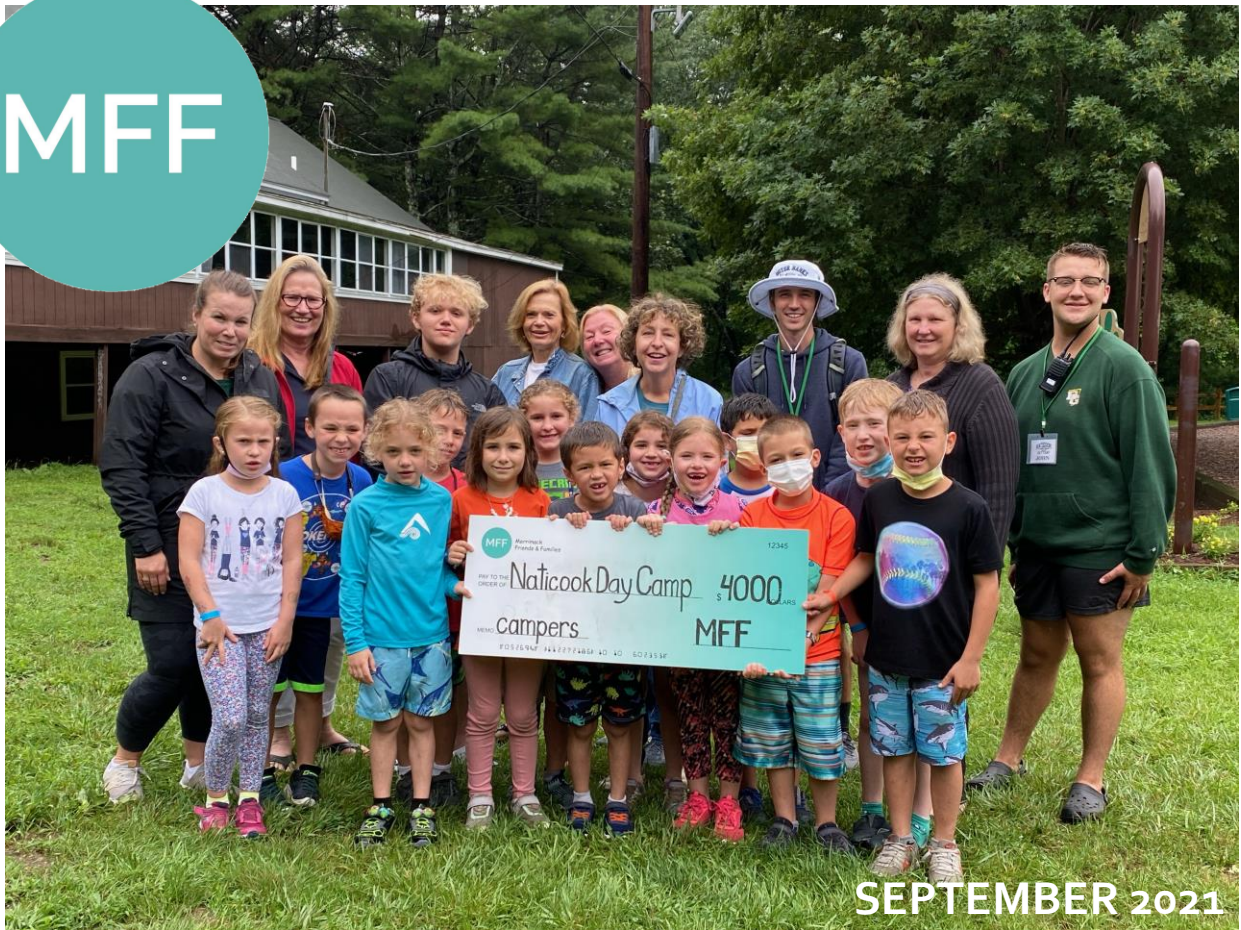




MFF



President's Message

Carol Figueroa



Happy Labor Day Weekend –

The new club year has begun!! The board met in August to kick off the new year and we are starting to plan some social and service events. We hope to have more activities planned for our group this year and we will stay mindful of what is going on in regards to Covid-19 when we are planning these events. So please stay tuned and keep a look out for the event Evites and please be sure to RSVP. Please also read the newsletter for pertinent information on the club and you can always check the calendar on the website for upcoming activities – www.mffnh.org.

Over the summer, MFF donated \$19K from the Merrimack Friends & Families Charitable Fund to 5 local organizations; Bridges: Domestic & Sexual Violence Support, Merrimack Community Food Pantry at St. James, Merrimack Parks & Recreation Camp Naticook Scholarship Fund, Merrimack School District Social Services, which helps Merrimack’s homeless families with school age children, and St. John Neumann’s food pantry. Our first fundraiser for the charitable fund is being planned – our Fall Yard Sale. It will take place on Saturday, October 2nd at the Merrimack Town Hall. Please mark your calendar with the date and we hope you can help out at the event. It’s a great event for the us and the Merrimack community.

I look forward to seeing you at one of our events this fall. If you have any questions or concerns, please be sure to reach out to me or any of our board members. You can find links to our email on the contacts page on our website.

In friendship,
Carol



September calendar

Please note that all activities will follow CDC, state, and local safety recommendations during the COVID-19 pandemic.

DATE	TIME	EVENT
Sept 13	7:00 PM	Board Meeting
Sept 21	7:00 PM	Book Club
Sept 23	6:30 PM	Haywards
Sept 26	6:00 PM	Able Ebenezer’s
Please see the Evite for additional information		



Vice President

Catherine Pepler



Hello Everyone!

Hoping everyone had a fabulous summer and were able to meet up with family and friends. We sure did have a mix of weather including incredible rain storms and hot humid weather! Love the summer, although I am looking forward to the colorful Autumn foliage to come. Lots of fun activities are in the works and hope you will join us. There is something you can help with membership. We have had many new residents of Merrimack this past year. Maybe there is someone just waiting for an invitation to join our club. Share with them about our club, direct them to the website for the latest news and extend an invite to join us. It is through our member that we are able to provide so much support to Merrimack. Not to mention, it is a great way to meet new friends.

Looking forward to seeing you soon.

Be Safe, Be Strong, Be Mighty!

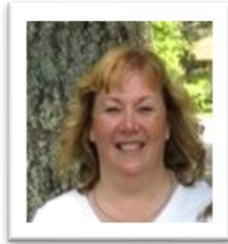
Catherine M Pepler, MFF VP





Treasurer

Bev Coelho



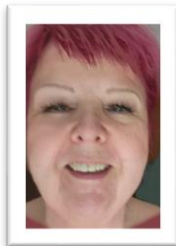
Just a reminder that if you use Amazon when shopping, please use Amazon Smile and select Merrimack Friends and Families as your Charity to donate your 0.5% of eligible purchases.

Thanks,
Bev



Secretary

Leslie Haltback



Just a reminder to send me any Friends in Deed needs!



Ways and Means

Julie Akers & Carol Figueroa



Happy September! The MFF Fall Yard Sale is Saturday, October 2 from 8:00-1:00 at the Town Hall parking lot. This is our biggest fundraising event of the year and we need lots of volunteers to make it a success. The times when we need the most help are setting up at 7:00am and packing up leftovers and taking them to the swap shop/dump/donation bins starting at 12:30. Drop off your gently used but still good stuff starting at 7:00am (no electronics please). And, of course, we need shoppers so help us spread the word that proceeds from the sale will be donated to great causes like food pantries and summer camp scholarships. Watch for an evite soon.

Julie Akers
Carol Figueroa

Service

Tammy Ditman & Pat Teden



A huge **Thank You** to everyone who donated supplies and/or money to fill backpacks for the children of Merrimack. With the help from the River Casino charitable donation, we filled 16 backpacks for 10 families at an average cost of \$115. This is the 19th year we have done this service project for the welfare department.



Are you looking for a way to give back to Merrimack? There are two service opportunities in October. Join us at the MFF Yard Sale, October 2. Donate your items and/or volunteer to work the event. All proceeds go back to the town.

October 10th will be the fall cleanup of Lawrence Road, our Adopt-A-Road. The town supplies trash bags, trash grabbers, orange vests and collects the full trash bags when we're done. We do this on a Sunday morning because the dump is closed and there is very little traffic. Watch for the Evite, coming soon.

Help MFF continue to provide for our community. Give us your ideas. Email them to service@merrimackfriendsfamilies.org.

Thanks

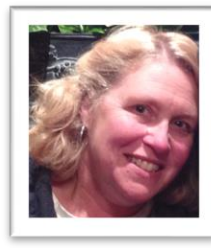
Tammy and Pat





Membership

Robin Johnson & Beth Voorhees



With the new club year starting this month, please send in your membership dues so you don't miss out on the upcoming events. You can do so by mailing a check to PO Box 1516 Merrimack, NH or pay online - <https://mff-101539.square.site/product/membership-dues/3>. Membership dues are \$25.

Speaking of events, please come join us at the following September membership events:

September 10th 6:00 pm
Able Ebenezer's - pizza food truck

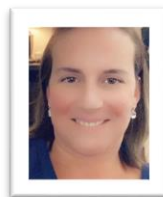
September 23rd 6:30 pm
Hayward's Ice cream

Robin & Beth



Publicity

Beth Milliken



PLEASE SEND ME PICTURES!! Social media is so important in order for people to learn more about us. If you do anything with members, please make sure that you send me a picture or two, and let me know a little about what you did. The more we share, the more we are seen! It's spring and hopefully you can all get out more and enjoy! Some examples of our social media pictures are here. Pictures really help!



Even if you aren't with other members, but go somewhere nice or special, take an awesome hike, anything else that you think people might enjoy, take pictures and send them my way. It would be great for people to get an even better glimpse into our membership.

Please send to publicity@merrimackfriendsfamilies.org.

Enjoy the warming weather!

Beth

Happy Birthday!!



Nancy M	9/30
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Interest Group Happenings

Secret Sisters

Are you interested in joining *Secret Sisters*? It is so much fun!

Here are the details in a nutshell. Each Secret Sister will complete a questionnaire about herself (available on the MFF website and via email). The deadline to submit your **completed questionnaire** is **Wednesday, September 22**. After we receive them, we will match everyone up with a Secret Sister. That person may use the information provided in your questionnaire to pick out a special gift for you each month! We will get together three times throughout the club year for gift exchange potlucks (see the Evites for more info). In May we will reveal who each person's Secret Sister has been. And then in June, you will give a "thank you" gift to the not-so-secret-anymore Sister who had been giving gifts to YOU for the previous eight months!



The gift exchanges will occur anonymously every month from October through May, and every participant should give AND receive a gift each month. You can ask another member to help make your delivery or watch Evite and bring it to an event that you know she will be attending... you have plenty of sneaky options. But try your best to keep yourself a secret - that's what makes this so much fun! The value should be kept around **\$15 for your monthly gift**. And we also ask that no one "double dip" and buy one large, more expensive gift to count for multiple months.

We would love to have you in this group, but also want to make mention that unlike our other interest groups, **this is a commitment for the entire club year**. We ask that once you join us, you understand that a very special woman (your Secret Sister) is counting on your full participation. There is **no fee to join Secret Sisters**. However, we ask that you pay your annual membership dues to the club before participating.

If you have any questions or need more information, feel free to contact Jill Mitchell! You can print the questionnaire from the website. Or we recommend typing/saving a copy to your computer so that you have it handy for next year – trust us, you'll have so much fun you'll want to join the group again! You may send completed questionnaires via email or in person to Jill.

Here's to another great club year!

Jill Mitchell



Fitness Friends

Stay tuned for upcoming information.



Recipe Swap

Let's have a virtual recipe swap for now!! Please send along favorite recipes and they'll be shared in the upcoming newsletters.



Book Club

I hope everyone has had a pleasant summer. We are going to start off the year with in-person meetings and will try to stay with in-person meetings for the entire year. Masks may be worn if you would feel more comfortable but I believe most of us have been vaccinated and I know I am planning



to get a booster shot when available. The first meeting will be on September 21 starting at 7:00 pm at my house with more details in evite. We are reading Of Women and Salt by Gabriella Garcia. "From 19th-century cigar factories to present-day detention centers, from Cuba to Mexico, Gabriela Garcia's *Of Women and Salt* is a kaleidoscopic portrait of betrayals--personal and political, self-inflicted and those done by others--that have shaped the lives of these extraordinary women. A haunting meditation on the choices of mothers, the legacy of the memories they carry, and the tenacity of women who choose to tell their stories despite those who wish to silence them, this is more than a diaspora story; it is a story of America's most tangled, honest, human roots." (taken from the Goodreads synopsis).

The library has a limited number of books available but if you can not get one from the library many in the book club have a copy so just let me know and I will hook you up.

I'm looking forward to seeing everyone in-person.

Sandy

Don't forget to support us while you shop!

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Merrimack Friends & Families
Charitable Fund Inc.**

When you shop at smile.amazon.com,
Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)



