



M A R C H 2 0 2 0

# the Welcome Mat

## President's Message



*Carol Figueroa &  
Bev Coelho*

Welcome Spring?

Spring is around the corner on March 19<sup>th</sup> but you would have thought it came early this year with the warm days we had in February!! We are looking forward to the warmer days that are coming and also longer days with the clocks springing forward on March 8<sup>th</sup>.

As always, please be sure to check out the calendar to see what events have been planned for March. Lunch bunch has decided to have a breakfast gathering on March 10<sup>th</sup> and Ladies Night Out will be "in" for movie night on March 13<sup>th</sup>. These are just a couple of the events planned. If there is something you would like to do and would like to set up a one-time event please be sure to contact Barb to get it on the calendar. She can also help you get the Evite out to the club. We are always open to suggestions for different activities. This is your club and we love to see everyone get involved.

Also, this month we will begin the process of the putting together the new Board of Directors for the next club year – 2020 -2021!! You will receive an email from the Election Officer who is responsible for soliciting nominations for the 2020-2021 Board of Directors. The deadline for the nominations is April 1<sup>st</sup>. Once the nominations have been made, they will be confirmed by April 30<sup>th</sup> with the new board being announced in May. We hope that you will submit your nomination ballot and maybe consider becoming a board member. MFF is a vital part of our community and without the support of our members we could not do what we've done for over 45 years!!

Have a great month and I will be seeing you at one of our events!

In Friendship,  
Bev and Carol

## March calendar

DATE	TIME	EVENT
Mar 04	06:00 PM	Trivia Night
Mar 07	10:00 AM	Coffee Chat
Mar 09	10:00 AM	Breakfast at Tucker's
Mar 10	07:00 PM	Board Meeting
Mar 13	07:00 PM	Movie Night
Mar 17	06:30 PM	Crafters Unite
Mar 18	07:00 PM	Book Club
Mar 23	06:30 PM	Bowling at Merrimack Ten Pin
Mar 28	10:00 AM	Recipe Swap Brunch
Mar 29	11:00 AM	Shamrock Shuffle

## First Vice President

For our monthly event for March we will be going bowling at the Merrimack Ten Pin. Please mark your calendar for a fun night on Monday, March 23<sup>rd</sup> at 6:30 pm!! We hope you can join us this evening. Please see the Evite for more information.

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 mentioned above, election time is here! Please be on the lookout for the election officer email sharing the ballot. Please also consider being on the board!! There is a lot of help and support for newcomers always!!

We have a new interest group! Please see below for info on the first meeting of Crafters Unite!!

## Treasurer

*Wilma Cunningham  
Bec Coelho*



We have a few of the new MFF T-Shirts available. Our website has a picture if you would like a reminder of how it looks, and you can order and pay right on the website. All sizes are available – Small to X-Large. Check it out!

Bev & Wilma



## Secretary

*Heather Murray*

Happy almost spring! 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. Even if that person does not require any assistance, 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.

Warmest Regards,  
Heather Murray

## Ways and Means

*Jill Mitchell and Jill O'Toole*



A big THANK YOU to everyone Town's Winter Carnival in February. You'll be raised \$527 for our Charitable Fund! Without your donated time, baked goods or contributions towards offsetting food costs, this would not have been possible.

who contributed to our pleased to hear that we



Merrimack  
Friends & Families

Our next event will be the Town Easter Egg Hunt on Saturday, April 4. Once again, we'll be organizing the best bake sale ever. So please mark your calendars and prepare to get your bake on! An Evite invitation will be heading your way soon...

And if you're a planner like we are, you'll want to start your spring cleaning soon in preparation for our biannual Charitable Yard Sale, happening on Saturday, May 16.

Don't forget, 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 upfront costs of running these events. 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!

Support us while you shop at <https://smile.amazon.com> @ **Merrimack Friends & Families Charitable Fund Inc!**

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

Jill Mitchell and Jill O'Toole



## Service

*Julie Akers and Tammy Ditman*

This will be the 19th year MFF has filled Easter baskets for Merrimack children through the Welfare Department! This is such a heartwarming, happy project that allows Merrimack children to wake up on Easter morning to a beautiful basket full of treats. Watch for an evite with a list of items you can donate and information about when we'll be meeting to create these baskets.

Julie and Tammy



## Membership

*Wilma Cunningham &  
Beth Voorhees*



Membership will be hosting an informational meet-up on Saturday, March 7, at Buckley's at 10 a.m. Grab a coffee or tea and perhaps a delicious café offering and meet us upstairs. Bring along a friend or neighbor who might like to learn more about MFF. And a reminder that dues is half price for the remainder of the club year!

Membership will try to host an evening gathering later in the month. Stay tuned.

In Friendship,  
Beth and Wilma

## Happy Birthday!!



Colleen A	3/15
Bunny K	3/18
Catherine P	3/28

## Interest Group Happenings

### Secret Sisters

Hello, Secret Sisters! If for any reason you did not receive (or deliver) your February gift, please let me know and I'd be happy to assist. Your SS is counting on your full participation. Again, I'm always happy to help deliver gifts!

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



Remember, sometimes your SS wants to make sure you received your gift from her, but for obvious reasons, she cannot come right out and ask you! So it is always nice to submit a quick “thank you” note in the monthly Personals section of this newsletter just to let her know you got it! It is not required, but it is certainly a great gesture. Just send a quick note to Wilma or Barb, our newsletter editors, and they’d be happy to publish it.

Please save the date for our final “reveal” party on Tuesday, May 19.

Again, thank you for your participation.

Regards,  
Jill Mitchell

## Fitness Friends

Have you wanted to kick your fitness into gear this Spring. Then join Fitness Friends and walk/run the 2 mile Shamrock Shuffle on Sunday, March 29th. Please RSVP on the Evite and sign-up for the race at <http://www.millenniumrunning.com/shamrockshuffle>. We hope you can join us!!

Let’s get outside! If you have interest in doing either, or both, please e-mail me Wilma. Once we know those of us interested, rather than an evite to all MFF members, we’ll use messenger to stay informed.

Walk the Outlets – We will meet at the gazebo and step off to walk the Merrimack Premium Outlets. It’s flat, there are restrooms, you can walk and talk for as long or as little as you choose, you can shop before or after. We would probably meet at 1 p.m. Let’s get summertime ready!

Merrimack Hiking Trails – a slower pace. Horse Hill or Grater Woods probably 11 a.m. Walking and talking, fresh air, a little cardio for whatever hills we encounter.

## Lunch Bunch

Our March Lunch Bunch is changing things up a bit. Let’s meet up for breakfast on Monday, March 9 at Tucker’s at 10 a.m. Watch for the e-vite. Hope to see you there.

Melissa Winters & Wilma Cunningham



## Ladies Night Out

Please join us for Ladies Night Out on Friday, March 13th at 7:00 pm. We will have a Movie Night In at Julie's house. We will screen the movie - Always be my Maybe - a romcom!! Please check out the trailer. It looks good and has had some favorable reviews. Please see Evite for more information.

<https://www.youtube.com/watch?v=vv5VjQsNTps>

## Recipe Swap

Join us for Saturday morning brunch on March 28. Bring whatever you would like to share and start your weekend catching up with friends, eating delicious food and having a coffee or maybe a mimosa. An evite will be coming for you to let us know what you're making.

## Crafters Unite

After much discussion about starting a crafters interest group, I have taken the plunge. This group will meet the 3rd Tuesday of the month.... yes, that is St. Patrick's Day for March. This group is open to all crafters.... knitting, quilting, crocheting, making jewelry, X-stitching, etc. Any craft that is easily mobile. The first meeting will be at my Tammy's house. Watch for the March Evite.

## Book Club


Book club is reading **The Island Of Sea Women** by Lisa See for March. We also want to thank Sharon Belliveau for opening her house to us and hosting a lovely meeting last month.

Vivian Dano



# Community Partners

**Brian Bradish**  
*Master Plumber* 424-9562

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**PLUMBING SERVICES**

Merrimack, NH NH Lic # 6158  
ME Lic # 5985

