



MERRIMACK
FRIENDS &
FAMILIES

Est. 1973

Presidents' Message

Julie Akers & Tammy Ditman



November is here and MFF has so many wonderful events for you to participate in! Be sure to renew your membership so you can join us for trivia nights, lunch group, weekend coffees, autumn hikes, Book Club and filling Christmas stockings for our troops. Our Holiday Party with optional Yankee Swap and our Annual Cookie Swap are great opportunities to share the winter holidays with friends.

We are excited to announce that MFF has a new, updated look and logo! We worked with a professional web designer to refresh our website and make it more user friendly. Google Merrimack Friends & Families to check out our beautiful new logo, browse the site and enjoy all the photos of fun times we've had together. Be sure to tell your friends to give MFF a look.

Julie & Tammy

October calendar

DATE	TIME	EVENT
Nov 1	6:00 PM	Trivia @ Able Ebenezers
Nov 2	12:30 PM	Lunch Bunch
Nov 2	6:30 PM	Info Night @ Merrimack Library
Nov 3	6:30 PM	Recipe swap
Nov 5	9:00 AM	Membership Social @ Buckley's
Nov 8	6:00 PM	Trivia @ Able Ebenezers
Nov 12	10:30 AM	Hike @ Andres Institute of Art
Nov 14	7:00 PM	Board Meeting
Nov 15	6:00 PM	Operation Care for the Troops
Nov 22	6:00 PM	Trivia @ Able Ebenezers
Nov 28	7:00 PM	Book Club
Nov 29	6:00 PM	Trivia @ Able Ebenezers

Please see the Evite for additional information

Vice President

Catherine Pepler



Hello MFF Members!

I am thrilled with the Members that are leading interest groups and the member participation. Old friendships and new friendships gathering and having great fun. Have you joined in? The calendar is kept current with activities. Take a look and see what you might like to join in the activity.

I am working with the Merrimack Police to schedule a women's self-defense course for members. If your daughter is 18 and older, she can join in. We are looking at February time line. I would like to hear from you to gauge how many will join the class. The instructions has class room and practical lessons. Email me if you are interested. As soon as I have a firm date, I will populate the calendar.

Yet, there are more events coming and we hope you will join us. Have a wonderful holiday with your loved ones. Happy Thanksgiving!

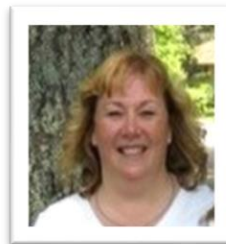
Until the next time, stay safe!

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.

Thank you,
Bev



Secretary



Sandy George



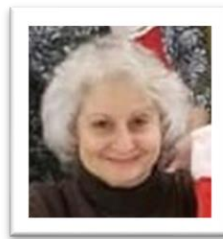
Hi all, I can't believe this nice mild weather we are having. If you know of someone needing help – rides, meals, visits, gift cards, etc. please let me know and I will send out an evite looking for whatever. Remember we are Friends in Deed!

Sandy George



Ways and Means

Carol Figueroa & Jill O'Toole



You could not have asked Halloween Party held on along with selling hot dogs charitable fund. A big thank you to those members who took time to bake for the sale and especially to the members who helped at the event. It was a fantastic event with over 800 attendees. Be sure to check out the Merrimack Parks & Rec Facebook page where they have pictures of the party!!

for a more perfect fall day for the 30th Annual Saturday, October 29th. MFF hosted a bake sale and drinks. All our efforts raised \$737 for our

We wish you a wonderful Thanksgiving holiday with family and friends.

Carol F. & Jill O.





Service

Laurie Libby



Hard to believe it is already November, this year certainly has flown by!

Our Adopt a Road clean-up was a success, we collected 17 bags of trash! Thanks to all who participated. The DPW was very appreciative and they are going to give us a shout out and post our photo on their Facebook page.

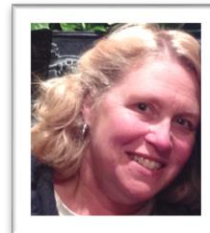
This month we will be completing our Stockings for Soldiers project sending Holiday cheer to our heroes who are currently deployed. After speaking to a few other members, I decided to request goodies to stuff 50 stockings this year unsure if I was asking too much of the group. Within 24 hours 15 of the 18 items on the what to bring list were already spoken for. I will say I was very humbled with the outpouring of support from everyone. THANK YOU!

December's project is in the works. I have been in contact with the service coordinator from Catholic Charities and should have more information next week. It will be a volunteer opportunity as we head into the holiday season.

Cheers! Laurie

Membership

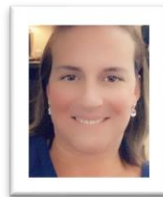
Lisa Casell, Robin Johnson & Beth Voorhees



Welcome to November. If you haven't already, please send in your membership dues so you don't miss out on the upcoming events. You can do so by mailing a check to P.O. Box 1516, Merrimack, NH 03054 or pay online at <https://mff-101359.square.site/product/membership-dues/3>. Membership dues are \$25 if you pay by check or \$26 if you pay online. Has a new neighbor moved into your neighborhood? Know someone who may be interested in joining MFF? Tell them about our next member coffee at Buckley's Bakery and Cafe on Saturday November 5th at 9:00 am.

Publicity

Beth Milliken



As always, please send me pictures of events to post!! Beth

Happy Birthday!!



Annie R	11/07
Darlene P	11/11
Ceci E	11/20

Interest Group Happenings

Secret Sisters

Secret Sisters is off to a great start! Our October gift exchange was a huge success. Thank you to everyone who participated, and thank you all for the wonderful goodies everyone contributed to our first potluck dinner. Our next potluck gift exchange will occur in January. In the meantime, you are on your own getting your November and December gifts to your SS. If you need any help coordinating, do not hesitate to contact me. I'd be happy to assist!

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 our monthly WELCOME MAT newsletter 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.

Again, thank you for your participation. Let's continue on with the fun!!!

Regards,
Jill Mitchell



Fitness Friends

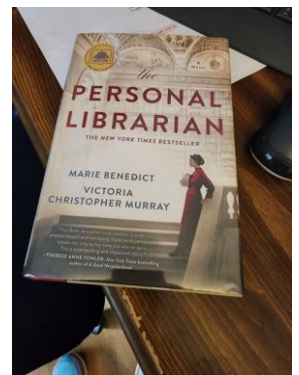
On Saturday, November 12th, Fitness Friends will be walking/hiking a trail at the Andres Institute of Art. We will meet in the parking lot of the Institute at 10:30 am. The trails have works of art along them and the walk should be lots of fun. Please be sure to check out the evite and RSVP. We hope you can join us.

Book Club

I hope everyone had a Happy Halloween. We met at Anne-Marie's house for our October MFF Book Club meeting which was very well attended. We were well-fed with some awesome chili and a huge chocolate chip cookie with the word book written across it. I wish I had taken a picture.

We discussed Before She Disappeared by Lisa Gardner which everyone agreed was a page turner. It seems we generally liked the book but found some of it contrived to fit the story. Our recommendation as a group is that the story was worth the time it took to read it, enjoy.

Next month's meeting will be November 28 to discuss The Personal Librarian by Marie Benedict and Victoria Christopher Murray. This is a story about Belle da Costa Greene a black woman forced to hide her true identity as she worked as the personal librarian to J. P. Morgan. We may also listen to a short interview with the authors, one white and one black, telling what motivated them to write this story. Please check the evite for more details.



Just a reminder, Our December meeting will be December 19, a week earlier than normal. At that meeting we will be doing a book exchange with each other of a new or old book which we think others might like to read. We will also be gifting each other with a bookmark which can be bought or home-made along with our exchange book. In January, we will go back to meeting on the fourth Monday of the month until the end of the club year. We will discuss our exchange books at the January meeting.

I'm looking forward to a great year this year in book club. I will be looking for hosts for each month starting in January. Thank you to those who have already committed to hosting – Anne Marie, Rose and Jill and of course myself.

Sandy George



Lunch Bunch

We had a great turnout for our first restaurant challenge. Eight of us had a lovely meal at Los Primo's Mexican restaurant. Some time in 2023 we will have lunch at Don Ramon's and compare the two. Our next lunch will be on Wednesday November 2nd at Sweet Ginger Thai restaurant. Again, in 2023 we will have lunch at A Lot of Thai and compare the two restaurants. I hope you can join us for these fun times!



Recipe Swap

Wow, what a wonderful meal we had celebrating fall. From a delicious fall salad through tasty sides of Green Beans and Wild Rice Stuffed Acorn Squash and main courses including Beef Bourguignon and Pork Tenderloin with Blueberry Sauce ending with some yummy desserts of Apple Crisp and Caramel Cheesecake Dip. Our next get together will be sharing our favorite holiday recipes with a special bonus of some assorted homemade chocolates to take home. Please come and share a treasured holiday dish and start the holiday season off with us on Thursday November 3rd.



Don't forget to support us while you shop!



**Support
Merrimack Friends & Families
Charitable Fund Inc.**

When you shop at smile.amazon.com,
Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)