



MERRIMACK  
FRIENDS &  
FAMILIES

Est. 1973

MARCH 2023

## Presidents' Message

*Julie Akers & Tammy Ditman*



March is here which means we're getting closer to Spring and warmer weather! Another month full of fun events is being planned so get involved and bring along a friend. In addition to our regular coffee at Buckley's, Tuesday trivia, lunch at a local restaurant and book club watch for evites to a CPR class, a gentle yoga class fundraiser and assembling Easter baskets for the welfare department.

MFF's first collaboration with the Merrimack Library was a big hit! Thirty people registered for a free "Class in a Glass" wine pairing held at the library's Klumpp Room. Everyone had a fabulous time as Sommelier Melanie Eitel taught us how pairing wines with specific foods can really bring out the subtle notes. There were a lot of great conversations as guests sipped, noshed and learned about wine. Our next partnered event at the library will be on Thursday, March 23. We'll be watching the movie *Julie & Julia*, snacking on popcorn and playing a little trivia based on the famous chef, author and tv personality Julia Child. Watch for an email with a link to register for this free event.

Julie and Tammy

MERRIMACK

## March calendar

DATE	TIME	EVENT
Mar 4	9:00 AM	Coffee Social @ Buckley's
Mar 5	11:00 AM	Gentle Yoga @ Joyful Yoga
Mar 7	6:00 PM	Trivia @ Able Ebenezers
Mar 8	12:30 AM	Lunch Bunch @ A Lot of Thai
Mar 12	10:00 AM	Recipe Swap
Mar 14	6:00 PM	Trivia @ Able Ebenezers
Mar 18	10:00 AM	CPR Instruction
Mar 21	6:00 PM	Trivia @ Able Ebenezers
Mar 23	6:00 PM	Library Partnership Night
Mar 28	6:00 PM	Trivia @ Able Ebenezers
Please see the Evite for additional information		

## Vice President

*Catherine Pepler*



Greetings MFF Members

It may be very cold temperatures outside but the warmth from our memberships is by far stronger. What a month of activities we have enjoyed with all that participated. Hoping as you read our posts and newsletters you will come and join in the fun, laughter and friendships we so enjoy.

Nominations are open. You can self nominate and nominate someone. Being on the board has been very rewarding. We gather together on fund raising, community service and supporting organizations of Merrimack. What these organizations? Food banks, send a kid to camp, back packs and Easter baskets for kids and so much more. Something that makes me smile is seeing the Adopt a Road sponsored by MFF on the Lawrence Road to the dump. Did you know this is an activity twice a year? Many hands make for light work!



I am very grateful for all of our members and especially for the Board and our special interest activities. Recipe swap, Lunch Bunch, Walking groups, book club to name a few. I would be remised not to mention our partnership with Merrimack Public Library! What a fabulous time at our Class in a Glass. Community members joined with us for a fun and educational evening. Watch that calendar and communication from us for more exiting monthly events. You won't be disappointed!!

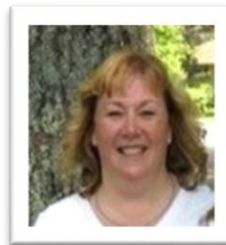
Looking forward to seeing YOU!

In friendship,  
Catherine Pepler  
MFF VP

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## Treasurer

*Bev Coelho*



In case you were not aware, as of February 20, 2023, Amazon has stopped AmazonSmile. Last year we collected \$120.17 from AmazonSmile and so far this year we have collected \$62.12. Thank you to all who forced themselves to shop with Amazon so we could reap the benefits from your shopping. 😊

Thank you to all who have made contributions this year!

Bev

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## Secretary

*Sandy George*



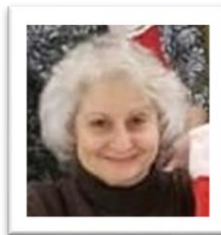
Please make sure to reach out if you know someone in the club who needs help with rides, meals, warmth (if electricity is lost with storms), cards or anything else. We all support each other if needed.

Sandy George

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## Ways and Means

*Carol Figueroa & Jill O'Toole*



A huge thank you goes out to everyone who helped with the Winter Carnival - from everyone who baked to those who volunteered at the event. Thank you so much for all your efforts and support. We raised \$722.63 for the MFF Charitable Fund at this year's Winter Carnival event.

Included in this total is a donation of \$151 we received from Franklin Savings Bank. They had a hot chocolate raffle at the event and participants who won the raffle would see us for a hot cocoa. We had 51 raffle winners and FSB paid for these hot cocoa winners along with an additional \$100 donation.

The Winter Carnival event was lots of fun despite the chilly weather that day!! Thank you again for all your help and support.

Carol and Jill

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## Service

*Laurie Libby*



Hello!

The Valentines for seniors was well received. We had a great turn out with members who stuffed goodie bags and wrote cards with well wishes.

Our project for this month will be Easter baskets for the welfare office. We will be filling 32 baskets this year. The Evite will be out in the next day or so.

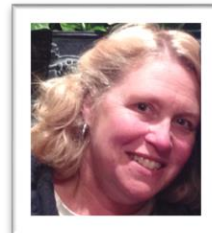
Thanks for your support!

Laurie

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## Membership

*Lisa Casell, Robin Johnson & Beth Voorhees*



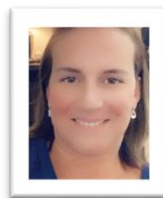
Hope everyone is well. For those of us hoping for an earlier spring, it looks like winter is hanging on. Please stay warm and safe. So far, Membership has one event planned for March, our monthly coffee social at Buckley's Bakery and Cafe. This month we will be meeting on Saturday the 4th of March at 9:00 am. We will meet upstairs. Please join us for coffee and conversation and if you know someone interested in joining MFF please let them know about this event. Hope to see you there.

Robin, Beth and Lisa

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## Publicity

*Beth Milliken*



Please remember to send pictures of your MMF related events me so that we can include them on our Facebook and Instagram pages, along with in our future newsletters. It's so nice to be able to share with our members how much fun we have! When you send, please let me know a quick summary of what the pictures are of.

Happy Holidays Everyone!  
Beth

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## Happy Birthday!!



|             |      |
|-------------|------|
| Bunny K     | 3/18 |
| Catherine P | 3/28 |

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## Interest Group Happenings

### Secret Sisters

Hope everyone enjoyed their February gifts.

Remember, if you'd like to submit a quick "thank you" note in the monthly newsletter to let your SS know how much you loved your gift, please send it to Barb Asketh or Wilma Cunningham, and we will ensure it gets published!

For March, and April, you are on your own delivering your gifts to your SS. Keep doing what you're doing – it's working!

Again, thank you for your participation. Here's hoping that 2023 has started off on the right foot!

Regards,  
Jill Mitchell

## Fitness Friends

On Sunday, March 5th please join us for a gentle yoga class at JoyFul Yoga NH located at the Merrimack Commons (515 Daniel Webster Highway). This hour long class will take you through gentle movements and postures which will help you with your flexibility, strength and balance. Registration fee for the class is \$20.

All fees from this class will be donated to the Merrimack Friends & Families charitable fund. As you may know, all funds raised during our club year are donated back to the community.

You can register and pay online via the link below or pay cash when you come to the class on Sunday morning. Please be sure to RSVP on the Evite if you don't register on the square link. Thank you.

<https://checkout.square.site/buy/C5PUYYODWVOIDKUONING66Z52>

We hope to see you on Sunday.

In Friendship and Fitness,  
Carol

## Book Club

We had a great discussion about the book, The Last Thing He Told Me by Laura Dave. We all agreed it was a great book to read. The book contained many twists and turns which kept you guessing as you tried to figure out the ending. If you haven't read it, you should grab it and read it.

Due to so many of us not being available for a meeting in March, we have decided to combine our discussion of the March book and the April book to our April meeting. The March book is Wicked Pissed: New England's Most Famous Feuds by Ted Reinstein. Ted Reinstein, a native New Englander and local writer, offers us fascinating stories, some known, others not so much, from the history of New England in this fun, accessible book. Bringing to life many of the fights, spats, and arguments that have, in many ways, shaped the area itself, Reinstein demonstrates what it really means to be Wicked Pissed. If you live in New England you have heard of some of these feuds and this is an interesting recounting of the feuds. Our April book is One in A Million by Monica Wood. Winner of the Nautilus Award and the New England Society Book Award, Monica Wood's *The One-in-a-Million Boy* is the incandescent story of a 104-year-old woman and the sweet, strange young boy assigned to help her around the house—a friendship that touches each member of the boy's unmoored family.





**Please note: there will be no meeting in March for the MFF Book Club.** We will be meeting on April 24 to discuss both Wicked Pissed: New England's Most Famous Feuds by Ted Reinstein and One in A Million by Monica Wood. I hope to see many people at our April meeting. The March book will be due back at the library on March 24 – you may be able to ask for an extension if needed.

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## Lunch Bunch

We enjoyed our February lunch at Portofino's Italian Restaurant. We will compare it to Pizzico later this spring!

We are wrapping up our second of three restaurant challenges with lunch at A Lot of Thai on March 8th at 12:30. Join us as we compare it against Sweet Ginger which we dined at in late 2022. Hope you can make it!

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## Recipe Swap

We had our Comfort Food get together on the warmest day in February! Some of the dishes we enjoyed were Baked Macaroni & Cheese, Scalloped Potatoes with Ham, Tomato Soup with Basil, Chocolate & Reese's cupcakes and Chocolate Lava Cake with Vanilla Ice Cream! Definitely not diet food, but very delicious!

In March we will be having Brunch on the 12th at 10:00 am at Jill O'Toole's house. Make a favorite brunch type recipe to share with the group and enjoy some good food along with good friends. It will be a nice relaxing morning event! Hope to see you then!