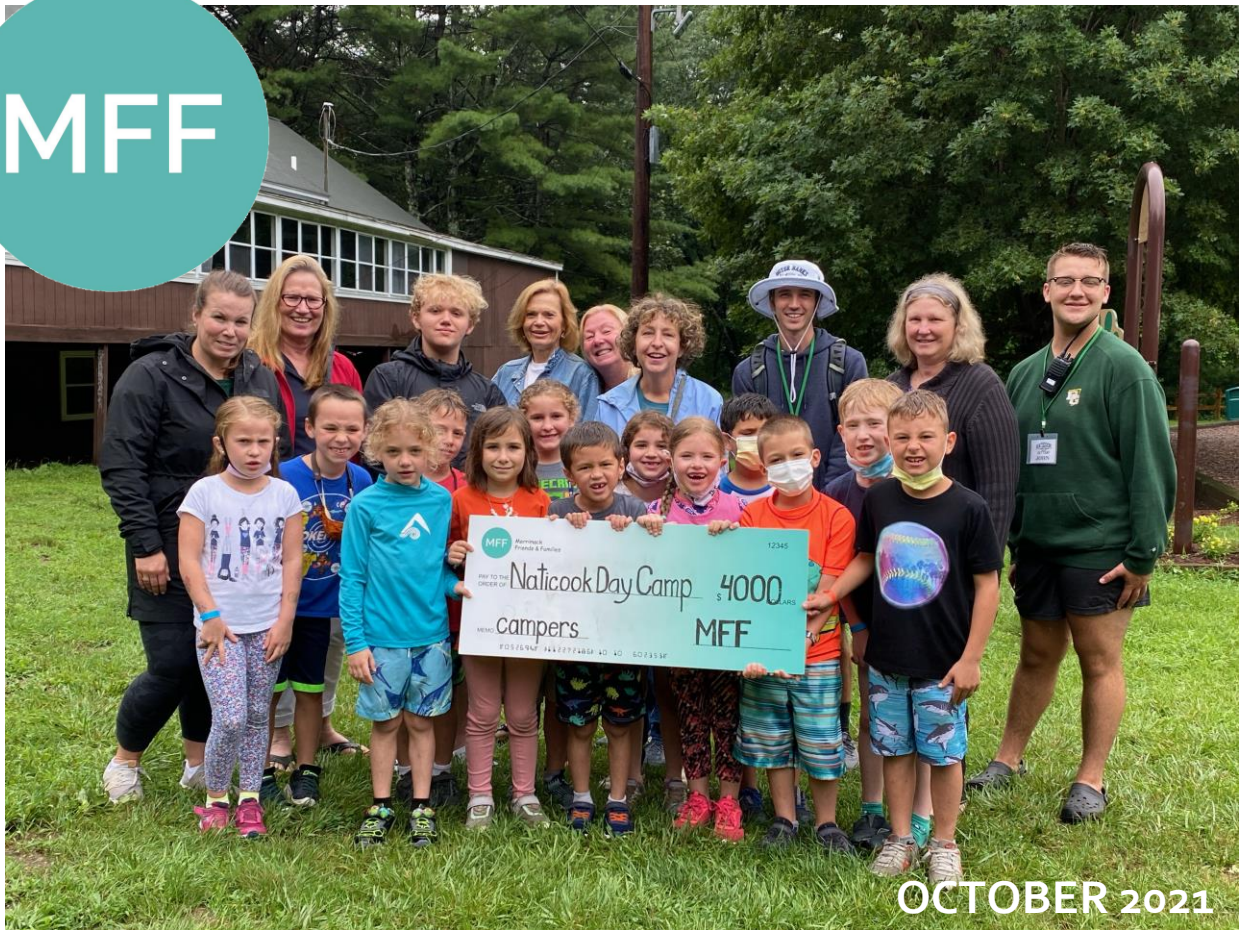




MFF



## President's Message

*Carol Figueroa*



Happy Fall!

Fall is definitely here with the cooler weather in the air!! And along with this comes the new MFF club year. As a social and service club we are making plans and the calendar is starting to get filled with different events. At this time, I would like to thank all the board members and the interest group leaders for stepping up to volunteer and plan events for our club members. We hope you will be able to join us and participate in the activities as they are planned. It's always fun to get together with our MFF friends.

Coming up on Saturday, October 2<sup>nd</sup> is our first fundraiser of the club year – the Fall Yard Sale. The annual Fall yard sale is an important event for raising monies for the MFF charitable fund. We hope you will have time to help out with this event or even stop by and shop!

We will be participating in Merrimack’s 29<sup>th</sup> Annual Halloween Party at Wasserman Park on Saturday, October 30<sup>th</sup> from 2:00 to 5:00 pm. We will be hosting a Halloween themed bake sale. This is a big community event and it’s always a big success. This year there will be a concert and fireworks in the evening (6:30 pm) as part of Merrimack’s 275<sup>th</sup> birthday celebration. For more information on the event please see the Merrimack Parks & Recreation website - <https://merrimackparksandrec.org/halloween-party>.

This is also the time to get your membership dues in. Your dues help run the club so it is important to either send a check to our P.O. Box 1516 or pay online via our website (or stop by the yard sale). Any questions regarding membership please contact Beth and Robin at [membership@mffnh.org](mailto:membership@mffnh.org).

I look forward to seeing you at our October events!

Carol



## October calendar

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

DATE	TIME	EVENT
Oct 2	8:00 AM	Yard Sale
Oct 9	9:00 AM	Lawrence Rd Cleanup
Oct 11	7:00 PM	Board Meeting
Oct 17	9:30 AM	Merrimack Historical Scavenger Hunt
Oct 19	7:00 PM	Book Club
Oct 27	7:00 PM	Secret Sister Potluck
Oct 30	2:00 PM	29 <sup>th</sup> Annual Merrimack Halloween Event
Please see the Evite for additional information		



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## Vice President

*Catherine Pepler*



Hello MFF Members!

Fall is here and all its glorious foliage colors. Hope you are getting out to enjoy the warmer days and cooler nights! What are some fun adventures you can participate? Apple picking, hikes, bike rides, hayrides to pick your pumpkins and don't forget the corn mazes! All can be done effectively keeping social distancing. In September we held a couple informational meet ups. Although we did get to see a few members, we were hoping for more of a turn out. Plan to join us on the next one and plan to bring a friend to learn about our wonderful organization and how we support our community while having fun and being with new and old friends.

So how do you know what is planned? The MFF Calendar is kept current. Have you check it out lately? All calendar events are followed up with evites with the details of the activity. Something that you are interested in and feel other members might join in that is not on the calendar? Let's hear it...send me a note and I can help you in the planning, calendar, evites. Through your active participation our organization get more visibility. Why is that important? First, we bring like-minded people together that like to have fun, volunteer and give back to the community. And will contribute to MFF's greater success in fund raising.

Why do I mention fund raising? This year our fund raising aided MFF to provide substantial checks to Merrimack Community Food Pantry at St. James, St. John Neumann Food Pantry, Bridges Domestic & Sexual Violence Support. These services have been greatly impacted as a result of COVID19. In the past we have identified other community services to support though your support, work and contributions of your membership.

In my last note, I asked for you to think about stepping up to lead a group activity. I am happy to let you know we have a few in place. I am asking that you think about leading or co-leading. Don't worry you can make it a one time or a reoccurring activity. Won't you give it a whirl? I am here to help you, just reach out to explore your ideas and let's see where it goes? You might be surprised in the fun we will have together!!



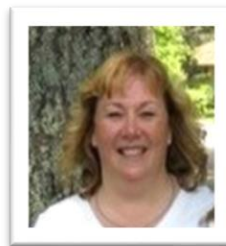
What is new on the calendar? Did you make it to the Yard Sale? Check out our calendar for the following: Merrimack’s Annual Halloween Party, hike at Andre’s Institute of Art, Adopt a Road Clean UP, Secret Sisters. Watch for the Evites with details! Hope to see you there!

In friendship,  
Catherine Pepler  
MFF VP



## Treasurer

*Bev Coelho*



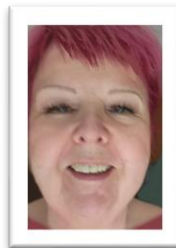
Just a reminder that if you use Amazon when shopping, please use Amazon Smile and select Merrimack Friends and Families as your Charity to donate your 0.5% of eligible purchases.

Thanks,  
Bev



## Secretary

*Leslie Haltback*



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



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## Ways and Means

*Julie Akers & Carol Figueroa*



October is here and MFF Ways & Means has big plans. Saturday, Oct 2 from 8:00-1:00 is our annual Yard Sale at the Town Hall parking lot. If you have a free hour or two please consider volunteering. We'd love lots of help especially with getting set up starting at 7:00am and packing up starting at around 12:00. This is one of our biggest fundraisers of the year so drop off your gently used donations, shop for great bargains and say hi. If you have a tarp or table you could lend us we would appreciate it.

Saturday, October 30 from 2:00-5:00 is the 29th Annual Halloween Party at Wasserman Park. This is an outdoor event for Merrimack families. MFF will organize a Halloween themed bake sale and have a fun game for the kids to play. Watch for an evite asking for volunteers (in costume if you're in the spirit) and spooky bake sale donations. Or stop by our table with your kids or grandkids so we can admire their costumes. This is always a festive and popular event.

Julie Akers  
Carol Figueroa

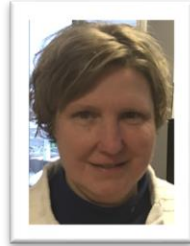


Merrimack  
Friends & Families

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## Service

*Tammy Ditman & Pat Teden*



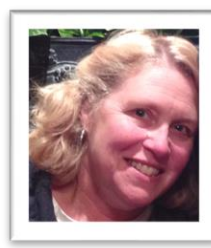
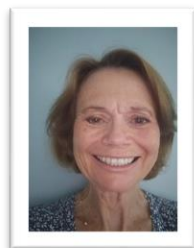
After our large and very generous backpack project in August, Service took a month off in September. But October is just around the corner and we are looking forward to supporting a great yard sale on October 2<sup>nd</sup>. The fall road cleanup of Lawrence Road will take place on Sunday morning, October 10<sup>th</sup> at 9 AM. An evite has been issued. It usually takes us 1-1.5 hours to pick up the accumulated clutter on the road thus maintaining the beauty of our town. Merrimack's DPW supplies plastic bags, pickers, and gorgeous (!) orange vests to protect us from traffic (which is never an issue since we do our road cleaning on Sundays when the Transfer Station is closed). Please join us !! Help MFF continue to provide for our community. Give us your ideas. Email them to [service@merrimackfriendsfamilies.org](mailto:service@merrimackfriendsfamilies.org).

Thanks  
Tammy and Pat

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## Membership

*Robin Johnson & Beth Voorhees*



The Membership Committee is off to a good start with two events in September. On September 10th we met at Abel Ebenezer Brewery for pizza and beer and on September 23rd we met at Hayward's for ice cream.

If you haven't already done so please pay your membership dues so you don't miss out on any upcoming events. You can do so by mailing a check to PO Box 1516 Merrimack, NH 05034 or by



paying online at <https://mff-101539.square.site/product/membership-dues/3>. Membership dues are \$25.

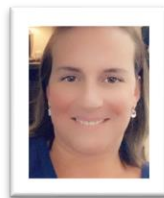
Please join us at Buckley’s Bakery and Cafe on Saturday October 16th at 9 am for coffee and bring a friend.

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](mailto:publicity@merrimackfriendsfamilies.org).

Enjoy the warming weather!

Beth



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# Happy Birthday!!



Melissa W	10/2
Nicolle S	10/06
Tanya R	10/08
Pat T	10/14
Dawn L	10/24

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## Interest Group Happenings

### Secret Sisters

It is time to begin the fun! For those of you who have signed up for Secret Sisters, you will soon be receiving your assignment, along with some basic instructions, in the mail. Remember, half the fun is trying to keep yourself anonymous. Don't let her know who you are!

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 from October through May. We will get together three times throughout the club year for gift exchange potlucks, with the first potluck happening this month on **Wednesday, October 27** (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 eight 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 (or you're uncomfortable attending an in-person event at this time), be sure to arrange something with me or another member so that everyone still gives AND receives a gift!

In October, January, and May, you should bring your gift to the potluck events in an unmarked brown grocery bag (with the recipient's name on the inside so that I know who to give it to). On non-potluck





months, you can slyly bring your gift to her house when you think she won't be home, 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.

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!

*PS. No, I do not know who my OWN Secret Sister is – I have help in randomly assigning the Secret Sisters for this very reason. Hey, I want to be surprised, too!*

*PPS. For those of you who have participated in Secret Sisters for a number of years now, it is quite possible that you could have been assigned someone that you've already had before. That's okay – if you duplicate a gift idea from the past, we should all be so lucky to be spoiled with a great gift twice!*

This is going to be so much fun!

Regards,  
Jill Mitchell

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## 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

We had a great meeting with lots of good food and discussion. We read Of Women and Salt by first-time book writer Gabriel Garcia. Some of us found it hard to follow the story as it jumped from different women's perspectives in each chapter. The book was a great read as it pertained to women dealing with being treated in a derogatory manner and learning about the Cuban immigrant experience. I would recommend reading it. I did read it twice through to gain a better understanding.

Our book for the month of October is The Only Women in the Room by Marie Benedict. This is a powerful story about a brilliant scientist and glamour icon, Hedy Lamarr. I am so excited to read this book. Our meeting will be on Tuesday, October 19, please look for more details in the evite. I look forward to reading with you!

Sandy George



## Don't forget to support us while you shop!

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