



F E B R U A R Y 2 0 2 0

# the Welcome Mat

## President's Message



*Carol Figueroa &  
Bev Coelho*

February is Here!!!

I hope you're having a good healthy winter so far and have not been affected by the flu bug that seems to be making its way around town these past few weeks!!

We have some great events planned for February so please be sure to check out the online calendar and Evites. For our monthly event, we will be holding a Yoga class for our membership on Saturday, February 15<sup>th</sup> at 10:30 am. The class will be held at Joyful Yoga NH and unfortunately because of studio space is open to 15 participants. If there is more interest than 15 people, we could add a second session. The class will be \$10. Joy, of Joyful Yoga, is committed to the Merrimack community and will charge us her studio fee only so anything about that fee will go into the charitable fund. The class will be geared for all levels so if you have practiced yoga in the past or just a beginner, you will receive something from this class. I hope you will be able to join us for this fantastic event.

Coming up towards the end of the month, we will be participating in the Merrimack Parks & Recreation's 28<sup>th</sup> Annual Winter Carnival at Wasserman Park. The carnival is on Saturday, February 22<sup>nd</sup> and will run from 12pm to 3pm. We will be selling hot dogs, chips and water in the function hall as a fundraiser for our charitable fund. If you can help out at this event please mark your calendar and look for the Evite to RSVP. We always have a great time! There are many activities already planned and it should be a fun day. For more information about the different activities please check the Parks & Rec website:

<https://merrimackparksandrec.org/winter-carnival>

Hope you stay warm and healthy!! See you soon!

Yours in friendship,  
Bev and Carol

## February calendar

DATE	TIME	EVENT
Feb 01	09:00 AM	Membership Coffee
Feb 03	06:30 PM	Membership Info Social
Feb 11	07:00 PM	Board Meeting
Feb 13	11:30 AM	Lunch @ Kahunas
Feb 15	10:30 AM	Yoga class
Feb 19	07:00 PM	Book Club
Feb 22	12:00 PM	Winter Carnival
Feb 25	06:30 PM	Mardi Gras potluck

Please see the Evite for additional information

## First Vice President

Please join us for our monthly event at Joyful Yoga located at 604 DW Highway, Suite 102 in Merrimack on February 15<sup>th</sup> at 10:30 am. Joy of Joyful Yoga will be leading us in a private class that will include gentle yoga to some stretching. This class is for all levels from beginners to those who practice yoga.

The class is limited to 15 participants but if more are interested, we could set up a second session. The class fee is \$10. Please bring the fee to class that morning. We will be charged the studio fee (\$25) for this event and the class fees collected above the studio fee will be donated to our charitable fund. Please be sure to RSVP so that we can reserve your spot. We are looking forward to getting together to practice Yoga during these winter months.

If you have any questions please reach out to the board at [info@mffnh.org](mailto:info@mffnh.org)



## Second Vice President

*Barb Gelinas*

As always, if you are interested in running a new interest group please let me know at [interestgroups@mffnh.org](mailto:interestgroups@mffnh.org)! Also, if you are interested in running any other interest groups please let me know.



## Treasurer

*Wilma Cunningham  
Bec Coelho*



Check back next month for news.



## Secretary

*Heather Murray*

Happy February! If you know of any club member that could use our support with meals, rides, or any other assistance that a friend might provide, please let me know and I'd be happy to ensure those needs are met. We are of course happy to help any time during the year, but these winter months can be an especially tough time for some folks who could really use our assistance. Even if that person does not require any help, we at least would like to reach out and let them know we are thinking of them. As they say, "If you see something, say something." Otherwise, we'll never be able to help out our extended family. Also, if we do reach out to you offering assistance, please know that it is an open invitation -- let me know any time if you decide you would like help for the first time or additional help! Stay warm and stay safe!

Warmest Regards,  
Heather Murray

[hlmurraynh@gmail.com](mailto:hlmurraynh@gmail.com)

## Ways and Means

*Jill Mitchell and Jill O'Toole*



Wow, January just flew right by! plan for the Town Winter Carnival, our first 2020. On Saturday, February 22, we'll be at Wasserman Park from 12-3:00 PM selling hot dogs, chili and baked good. As always, we'll be looking for a few volunteers to help us serve that day, but more importantly, we're hoping many of you will be able to donate baked goods to the cause. Ideally, these

And now it's time to charitable event for



treats will be individually wrapped for sanitary reasons. And since we'll be selling all baked goods for \$1, keep that in mind when portioning your delicious concoctions.

You can drop off your baked goods (see Evite invitation for addresses) anytime on Friday, February 21, or that Saturday morning between 8-10:00 AM, *OR* you can bring them straight to the Carnival between 10:30-12:00!

For those of you who want to contribute, but simply do not have time to volunteer or bake, we will happily accept monetary donations to help offset the costs of purchasing the food. You can give your donation to any MFF Board member, or donate directly on our secure site at: <https://mff-101539.square.site/product/ways-means-contribution/1?cs=true>

We want to thank you in advance for all that you do to help with our wonderful town events!

[WaysandMeans@MerrimackFriendsFamilies.org](mailto:WaysandMeans@MerrimackFriendsFamilies.org)

Jill Mitchell and Jill O'Toole



## Service

*Julie Akers and Tammy Ditman*

For the month of February MFF is collecting items for the Bridges Crisis Center which is a non-profit that aids victims of domestic violence and sexual assault. Bridges helps women with housing, obtaining restraining orders and with legal and therapy help. The wonderful members of Merrimack Friends & Families are donating personal care items, cleaning supplies and basic bedding to help others who are fleeing dangerous situations so they can get back on their feet.

In March we will be asking for items to fill Easter baskets for Merrimack children in need, an annual project we do in conjunction with the Merrimack Welfare Department. Look for an evite with a list of items to donate and when we will be getting together to assemble these pretty baskets.

Julie and Tammy



# Membership

*Wilma Cunningham &  
Beth Voorhees*



Membership has two events

coming up this month:

Buckley's Cafe Saturday, February 1st 9:00 am  
Come and join us! Bring a friend.

Evening out at Tortilla Flats Monday, February 3rd 6:30 pm  
Margarita Monday.

We currently have our TRY US ON half price donation to become a member for the rest of our club year! Spread the word.....

Hope to see you, and perhaps a friend or neighbor, at these events!

Wilma and Beth

[membership@merrimackfriendsfamilies.org](mailto:membership@merrimackfriendsfamilies.org)

## Happy Birthday!!



Liz Calabria	2/08
Leslie Haltbakk	2/20

## Personals

Dear SS ~ Thank you so much for my wine-themed gift in January. I especially love that wine glass! And you certainly know me – that candle will NOT go to waste in my house. You're the best! ~ Jill

Beth's sister:

Thank you so much for the gluten free items and the tea. I have already tried both teas and they are great. The granola bar is yummy and plan on making the coffee cake this weekend.



Dear Secret Sister, Thank you very much for the gift of pampering. I loved using a set of the foot masks and painted my toenails. Now my feet look cute and I feel ready for Spring! You always spoil me with thoughtful, fun gifts. – Julie

To my Secret Sister –Thank you for the black and herbal teas. I love these teas. The black tea is almost gone – already!! The herbal tea is perfect at night. Thank you also for the books. I'm looking forward to reading them. Carol

Dear Barb's SS – thanks so much for the fun cookbook. Louisa was thrilled with it when I came home to boot!

## Interest Group Happenings

### Secret Sisters

It's hard to believe that January is over! The holidays have come and gone. The hustle and bustle has settled down. However, Secret Sisters just keep on giving! Isn't this fun?

Our second Gift Exchange Potluck occurred in January, and it was another success. As always, we had a good time. It's hard to believe that at our next potluck in May we get to tell our Secret Sisters who we are!

Remember, if you'd like to submit a quick "thank you" note in the monthly newsletter Personals section to let your SS know how much you loved your gift, please send a quick note to [barbasketh@comcast.net](mailto:barbasketh@comcast.net) or [cunninghamwilma@hotmail.com](mailto:cunninghamwilma@hotmail.com), and we will ensure it gets published!

For February, you are on your own delivering your gift to your SS. Keep doing what you're doing – it's working!

Again, thank you for your participation. Here's hoping that 2020 has started off on the right foot!

Regards,  
Jill Mitchell



## Lunch Bunch

Let's meet at Big Kahuna's for our February lunch. We will meet at 11:30 am on Thursday, February 13<sup>th</sup>. Please be sure to RSVP so we know to expect you that day. The food is delicious and there are many choices. Please check out the link to their menu.

<https://www.nhkahuna.com/kahuna-cafe-menu/>

## Ladies Night Out

February's Ladies Night Out will celebrate Fat Tuesday/Mardi Gras on Tuesday, February 25<sup>th</sup> at 6:30 pm! We will have a pot-luck so bring your favorite dish to share – appetizer, main dish or dessert. This event will be at Carol's house. Please see the Evite for more information and RSVP. Hope you can join us this evening.

-Carol

## Book Club

As we start the year 2020, we thought it would be a good time to read a classic that had insightful views of the 1920's. That selection would be **The Great Gatsby** by F. Scott Fitzgerald. This book was published in 1925 and is considered a tragic love story, a mystery and a social commentary on American life of the 20's. It really is a must read. Please read the book and don't watch the movie. Look for the evite coming out soon with more details.

January's discussion took place at Holly Dambaugh's house where we discussed **Good Omens: The Nice Accurate Prophecies of Agnes Nutter, Witch** by Neil Gaiman and Terry Pratchett. We found the book to be a little quirky but a humorous account of the end of the world. Some members enjoyed the audio version. The authors are both from the U.K. which added a different style to the humor. This selection was a big stretch for some of our members.

We want to thank Holly Dambaugh for hosting our January meeting as well as greeting us with her book club famous cheeseburger soup. It was crazy good. We had a wonderful evening and great discussion.

Vivian Dano



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