



MERRIMACK
FRIENDS &
FAMILIES

Est. 1973

SEPTEMBER 2024

50+ YEARS OF CELEBRATING MERRIMACK!!
1973-2024



Presidents' Message

Julie Akers & Tammy Ditman



Thank you to all MFF members past and present as we celebrate 50 years of fun, friendship and public service! Five decades of "making friends & making a difference" could only happen because of your involvement.

Tammy and I shared our enthusiasm for the club, met some great people and connected with other nonprofits at the Nashua Library's Volunteer Fair. Over the summer MFF will have a club fundraiser at Thirsty Moose, a bonfire party with live music, a bake sale at Hot Dogz to End ALZ and a food drive for the schools' Snack Pantry as well as a wine tasting, trivia nights, weekend coffees, hikes, brunches and dining out. If you have an idea for a fun, one time event just let us know and we'll create an evite so others can join you. We hope to see you at lots of events and always feel free to bring a friend - the more the merrier!

We want to thank all our fellow Board of Directors members for all their work. They continually create events, promote them, attend meetings and manage the business aspects of our club. MFF would not exist without their dedication and efforts. We especially want to say farewell but not goodbye to four board members: Barb, Beth M., Jill and Lisa. Thank you for your years of service to the club. Also we wish to welcome the newest board members: Heather, Karen, Michele and Pat. Looking forward to working together in the new year.

Julie and Tammy

September Calendar

DATE	TIME	EVENT
September 1	9:00 AM	Walking Group
September 3	6:00 PM	Trivia @ Able Ebenezer
September 7	9:00 AM	Membership Social @ Buckley's
September 8	9:00 AM	Walking Group
September 8	1:00 PM	Wine Tasting @ LaBelle
September 10	6:00 PM	Trivia @ Able Ebenezers
September 10	7:00 PM	Board Meeting
September 15	9:00 AM	Walking Group
September 16	7:00 PM	Book Club
September 17	6:00 PM	Trivia @ Able Ebenezers
September 18	5:00 PM	Wine Down @ Common Man
September 19	6:00 PM	Movie Night @ Merrimack Public Library
September 21	9:00 AM	Annual Yard Sale
September 22	9:00 AM	Walking Group
September 24	6:00 PM	Trivia @ Able Ebenezer

Please see the Evites for additional information.

Vice President

Catherine Pepler



Hello MFF Members!

it's hard to believe that we are in September and preparing for kids to go back to school! Where did the summer go?



As we kick off the new year, we are hoping that you will join us in many activities we have planned. There's always something on the calendar to help you plan ahead and we always send out Evite to make sure that you're aware. These activities help to meeting to have fun together. Although we are a social club, we also provide services that benefit the town of Merrimack. The MFF Board and I are hoping that you will join us! Let me also remind you, if there's a particular activity that you think would be of interest of others reach out to me. I'd love to have a conversation and help to plan. It's always much more fun when many join in!!

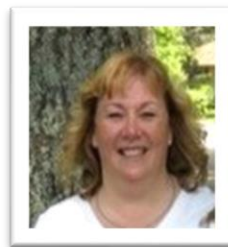
In friendship,

Catherine



Treasurer

Bev Coelho



Welcome back to a New Club Year! It is that time to renew your membership.

You can pay by check, use the link on the website under membership, or Venmo me.

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

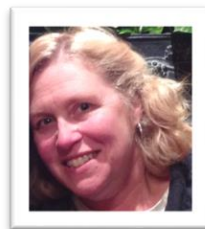


Hi All, welcome to a brand new club year. I take the minutes at the board meetings and can help with any questions about the club you may have or I can get the answer for you.

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.

Ways and Means

Beth Voorhees & Karen Contos



Save the date for the MFF Annual Yard Sale: Saturday, September 21, 8:00 a.m. to 1:00 p.m. in the Merrimack Town Hall Parking Lot. We need your help!! We need your donations!! When the Evite comes out, please sign up to help, as this is our largest town-wide fundraiser.



Service

Laurie Libby



Greetings!

I hope everyone had a great summer and was able to enjoy time with family and friends.

As we start our new year Service already has two projects in the books! A few of us responded to a last-minute request from the Hospice House to spread mulch and we completed our School Supply drive for the welfare department filling 18 backpacks for needy families in town. Thanks to all who generously donated supplies and volunteered their time at the event.

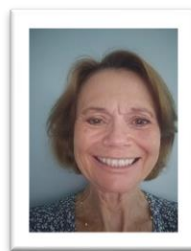
As far as upcoming projects, we will be helping distribute Halloween Costumes to families in need with SCARE (secondhand costume annual redistribution effort) NH at the Merrimack Public Library on Saturday 10/5 10-1 and will need people to volunteer in hourly increments. If you have costumes to donate you can bring them to the event or drop off on my porch. Watch for the Evite!

Laurie



Membership

Robin Johnson & Pat Teden



September is here! With the new club year starting this month, 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 PO. Box 1516 Merrimack, NH 03054 or 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 at Buckley's Bakery and Cafe on Saturday, September 7th at 9:00 am. Hope to see you there.

Robin and Pat



Publicity

Carol Figueroa



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!!



Nancy M.	9/30
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Interest Group Happenings

Secret Sisters

Are you interested in joining *Secret Sisters*?

WE ARE MIXING THINGS UP THIS YEAR, SO PLEASE READ CAREFULLY!!!

Here are the details: Each Secret Sister will complete a questionnaire about herself (available on the MFF website and via email). The deadline to confirm your commitment and submit your **completed questionnaire** is **Sunday, September 22**. Whoever gets assigned to be your Secret Sister for the club year may use the information provided in your questionnaire to pick out some special gifts for you! This is where things get a little funky...

We will have our first (1) of three (3) **Gift Exchange Potluck Parties** on **Thursday, October 10**. The catch: You should bring a gift suitable for ANYONE, as we will not know the Secret Sister assignments at this point. After dinner, we will accomplish the following:

1. **Select our Secret Sisters RANDOMLY:** There will be no formal assignments this year in an effort to spice things up a bit!
2. **Select our "Delivery People:"** Once we've all established, secretly, who we'll be giving gifts to for the club year, we'll then do a second random drawing to pick a friend who will help you deliver those gifts! This person will be there for you if you need assistance with your monthly deliveries to help you keep your anonymity. This way no one will accidentally catch their ACTUAL Secret Sister on their home surveillance camera, ruining the surprise!
3. **Have a Yankee Swap-style gift exchange.** So, make sure whatever gift you bring to this first party is something you wouldn't mind going home with because, who knows, you might!

Everything else will remain the same. 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). Evite will provide more details.
- You may rely on the help of your "Delivery Person" to deliver your 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 eight months!

The value should be kept around **\$15-20 for your monthly gift**. And we ask that no one "double dip" and buy one large, more expensive gift to count for multiple months. If you've never participated before, it may sound confusing, but don't worry – we'll review the process and "what if" scenarios at the first potluck so that no one feels overwhelmed.



We would love to have you in this group, but also want to make mention that unlike our other interest groups, **this is a commitment for the entire club year**. We ask that once you join us, you understand that a very special woman (your Secret Sister) is counting on your full participation. There is **no fee to join Secret Sisters**. However, we ask that you pay your annual membership dues to the club before participating.

If you have any questions or need more information, feel free to contact Jill Mitchell! You can either email your completed questionnaire or print it and hand-deliver or snail-mail it to Jill. Regardless, we recommend saving a completed copy to your computer so that you have it handy for next year. Trust us, you'll have so much fun you'll want to join the group again!

Here's to another great club year!

Jill M.



Girls Night Out

Check back next time.



Fitness Friends

Please join us for our Sunday walks!



Book Club

Welcome to a new year of the MFF Monday Night Book Club. I hope you have all had a wonderful summer and were able to complete your summer reading challenge for the library. I was not able to read as much as I was planning to but I did listen to a few books over the summer.

Our September book is *Wish You Were Here* by Jodi Picoult. I got to listen to the book through Libby and it was very interesting. Copies of the book are currently at the Merrimack Public Library for you to borrow. We will be meeting on September 16. The Evite has been sent out and will contain more details about our meeting. We will also be looking to develop the list of books for the coming months.



Our October book will be *The Mystery Guest* written by Nita Prose. I am looking forward to reading it. I will need one host per month for October on, if you can host, please send an email telling me when you are available.

I am looking forward to a year of great reading and discussions with you all.



Lunch Bunch

Check back next time!



Recipe Swap

Check back next time!

