



M A R C H 2 0 1 8

# the Welcome Mat



*Carol  
Figueroa*

## Presidents' Perspective

Happy March (and Spring)!!

I hope you made it through this winter without any issues. February break is going on right now and I'm seeing lots of great pictures of friends who had the opportunity to travel this week. Also don't forget in a couple of weeks the clocks will spring ahead one hour – March 11<sup>th</sup> – for the beginning of day light saving time. When this happens I truly know spring is indeed around the corner!!

Also coming up this month is the Easter Egg Hunt. Merrimack Friends and Families along with the Merrimack Parks and Recreation Department run this event every year. The event takes place at Wasserman Park on Saturday, March 24<sup>th</sup> and will begin at 10:00 am. Set up begins at 9 am. There will be a bake sale fundraiser along with the Easter bunny in the function hall during the event. The fields at the park are divided up into specific age categories and each field is scattered with eggs and the kids who participate in the hunt will "find" these eggs!! We will need help from our membership during this event – setting up the fields, manning the bake tables and helping assisting the Easter bunny. Merrimack Friends & Families has been running this event for over 20 years and we would love for it to be a success this year too! So, if you can help out on Saturday and/or bake some goodies for the bake sale that would be fantastic. Please keep an eye out for the Evite. It will be coming out soon.

Please be sure to check out the calendar to see what events have been planned for this month. If there is an event you would like to see planned, be sure to let us know. We are always open to suggestions.

I look forward to seeing you at the Easter Egg Hunt!

Yours in friendship,  
Carol



## March EVENTS

DATE	TIME	EVENT
Mar-5	7:00pm	Monthly Board Meeting
Mar-13	7:00pm	Recipe Swap - Soups & Stews
Mar-21	7:00pm	MFF Book Club Meeting
Mar-22	7:00pm	Easter Basket Service Project - Library
Mar-24	10:00am	Easter Egg Hunt at Wasserman Park
Mar-28	11:30am	Lunch Bunch at Peddler's Daughter

Please see the Evite for additional information

# First Vice President - Open

For this month’s membership mixer we are joining with service to put together the Easter Baskets for the Welfare Department and to stuff eggs for the Easter Egg Hunt that is scheduled for Saturday, March 24<sup>th</sup>.

We will be meeting in the Klumpp Room at the Merrimack Public Library on March 22<sup>nd</sup> at 7 pm.

Hope you can join us!!



# Second Vice President

*Barb Amaral*



# Secretary

*Jill Mitchell*



Many events are being planned. Please see the club calendar for the events. You should receive an Evite to RSVP.

If you’re interested in becoming a group leader or have an idea for a One Night Stand, please send an email to [interestgroups@merrimackfriendsfamilies.org](mailto:interestgroups@merrimackfriendsfamilies.org)

Happy March!

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. Stay warm and stay safe!

Warmest Regards,  
Jill Mitchell



# Ways and Means

We had a very successful Winter Carnival in February!! Despite the lack of snow, it was a wonderful turnout with tons of cool activities. We were able to raise \$585 for our charitable fund!! Thank you so much to everyone that donated their time, funds, crockpots and more, and to everyone that made baked goods to sell!!



*Beth Milliken*

Coming up in March: It's the 26th Annual Easter Egg Hunt, at Wasserman Park on Saturday March 24th from 10-11:30. This event is a big deal for MFF, as we run this with Parks and Rec. You will see an invite soon for volunteers and for people to bake for our charitable Bake Sale. The more we have to sell, the more money we can make for our charitable fund! Please consider donating some baked goods!

In the works: Another paint and sip night, this time featuring rustic wooden signs for your home, with your choice of what to put on them. I am VERY excited about this! Details to follow as soon as we get this setup. If you think you would be interested in this, please send me an email at [Beth.Milliken@gmail.com](mailto:Beth.Milliken@gmail.com) so I can determine how much room we will need.

As always, if you have any ideas for ways we can fundraise, please feel free to reach out to me at [Beth.Milliken@gmail.com](mailto:Beth.Milliken@gmail.com) anytime to discuss them!

## Service



*Julie Akers and Bev Coelho*

One of our most fun community service projects is coming up. It's almost time to fill Easter baskets for the welfare department and this year we also have 1,000 empty plastic eggs that need to be filled for the Easter Egg Hunt at Wasserman Park - the town is providing the candy, we just need to put the candy inside those eggs. The Welfare Department informed us that 16 Merrimack children are hoping for Easter baskets this year. We are meeting at the library on Thursday, March 22 at 7 pm to work on these items. We will send an evite asking for helpers and donations of goodies. Thanks and Happy Spring!

## Happy Birthday



Colleen Armstrong  
Bunny Knight

03/15  
03/18



# Membership

*Dawn LeGay*



Please welcome our newest members Kimberly Perrotta and Amy Shuler. We look forward to seeing you at future events.

We will be planning additional coffees this spring. Please keep an eye out for an Evite.

Dawn

# Publicity

*Nicole Castronovo*



Please consider submitting MFF events to Publicity that you want publicized.

Interest Group leaders can submit photos of their events they would like to have highlighted on Facebook and Twitter.

Please submit to [publicity@merrimackfriendsfamilies.org](mailto:publicity@merrimackfriendsfamilies.org)



# Interest Group Happenings

## Book Club

In March, Book Club will be discussing **The Beekeeper's Apprentice** by Laurie R. King, which is a mystery thriller. Named as one of the century's best 100 Mysteries by the Independent Mystery Booksellers Association. This book starts off with Sherlock Holmes in a semi-retired state living in the country. He is watching for an appropriate candidate for an apprentice. He finds Mary Russell, 15 years old, who is brilliant, lonely and just orphaned. He teaches her with the goal of following in his footsteps. The author claims the story is more about the young women coming to terms with herself. Our evite will be coming out soon with more information.

We would like to thank Ann Marie Wellman for hosting February's discussion of **Liar, Temptress, Soldier Spy**. We all enjoyed her Chili and a great discussion on a warm February night. Beware although the topic of this book was beyond fascinating, it was hard for about half our members to get to the end of the book. We got off topic many times during the discussion but had great fun. We learned so much history from this book and above all that women Rock!! Never underestimate the power of a woman.

As always, our books are held in the library under Merrimack Friends and Family. Feel free to attend our meetings even if you do not get to read the book. Our goal is to have fun, provide a non-threatening environment to discuss our books and learn from each other. Hope to see everyone soon.

Vivian Dano



## Recipe Swap

Soups & Stews is the theme for March. A nice warm dinner on a chilly night sounded good to me. Make enough to share and be sure to bring copies of your recipe and containers to bring home leftovers. Recipe Swap is basically a fun, relaxed pot luck dinner with a theme.

I hope you can join us and feel free to bring along a friend. Please see Evite for details and RSVP.

See you soon.

Julie

## Lunch Bunch

For the March lunch we will be going to the Peddler's Daughter in Nashua for some Irish fare on Wednesday, March 28<sup>th</sup>. A late celebration of St. Patrick's Day. We will meet at 11:30 am. Peddler's Daughter is located in Nashua at 48 Main Street.

I hope you can join us.

Carol



Happy St. Patrick's Day!



## 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 the 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, our newsletter editor, and she'd be happy to publish it.

Again, thank you for your participation. Stay warm (or cool – you never know around here)!

Regards,  
Jill Mitchell

## MFF FITNESS

MFF Fitness will be participating in the Hollis Fast 5K. It is a fun, easy (mostly downhill) 5k. The weather in June is perfect for getting out and get moving. The race usually sells out so sign up soon! You can sign up as a walker or runner and our team name is MFF Fun Runners. We will figure out carpooling closer to race day. We hope you can join us. For more information about the race please see their website: <http://hollisfast5k.com/therace.htm>

## Community Partners

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