



MERRIMACK
FRIENDS &
FAMILIES

Est. 1973

OCTOBER 2024

50+ YEARS OF CELEBRATING MERRIMACK!!
1973-2024



Presidents' Message

Julie Akers & Tammy Ditman



October is here and we're happy to be enjoying it with you. Whether you are interested in morning, evening or weekend events MFF has opportunities on the calendar for you. Bring a family member or a friend to hike at Andres Institute of Art, have coffee at Buckley's Bakery, help distribute Halloween costumes at the library or pick apples at the orchard. Or join in the conversation at book club, play trivia at Able Ebenezer brewery or the Budweiser Biergarten, help clean up Lawrence Road with the Adopt-A-Road program, sip wine at LaBelle or have a great time at the Wasserman Park Halloween event. MFF is a wonderful club and a great way to make new friendships but only if you get involved. We hope to see you at an event soon.

Julie and Tammy

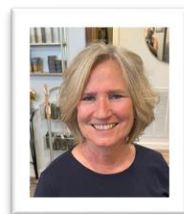
October Calendar

DATE	TIME	EVENT
October 5	9:00 AM	Membership Social @ Buckley's
October 5	10:00 AM	SCARE Costume Distribution @ Merrimack Library
October 6	9:30 AM	Andres Institute Sculpture Park Hike
October 8	6:00 PM	Trivia @ Able Ebenezers
October 8	7:00 PM	Board Meeting
October 10	7:00 PM	Secret Sister Potluck
October 13	9:00 AM	Walking Group
October 15	6:00 PM	Trivia @ Able Ebenezers
October 20	9:00 AM	Walking Group
October 20	1:00 PM	Hay Rides, Apples & Cornmaze @ Elwood Orchards
October 22	6:00 PM	Trivia @ Able Ebenezer
October 26	12:00 PM	Merrimack Halloween Party
October 27	9:00 AM	Walking Group
October 27	10:00 AM	Annual Adopt a Road Clean Up
October 29	6:00 PM	Trivia @ Able Ebenezer

Please see the Evites for additional information.

Vice President

Catherine Pepler



Greetings MFF Members,

What beautiful weather we have been enjoying. Sunday morning walking group is going strong. Come out and join us. There are more activities bringing out into the fresh air such as apple picking, Hikes, wine by the fire and more.



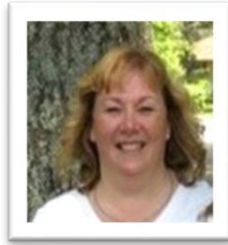
I am looking forward to seeing you at an event soon.

Catherine



Treasurer

Bev Coelho



It is that time to renew your club membership.

You can pay by check, use the link on the website under membership, or Venmo me @Bev-Coelho. The Patriots emblem is my picture.

If you renew by check or Venmo, membership is \$25.00. If you pay by credit card through the link, membership is \$26.00 to help cover the cost.

Bev



Secretary

Sandy George



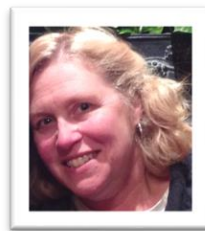
Hi All, I take the minutes at the board meetings and can help with any questions about the club you may have or I can get the answer for you.

I am also the person to talk to if there is a club member in need of the club's help. That help may be in the form of a letter or email, food or other small items needed, rides, or just someone to talk to. Please contact me with requests for yourself or someone you know who may be needing some help. I will send out an evite to club members who very generously offer their help.

Sandy

Ways and Means

Beth Voorhees & Karen Contos



Happy Fall!

Merrimack Friends and Family got off to a great start in fundraising with the Annual Yard Sale. We collected \$800- from the sales and generous donations. Despite the rain, we had many loyal residents out and buying. Thank you for all the help in form of donations, tables, sawhorses, pop up tents, signs, the trips to the dump, and all the volunteers- it is so appreciated!

Now we look towards pumpkins, leaves changing and our Town Halloween party on Saturday October 26th from 12-3:00 pm.

We will be selling hotdogs, water and baked goods. We find that themed treats sell well, cookies, and brownies. The Evite will be coming out shortly- so please sign up to volunteer or bake goodies 🍪

Beth and Karen



Service

Laurie Libby



Happy Fall!

We have two service projects scheduled for October.

Saturday 10/5 10:00-1:00 we still need volunteers to help distribute Halloween costumes with the SCARE NH group at the library. Please sign up for an hour time slot if you are available.

Sunday 10/27 will be our Bi-annual Adopt a Road clean up on the dump rd. Evite will be out soon.

Laurie



Membership

Robin Johnson



Well fall is here! If you have not already, please send in your membership dues so you don't miss out on any of the upcoming events. You can do so by mailing a check to P.O. Box 1516 Merrimack, NH 03054 or by paying online through our website at:

<https://mff-101539.square.site/product/membership-dues/3?cs=true>

Membership dues are \$25 (\$26 online with fee). The deadline is November 1st.



Has a new neighbor moved into your neighborhood? Do you know someone who may be interested in joining MFF? Please let them know about our monthly coffee socials at Buckley's Bakery and Cafe on Saturday October 5th at 9:00 am.

In addition, Membership will be hosting a lunch get together at noon on Wednesday October 16th at A lot of Thai Restaurant located in the 360 Shopping Center on Daniel Webster Highway. Please join us for some delicious Thai food.

Finally, Membership would like to welcome three new members:

- Michelle Hill
- Catherine Lansman
- Cindy Thomas

Robin

Publicity

Carol Figueroa



On September 25, Julie Akers and Catherine Pepler talked with Michael Apfelberg, the President of United Way of Greater Nashua. They were interviewed on his Monday morning talk show. That talk show spotlights two non-profits weekly.

After the interview, Michael replied with "Really great interviews on Monday! Here's a link to the podcast version. Please check it out!! The MFF discussion starts about 17:10:

<https://podcasters.spotify.com/pod/show/uw-community-connections/episodes/September-23--2024-e205a7e>

Please remember to send pictures of your MMF related events to Carol 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.

Carol



Happy Birthday!!



Melissa W.	10/2
Nicole S.	10/6
Pat T.	10/14
Dawn L.	10/24
Cindy T.	10/27

Personals

Interest Group Happenings

Secret Sisters

It's time to begin the fun! For those of you who have signed up for Secret Sisters this club year, you have now received the invitation to our first event on **Thursday, October 10th**. That evening, we will get our secret assignments, enjoy a fun gift exchange, eat and be jolly.

At the party, once received, you may use the information provided in your Secret Sister's questionnaire, or use your own judgment, to bring your Secret Sister a small gift each month moving forward until May. We will get together two more times throughout the club year for gift exchange potlucks (see the Evite invitation for more info). At the May potluck 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 seven months! Remember, when a potluck occurs in a given month, this is where the gifts should be exchanged – no need to deliver them anywhere else. If you cannot attend a potluck, be sure to arrange something with me or another member so that everyone still gives AND receives a gift!



In summary, you will provide a gift each month between October-June.

- Three of those months, gifts will be exchanged at our Potluck parties – October, January, and May (with October being a Yankee Swap gift).
- You or your designated "Delivery Person" will deliver gifts to your Secret Sister the other months – November, December, February, March, and April.
- 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 months!

The value should be kept around **\$20 for your monthly gift**. And we ask that no one "double dip" and buy one large, more expensive gift to count for multiple months. We'll review the process and "what if" scenarios at the first potluck so that no one feels overwhelmed.

Remember, unlike other interest groups, this is a commitment for the entire club year. A very special woman (your Secret Sister) is counting on your full participation. Make sure you've paid your annual MFF membership dues! And if you still have any questions or need more information, please feel free to contact me.

This is going to be so much fun!

Regards,
Jill M.



Fitness Friends

Please join us for our Sunday walks!



Book Club

Check back next time!

