bedford Zoo. Esther, Edward, Susan, and John Hagland went also and the fresh air boy. [The zoo closed in 1932.]

July 16: Josie Hadley took the fresh air girls and boy to ride.

"Fresh Air Children" Continued

July 20: Pa and Laban haying at Coles. Cooked the dinner, and Esther, the little girls and I took it up and ate with them. Getting the children ready to go home.

July 21: The little girls went back to New York this morning.

What did the New York City girls think about their New Boston experience? I didn't know, and I wanted to find out, so I did some research. I had limited success, as I'll explain.

There were millions of people living in New York City in 1931, so I was grateful that Bessie included her girls' street addresses. The U.S. Census is taken every ten years, which means there is data from 1930, so I was optimistic I'd find the girls' families at the same addresses a year before they went to New Boston. I found the Waddell family easily on West 108th Street, but I had no luck with the Robinsons; there were too many Robinsons in the Big Apple in 1930.

In 1930, 8-year-old Doris Waddell lived with her father Robert, a mechanic for a gas company, her mother Gloria, her older brother Rupert, and two aunts: a dressmaker and a milliner. Doris had been born in the Dominican Republic.

I also found Doris's obituary. By the time she died in Connecticut in 2001 at the age of 79, she'd married and had three children. I hoped to find one of these children, to ask them if their mother ever mentioned New Hampshire, but I was unable to contact the one surviving son I thought I'd located. The Internet supplied a couple of phone numbers for him (disconnected) and several email addresses (undeliverable) plus a street address or two. I splurged on a postage stamp and received no reply, not even a "no longer at this address."

If you've read this far, you deserve a reward for your perseverance, so I'll tell you about the photo that accompanies this story. It's from ancestry.com, and it shows Doris Waddell on her wedding day in 1942. I did try to contact the woman who posted the photo on-line a dozen years ago; alas, she seems to have disappeared, too.

The mystery remains: did their New Boston experience change the lives of two New York City "fresh air" girls and the anonymous "fresh air" boy mentioned in Bessie Todd's diary. I like to think it did!

THANK YOU—A heartfelt thank you to Dan Rothman for his incredible articles over the years. We have truly loved reading them and are so grateful for the fun, historical snippets of New Boston's past that you've shared with the Gazette. Your contributions have been a treasure, bringing so much interest and joy to our readers. Thank you for your dedication and for helping keep New Boston's rich history alive! Hopefully, we can coax you out of retirement from time to time with special articles here and there—your stories are too wonderful to miss!

The New Boston Historical Society invites you to:



Photo courtesy of Dan Rothman

"Redcoats & Rebels: New Hampshire and the American Revolution"

Thursday, January 9th at 7:00 PM in the Community Church of New Boston

New Hampshire often gets overlooked in the narrative of the American Revolution, overshadowed by its noisy neighbor to the south. Nowadays, few people know about Paul Revere's first ride, which was to Portsmouth in December 1774 to warn the patriots that the British were coming to reinforce Fort William and Mary, five months before the Redcoats marched on Concord and Lexington. Nor do they know that two-thirds of the troops at the Battle of Bunker Hill were from New Hampshire. Most people are also unaware that New Hampshire's Provincial Congress adopted the first state constitution in January 1776, making no mention of royal authority and essentially declaring independence from Great Britain six months before anyone else. And this is just the beginning of New Hampshire's revolutionary story!

Our presenter Mary Adams works for the New Hampshire Historical Society and for The Pursuit of History Weekends. **Sponsored by the NH Humanities Council.**

Following the presentation, join us for refreshments in the museum across Mill Street.

The Center of Gravity Gazette

Library News — whipplefreelibrary.org

The Library will be closed:

- Wednesday, January 1 in observance of New Year's Day
- Monday, January 20 in observance of Martin Luther King Jr. Day
- Monday, February 17 in observance of Presidents' Day





Monday Morning Quilters — 10am Every Monday



Friends of the Whipple Free Library — Tuesday, January 14 and Tuesday, February 11 at 6:30pm



3rd Tuesdays — Piscataquog Quilters - Tuesday, February 18 at 7pm



Wednesdays — Cribbage - 6:30pm Every Wednesday



Thursday Knitting — 10am Every Thursday. All experience levels and types of fiber arts welcome.



Mahjongg — 1-3pm Every Friday. All experienced players welcome!



2nd Fridays — Second Friday Foreign Film. All are welcome!

- Friday, January 10 at 7pm: The Ladykillers (UK, 1955)
- Friday, December 13 at 7pm: Joyland (Pakistan, 2022)



Chess Club - 10am every Saturday

Family Film Monday, February 24 at 1pm

Book Clubs:

Who Dunnit? Book Club

Wednesday, January 8 at $10am - Case \ Histories$ by Kate Atkinson Wednesday, February 5 at $10am - Deja \ Dead$ by Kathy Reichs

Wed. Night Book Club

Wednesday, January 8 at 7pm – Wintering: The Power of Rest and Retreat in Difficult Times by Katherine May Wednesday, February 12 at 7pm – The Princess Bride by William Goldman

Bon Appetit Cookbook Club

Wednesday, January 15 at 6pm – *The North End Italian Cookbook* by Marguerite DiMino Buonopane and *Essentials of Italian Cooking* by Marcella Hazan

Wednesday, February 19 at 6pm – *Zaytinya: Delicious Mediterranean Dishes from Greece, Turkey, and Lebanon* and *The World Central Kitchen Cookbook*, both by Jose Andres

Fantasy Book Club

Thursday, January 16 at 6pm – Cassandra in Reverse by Holly Smale Thursday, February 20 at 6pm –

Library continued SPECIAL EVENTS!!





Red Cross Blood Drive Tuesday, January 28 at 2pm

FAQs (Frequently Asked Questions) Select Fridays below from 3-5pm January 10 & 24 and February 7 & 21

Having problems with your tech? Tech Services Librarian Natalie is here to help! Whether you're struggling with smartphones or spreadsheets, drop in and get answers to all your technology questions.

Reading & Relaxation Society Monday, January 27 at 6pm

You are cordially invited to the first meeting of the Reading & Relaxation Society (New Boston chapter)! Come down to the library and indulge in an array of peaceful activities – read a book; work on a craft project; assemble a puzzle; color a drawing; or simply bask in front of the fire with a warm beverage. Socialization starts at 6pm before we settle down for a quiet evening. Refreshments will be provided.

Ethical Aspects of Converging and Emerging Technologies:

Some New Challenges in an Era of AI Chatbots

Thursday, January 30 at 6pm

AI technology is advancing at a precipitous rate. It seems like every day there's a new AI development – and new concerns over how AI technology might be used. Herman T. Tavani, Professor Emeritus of Philosophy at Rivier University, has spent his career exploring ethical issues surrounding computers and other emergent technologies. He will join us via Zoom to examine a variety of timely ethical questions, from privacy and autonomy to trust and dependency. He'll also consider the question of what it means to be human in an age of AI and Chatbots. *sponsored by NH Humanities

Chill with the Polar Bears of Churchill

Friday, February 7 at 6pm

Heather Knaub is back from her latest adventure and ready to be our armchair tour guide once more! This time, we'll be exploring the arctic tundra in Churchill, Manitoba, the "Polar Bear Capital of the World".

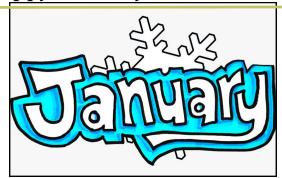
Book to Movie: The Princess Bride by William Goldman

Tuesday, February 11 at 6pm (Movie Showing)

Wednesday, February 12 at 7pm (Book & Movie Discussion)

"Fencing, fighting, torture, revenge, giants, monsters, chases, escapes, true love, miracles..." What more could you want in a book – or a movie?!? For February's Wednesday Night Book Club, we'll be reading *The Princess Bride* by William Goldman. Then join us at the library on Tuesday, February 11 as we screen the iconic 1987 movie, before gathering the following night to discuss both the book and movie together.

For all the latest programming information, check out the calendar of events on our website www.whipplefreelibrary.org. You can also sign up for the library's monthly newsletter on our Home Page.



- 11 ~ JOAN SILVERNAIL
- 14 ~ BETTY USERA
- 16 ~ DAVID SEAGER
- 17 ~ EVERETT WHIPPLE
- 22 ~ WILLIAM BERKINS
- 22 ~ ROSEMARY GALLAGHER
- 30 ~ ROSE COLARUSSO
- 31 ~ BARBARA PARNELL





We said Happy Birthday to

Jean Harris
at Decembers Senior Lunch





2 ~ JOHN BALLOU
3 ~ ALLEN PARTINGTON
6 ~ VERNA ELLIOTT
8 ~ RAMONA DEROCHEMONT
8 ~ PAT DOBBYN

The New 60





HIS TRUE LOVE GAVE TO HIM.





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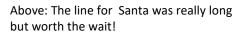




The Firepits, S'mores, Hot Cider and Hot Choco were enjoyed by all!

Ree's Family visited Santa!





Right: Pat McKenna, the towns grounds keeper,

lights the tree









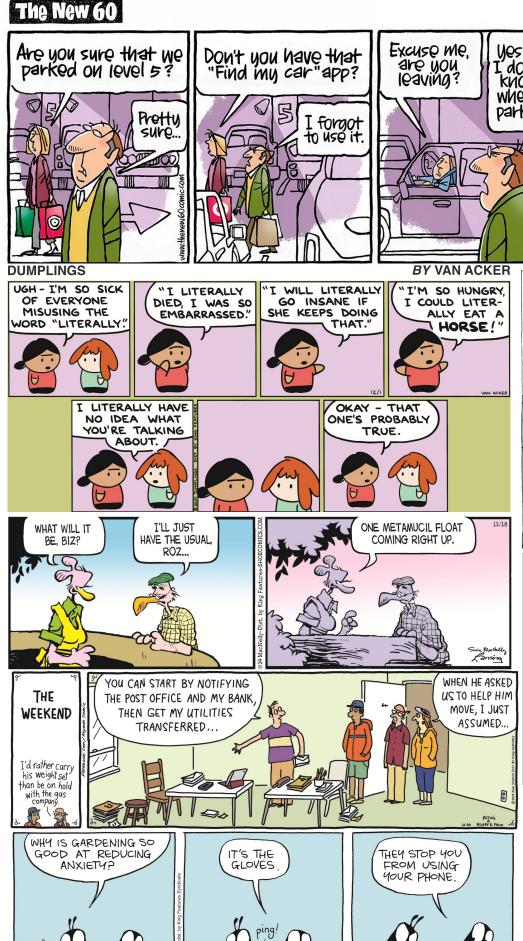
In Loving Memory of Bill Manna

This December, we said goodbye to a beloved member of our community. Bill Manna was a cherished presence at our Senior Readers program, where he found joy in listening to Readiness and First Graders share their stories. An avid reader with a vast book collection, Bill inspired young minds and shared his love of reading with all.

He was a familiar face at our Senior Lunches, a proud attendee of our elementary schools Memorial and Veteran's Day events, and always ready for a thoughtful conversation.

Bill's warmth, passion for the written word, and kind spirit will be dearly missed. Our heartfelt condolences go out to his daughter, MaryFrances, and the entire Manna family. You will be missed.









Andy



love how it nibbles on my nose."

Knock, knock.

Who's there?

Lettuce.

Lettuce who?

Lettuce in, it's freezing out here!



Tai Chi/Qigong with Theresa Rogers

Join instructor Theresa Rogers, a Zen Wellness Certified Qigong Instructor and advanced student of Senior Instructor Janet Briggs of East Wind Tai Chi, as she guides you through the relaxing and revitalizing art of Tai Chi and Qigong. Theresa trains in Alex Dong's Taijiquan lineage of Yang Style Tai Chi, bringing authentic and mindful instruction to every class.

In this class, you'll learn the fundamentals of Qigong and Tai Chi, including breath work, movement, posture alignment, and visualization techniques that nurture the mind, body, and spirit. This gentle, meditative practice will help improve balance, flexibility, strength, and mental clarity, while easing stress and promoting emotional well-being. The movements are safe and accessible, adaptable for all abilities, and are a great complement to other health and wellness routines.

Time: Wednesdays, 10:00 AM - 11:00 AM **Location**: White Building #2 For more info on session dates, cost, and to sign up go to: https://newboston.recdesk.com or call the rec office at 603-487-2880

Come experience the calming power of Tai Chi and Qigong, and find balance in every movement.

A Walk in the Woods—Thursdays from 9-11:30

Once a week meet ups for a casual walk in the woods The pace will be according to the fitness of the group as a whole. Expect easy to moderate terrain to traverse and please dress accordingly to the weather. This is an allages walk but children must be accompanied by an adult. Well-behaved, leashed dogs may attend. Please meet at **8:55** in the Town Hall Parking lot.



VINYASA FLOW YOGA

Whipple Free Library on Wed's, 6-7 pm.

7-week session is \$84 for Nov 6 – Feb 5 or drop-in for \$15. There is no class on Jan 1 & 15.

Please wear comfortable, loose, warm clothing. Bring a mat and blanket.



No session fee or pre-registration required

Tuesdays, 7-8:45pm in the NBCS Gym No Pickleball on Feb 4 & 25

ACROSS -

- Range rope
- 6) Haul with tackle
- 11) What a gentleman tips
- Regarding
- 15) Sub in WWII
- 16) "The Mikado" dress part
- 17) Parting words
- 19) It's right under your nose
- 20) Tried one's hand (at)
- 21) Lodge brother
- 22) Puts two and two together
- 23) Restrooms, in Britain
- 25) Boxing legend Jack
- 27) "Say " (doctor's order)
- 30) Click it to drop it
- 32) Carey or Barrymore
- 33) Like a certain childhood friend?
- 36) Excessive blarney
- 39) Etna spew

GOT IT!

40) Ann ___, Mich.

- 42) Ornamental notions case
- 43) Bookcase unit
- 45) Prompt willingness
- 47) Economic and social misfortunes
- 49) Baseball quota
- 50) Like Gen. Powell
- 51) More than bothered
- 54) Polio vaccine pioneer
- 56) Improvise musically
- 57) Air show formation
- 59) "Praying" insect
- 63) Hour on a grandfather clock
- 64) "See what I mean?"
- 66) Word with "Angelo" or "Antonio"
- 67) Center of the action
- 68) Bjorn Borg, for one
- 69) Simon's couple
- 70) Broadcast again
- 71) Provide funds for

DOWN

- 1) Cardinal number (fifth power of 10)
- 2) Over the bounding main
- 3) Went lickety-split
- 4) Calyx component
- 5) Paper-folding art
- 6) Objector's word
- 7) High-pitched instrument
- 8) " I lie to you?"
- 9) Pink-slipped
- 10) Suffix for ordinal numbers
- Stands up to scrutiny
- 12) Follow the law
- 13) Slightly drunk
- 18) Nine-day Catholic prayer
- 22) Tarzan and others
- 24) Part of a drum kit
- 26) Post-wedding title
- 27) Is under the weather
- 28) Asian maidservant
- 29) Think about
- 31) Word before renewal or sprawl
- 34) Racehorse gait
- 35) A famous bear and a famous catcher
- 37) Deceptive maneuver
- 38) Light fog

By Rob Lee

- 41) Change the title of
- 44) Pesky insect
- 46) Medical disappointment
- 48) Harshly extreme
- 51) Dispatch boat
- 52) River nymph
- 53) Ward off
- 55) Well-recognized
- 58) Active European volcano
- 60) Even, scorewise
- 61) Opening to China?
- 62) Ratatouille, e.g.
- 64) Long-nosed fish
- 65) Solo of "Star Wars"

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BLENDER

CHAIRS

COFFEEMAKER

COFFEEPOT

CUPBOARDS

CUTLERY

DISHWASHER

REFRIGERATOR

GLASSES

KETTLE

MICROWAVE OVEN

MIXER

MUGS

PEPPER SHAKER

PLATES

SALT SHAKER

SAUCERS

SINK

STOVE

TABLE

TEAPOT

TEACUPS

TOASTER

TRASHCAN

Page 13

Senior Lunch at NBCS is on Thursdays that school is in session. Seniors play Bingo at noon in the Recreation Office after lunch.

- * Gym doors open at 10:50 AM
- Purchase a hot lunch for \$3 or bring your own.
- We will provide coffee, tea and water. Hot lunch includes milk
- * Join us for Nickel ante Bingo at the Recreation Dept from Noon until 3pm.
- * We will provide all of the Bingo supplies, just bring your nickels!

Any questions or need directions? Call us at 603-487-2880



SENIOR READING PROGRAM—Thursdays, Starting January 16, from 10:30–10:50AM



Can You Spare 20 Minutes on Thursdays? Read every week, once a month, or come in when you can!

Make a difference in a child's life by listening to a Readiness-1st Grader read and watching their skills grow.

This program promotes community, bridges generations, and gives children a confidence boost as they develop their reading abilities.

The program runs every

Thursday School is open* at NBCS through the end of May.

The kids love having someone to read to, and it's heart-warming to see the progress they make over a few months. We'd love to have you join us!

To sign up or for more information: Call Sheri at 487-2880 Or email — recreation@newbostonnh.gov

* - If there is a school delay or closing due to weather, reading will be canceled.





DO YOU NEED HELP WITH HOME REPAIRS AND MAINTENANCE?



The Retired Senior Volunteer Program (RSVP) provides a FREE* service to homeowners who need assistance in the areas of plumbing, carpentry and electric.

The RSVP Fix-It Program is available to seniors over 60 and disabled homeowners in Hillsborough County to enable them to remain safe and secure in their homes.

Some of the services offered by our retired senior volunteers are:

- Installation of grab bars and railings
- Steps and flooring repairs
- Installation of door locks
- Fixing/replacing leaky faucets, toilets
- Installing/replacing light fixtures
- Install and remove air conditioners
- Insulate windows
- Install/change smoke detectors

If you need our services or if you are interested in becoming a Fix-It volunteer, call Chris @ 603-598-9421

^{*}Homeowners assume the cost of any materials needed and labor is free



EASIER SUDUKO

		7					6	
				4			2	
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				2			8	6
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	9	1	4					
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8				9	1			

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	5	2	6					
7				9			2	
9			1	8				
	3	8		5			1	
1								5
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				2			7	8

HARDER SUDUKO

FREE TRANSPORTATION

Need help getting to: Medical Appointments * Dental Appointments

Pharmacy Pick up * Grocery Shopping * 1 way or round trip options

Free Transportation Bus Operates: Monday - Friday, 7:00am to 4:30pm

- Make a reservation as early as 1 week prior, and no later than 1 day prior
- Priority rides for age 62+ or disabled passengers
- Priority rides for medical appointments
- Rides available to all New Boston Residents
- All buses accessible for disabled passengers
- Riders may go anywhere within New Boston, Goffstown and Bedford and medical appointments to Manchester.

Reservations call: 603.623.8801

You will hear: A greeting for Manchester Trans Authority

Dial - Opt. #2 This will bring you to the **Cart and Step Saver receptionist.** If no one answers, please leave the following information listed below. Someone will return your call.

- Full Name
- Address of pick up
- Address of place you are travelling to
- Phone Number
- Age
- Purpose of Travel



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Heart to Heart by Jerel Speck

"It is with true love as it is with ghosts; everyone talks of it, but few have seen it." -La Rochefoucauld, Maxims

Granted, I've probably seen more ghosts than the actual specter of true love in my almost fifty trips around the sun, but that's not to say that it doesn't exist for others. In fact, if one should find themselves driving down Gregg Mill Road, you just might encounter a bright red, metal-shaped heart, that reads, "Helen & Eddie," pinned to a giant boulder near the river.



This roadside curiosity was the place where Eddie Bach proposed to Helen Stein. They would marry in June of 1933, and reside in the old Schoolhouse No. 16 building on Lull Road. And despite never having any children of their own, the couple lovingly embraced the neighborhood children as their own.

It would be sixty years later, when Helen mentioned the rock's significance to Dave Nixon on the way to visit her husband at the Bel-Air Nursing Home in Goffstown.

This must have struck an emotional chord with him, as he employed David Daniels to make and install the heart to the boulder where their courtship originally began. Throughout the years, many New Boston residents have discovered Daniels' creation during their various travels around town. The heart was restored in 2019, but the rural landmark could use a little TLC again, as its paint has started to flake away.

In the end, although the beloved rock has split, the Bach's never did, thus proving that finding true love is possible, even for someone like me.

Upcoming February Senior Trip! (No trip in January)

Call us at 603-487-2880 or email Recreation@NewBostonNH.gov to get on the list







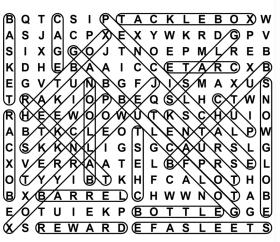


We are still coordination the timing of this trip with the staff of Windows on West Street. A Wednesday in February is yet to be determined.

There will be no fee for this trip, just pay for the cost of your meal. We will leave the town hall parking lot at 10:45 am. Windows on West street is a student run Culinary Restaurant at Milford High School.

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NEW BOSTON'S SENIOR NEWSLETTER



MO.	MOTION DETECTOR By Timothy E. Parket													
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