



President's Message

Carol Figueroa



Happy May!!

Spring has sprung and all the daffodils in my garden are up and blooming. I love this time of year when all the plants are starting to wake up and bring new life to the garden beds. Some of my plants still have not poked through the soil, so I'm anxiously waiting to see if they survived the winter months.

With the warmer weather, we have been able to get outside and hike/walk. If you can join us please see the Evites and/or MFF calendar for where we will be on any given weekend. It's great to be outdoors and get a little bit of exercise.

Merrimack is celebrating its 275th birthday this year (www.merrimacknh.gov/275th) and the town has some events planned. One event MFF is participating in, as a community member, is the "Not Quite a 5K Race". We will be at the race to cheer on the racers along with having a table with information regarding our service and social activities. Even after the many years we've been supporting the Merrimack community, there are many who do not know who we are!! If you are available on Saturday, May 15th we would love your support at this event. An evite will be coming out soon with the details.

I'm looking forward to getting together with my MFF Friends as the warmer weather comes and stays. Please be sure to keep an eye on Evite for any outdoor activity that is planned and please RSVP so we know you can attend.

I hope you and yours are doing well and staying healthy.

In Friendship,
Carol

May calendar

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

DATE	TIME	EVENT
May 2	9:00 AM	Adopt-a-road
May 9	9:00 AM	Walk at the outlets
May 12	7:00 PM	Board Meeting
May 14	6:00 PM	Able Ebenezer Gathering
May 15	10:00 AM	Merrimack 275 Year Anniversary Road Race
May 16	9:00 AM	Walk at the outlets
May 19	7:00 PM	Book Club
May 23	9:00 AM	Walk at the outlets
May 25	7:00 PM	Secret Sister Reveal Gathering
May 30	9:00 AM	Walk at the outlets
Please see the Evite for additional information		



Merrimack
Friends & Families

Vice President

Catherine Pepler



Spring has arrived!!

With Spring comes new beginnings! We are in the process of filling the open positions on the Board. Leslie Haltbakk, Nomination Officer has been reaching out to members that have been nominated. It is exciting to see those that are interested in stepping up to serve on the board. The process is to have the New Board Members for the upcoming year in place in May with a transition in June. More to come.

Speaking of new, have you noticed we have updated the naming of the Interest Groups on our webpage? Check it out! I think there may be something there you would enjoy!

We continue to adhere to the CDC guidelines in our gatherings wearing masks and social distancing. Local Hikes are being added to the calendar. Recently ventured out to Horse Hill Reserve and had a delightful couple of hours. Blue Heron nesting and very large beaver dams were enjoyed by all. We are hoping more will join us as we get out on the local trails. Watch the MFF calendar and evites. We love to capture pictures to post on the website and Facebook. Have you noticed? It would be grand to have you in one or several of our photos showing the fun times and activities. Won't you join us. There has been interest in meeting for lunch, however with concerns. We will continue to follow all the CDC recommendations to ensure safety and wellbeing of all. Now that local establishments are beginning to have outside seating it will provide more opportunities for those interested.

Looking forward to when we can comfortably get together.

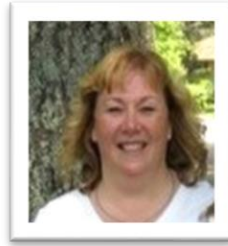
Be Safe, Be Strong, Be Mighty!
Catherine M Pepler, MFF VP



Merrimack
Friends & Families

Treasurer

Bev Coelho



Happy Spring! Thank you to all who have made contributions. Whether it was cash donations, volunteering their time, baked goods or contributing items for our service projects.

You all contribute to make Merrimack Friends and Families successful in giving back to our community.

Thanks,
Bev

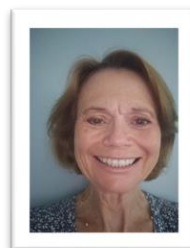
Secretary

Dorian Walters

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

Ways and Means

Julie Akers & Robin Johnson



2020/2021 has been a busy and productive year for Ways and Means. To all the members who participated in our fundraising events, thank you. Your efforts were greatly appreciated.

The town of Merrimack is celebrating its 275 anniversary this year. In honor of that, Merrimack Parks and Recreation is holding a "Not Quite a 5K" road race on Saturday May 15th at 10 am. Please join us at Town Hall to cheer on the runners and promote MFF.

Robin Johnson
Julie Akers

Service

Tammy Ditman & Pat Teden



The extensive 'notes of appreciation' effort by MFF has been completed with the delivery of notes for Merrimack Police and Fire/EMT, and distribution of posters to Merrimack schools. (use picture of poste/teachers)

Speaking of appreciation, MFF received our own letter of appreciation from Merrimack Town Council Chair, Tom Koenig, expressing appreciation for Merrimack Friends and Families' **20 years** supporting the Merrimack Welfare department by donating Easter baskets !

Coming up in May is the bi-annual clean-up of Lawrence Road on Sunday, May 2nd starting at 9 AM. You know the drill. The transfer station is closed on Sundays so Lawrence Rd has little traffic. With 8 or more volunteers, the work takes 1 – 1.5 hours.

The town supplies visibility/safety vests, pickers and trash bags. Dress 'down' and bring your own gloves. See you there!

Love our Service Projects ----
Pat and Tammy



Merrimack
Friends & Families



TOWN OF MERRIMACK, NH

6 BABOOSIC LAKE ROAD • MERRIMACK, NH 03054 • WWW.MERRIMACKNH.GOV

April 8, 2021

Patricia Teden & Tammy Ditman
Merrimack Friends and Families
PO Box 1516
Merrimack, NH 03054

Dear Patricia Teden, Tammy Ditman and Members,

On behalf of the Merrimack Town Council, I want to formally thank you and your members of Merrimack Friends and Families for the all the work you did for the Easter baskets for 32 children in Merrimack through your Easter Basket Program for the 20th year.

During these extraordinary times, it is the little things that give us hope. This is such a wonderful program for our Welfare Department to partner with your organization. Because of your help, parents don't have to make choices between paying a basic necessity and the joy of seeing the happy faces on Easter morning when they see the beautifully made Easter baskets that your membership made.

Thanks to all of your members because of your help 14 families had a brighter holiday! We really appreciate your dedication, especially this year, in helping us to provide this kindness and comfort every year for families with children in Merrimack.

Respectfully yours,

Thomas P. Koenig
Town Council Chairman



Merrimack
Friends & Families



Elliot Hospital and Health System

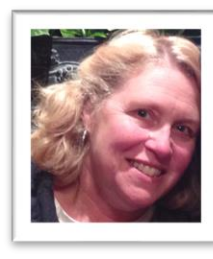
Apr 4 • 🌐

Thank you to [Merrimack Friends & Families](#) for these thoughtful thank you notes to our [#healthcareheroes!](#) We appreciate your kind words and messages of support. Our [#community](#) keeps us going.



Membership

Wilma Cunningham & Beth Voorhees



We are inviting anyone interested to join us as we walk Sunday mornings. If you have a friend or neighbor interested in our group, we'd love to have them join us. Looking forward to warmer weather to hold informational ice cream/ coffees/wine nights at outdoor venues.

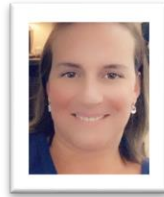
Wilma & Beth



Merrimack
Friends & Families

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!!



Lisa C	5/16
Ann Marie W	5/21
Dorian W	5/29

Interest Group Happenings

Secret Sisters

Secret Sisters:

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

This is it – the secrecy is all about to come to an end! I'd like for us to have a group reveal party this month! If someone with a screened-in patio/porch would be willing to host, we would love that. And for those that still are not quite comfortable getting together in person, we can offer a Zoom link and have a camera set up in the room. I'll send the invitation soon, but for now, **SAVE THE DATE:**

Tuesday, May 25!

In June, you'll then be able to send a small 'thank you' gift to the wonderful woman who has been surprising you each month since October.

Again, thank you for your participation. I hope everyone is staying healthy!

Regards,
Jill Mitchell

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### Fitness Friends

Join us Sunday mornings for walking at the Outlets before the stores open. Watch for the e-vites.

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Lunch Bunch

Stay tuned for upcoming information.



Merrimack
Friends & Families

Ladies Night Out

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.

- Extra Virgin Olive Oil
 - ½ to 1 cup finely chopped carrots
 - ½ to 1 cup finely chopped celery
 - ½ to 1 cup finely chopped green onions
 - 2 garlic cloves, finely chopped
 - 8 cups low-sodium chicken broth
 - 2 bay leaves
 - 1 cup rice
 - Salt and pepper
 - 2 cooked boneless chicken breast pieces, shredded (about 6 to 8 oz store-bought rotisserie chicken will work)
 - ½ cup freshly-squeezed lemon juice
 - 2 large eggs
 - Fresh parsley for garnish (optional)
1. In a large Dutch oven or heavy pot, heat 1 tbsp olive oil on medium-high. Add the carrots, celery and green onions, toss together to saute briefly then stir in the garlic.
 2. Add the chicken broth and bay leaves then raise the heat to high. Once the liquid has come to a rolling boil, add the rice, salt and pepper. Turn the heat to medium-low and simmer for 20 minutes or until the rice is tender. Now stir in the cooked chicken.
 3. To prepare the egg-lemon sauce, in a medium bowl, whisk together the lemon juice and eggs. While whisking add 2 ladles-full of the broth from the cooking pot (this helps temper the eggs). Once fully combined, add the sauce to the chicken soup and stir. Remove from the heat immediately.
 4. Garnish with fresh parsley, if you like. Serve hot with your favorite bread. Enjoy!



Crafters Unite

Stay tuned for upcoming information.

Book Club

We had an awesome discussion about My Own Words by Ruth Bader Ginsburg. Most of us really enjoyed the book despite there being a lot of legalese in parts. It was an interesting book to read and learn from. A couple of us did not finish the book but plan to. I think I want to try to listen to the end of the book to hear Ruth's voice. Next month, we will be reading The Radium Girls by Kate Moore. This book is about the women who worked in radium-dial factories during WW1. There are copies available in the library right now. I hope to have you join our Zoom meeting on May 19.

Sandy

Meet The Board

Robin, Ways and Means

I moved to Merrimack in March of 2019 from Alexandria, Virginia after retiring from the Department of the Navy as a Civilian Employee for 36 years. The woman I bought my house from provided me information about MFF since she had been a member at one time. I joined to meet people and get involved with town events. I have especially enjoyed all the service projects and fund raising events. Being on the MFF Board this year has helped me get through COVID and I look forward to getting back to more social activities.



Don't forget to support us while you shop!



