



N O V E M B E R 2 0 1 9

# the Welcome Mat

## President's Message



*Carol Figueroa &  
Bev Coelho*

Happy Thanksgiving!!

I hope you have had a good fall!! November sure came quickly and it looks like it's shaping up to be a busy one so please be sure to RSVP on the Evites for the events you are planning to attend. For the month of December there are a couple of annual events you need to mark on your calendar. We will be holding our annual MFF Holiday Party on Friday, December 6<sup>th</sup> and the annual Cookie Swap on Monday, December 16<sup>th</sup>. We hope you will be able to join us for these fun annual holiday activities.

In October, we had another success fundraising event for our Charitable Fund. Beth M. and Jill M. did a fantastic job coordinating our "concession stand" at the Merrimack Parks and Recreation 27<sup>th</sup> Annual Halloween Party at Wasserman Park. Thank you to all the members who helped out either at this event or donated items for it.

A few of our members also participated in the Rotary's Halloween Party costume contest on Saturday, October 26<sup>th</sup> at Liquid Therapy. MFF came in second place for our group costume. It was a fun evening. Since we participated in their event, we are in the running for a \$2500 donation to our charitable fund. The catch is you need to vote for us so please follow the link in the email that was sent or click here to go to the voting page – [vote for MFF](#). You can vote once a day until November 25<sup>th</sup>. So please remember to vote!!

Have a wonderful Thanksgiving holiday with family and friends.

In Friendship,  
Bev and Carol

## November calendar

DATE	TIME	EVENT
Nov 05	07:00 PM	Board Meeting
Nov 06	07:00 PM	Stockings for Troops
Nov 09	09:30 AM	Coffee Chat – Buckley's
Nov 18	07:00 PM	Information Night – The Common Man
Nov 20	07:00 PM	Book club
Nov 25	07:00 PM	Movie Night

Please see the Evite for additional information

## First Vice President

This position remains open. If you are interested in filling the role, please contact [interestgroups@mffnh.org](mailto:interestgroups@mffnh.org). There is plenty of help available!!

## Second Vice President

*Barb Gelinis*



Thanks to Wilma and Mel Winters for taking over the lunch bunch group! If you are interested please let me know at [interestgroups@mffnh.org](mailto:interestgroups@mffnh.org)! Also, if you are interested in running any other interest groups please let me know.

## Treasurer

*Wilma Cunningham*  
*Bec Coelho*



Check back next

month for updates!



Merrimack  
Friends & Families



## Secretary

*Heather Murray*

Happy November! 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. With the holidays quickly approaching, it can be a tough time for some folks who could really use our help. 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,  
Heather Murray

## Ways and Means

*Beth Milliken and Jill Mitchell*



We want to thank everyone who baked goodies, or donated the Town Halloween party! We sold hot dogs and chili to lots of happy guests. After all was said and done, we earned more than \$400 for our charitable fund! It was another successful event. As usual, it takes a village and we appreciate everyone who helped. With the holidays approaching, Ways & Means will stand down and let our focus turn to serving the community. You can expect to hear more from us in January, as we prepare for the Town Winter Carnival!

[WaysandMeans@MerrimackFriendsFamilies.org](mailto:WaysandMeans@MerrimackFriendsFamilies.org)

Beth Milliken and Jill Mitchell



Merrimack  
Friends & Families



## Service

*Julie Akers and Tammy Ditman*

Last month MFF members had fun spending a morning at Family OutFITers Thrift Store. Our volunteer time sorting through donations and stocking shelves equated to a value of \$360 which can help provide a new bed ( frame, mattress and box spring) as well as a month of diapers for three babies in their program! Way to go, ladies! For November MFF is filling thirty Christmas stockings for troops overseas with personal care items, snacks and cards thanking them for their service. Please check the evite to donate items or join us at Town Hall when we meet up to stuff the stockings.

## Membership

*Wilma Cunningham & Beth Voorhees*



This is the final call to renew all are, if you haven't renewed yet, put it on your to-do list! We don't want you to miss out on any social or service activities you might enjoy if you aren't on the evites any longer. And we are always looking to add new events to our calendar. You can get your renewal to us in these ways:

- Pay online at square: <https://mkt.com/mff/item/annual-membership>  
All online payments now include a \$1.00 processing fee.
- Mail a check payable to MFF to PO Box 1516, Merrimack, NH 03054

Upcoming Membership Events:

Saturday, November 9 – Coffee Chat

Tuesday, November 19 – Wine Night

Watch for Evites and invite a friend or neighbor to come out and meet us.

Thank you,  
Wilma Cunningham and Beth Voorhees  
2019-2020 Membership Coordinators  
[membership@merrimackfriendsfamilies.org](mailto:membership@merrimackfriendsfamilies.org)



## Happy Birthday!!



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

## Personals

Dear Secret Sister, thank you so much for my awesome present. I absolutely love my spooky new Halloween decoration. It will look fabulous in my house every October and I'll be wearing the earrings today. I wonder how many people will notice 😊. Julie

Linda, thank you so much for hosting our first Secret Sisters potluck gift exchange for the club year. ~ Jill

To my Secret Sister ~ Thank you so much for the cozy blanket and pumpkin-scented candle. They are both getting good use. I can already tell this is going to be a great year! ~ Jill

Dear Secret Sister,  
 Thank for the wonderful gifts. The plant is beautiful, the towel is adorable and of course wine is always a great fit!  
 In friendship,  
 Dawn

Dear SS - Thank you for the Stonewall Kitchen "Blueberry" mixing bowl along with the mix, jam and syrup. I can't wait to use it to make pancakes. We love pancakes at my house - especially blueberry ones. I hope you have a wonderful Thanksgiving holiday with your family. Thanks again – Carol

Dear SS, Thanks so much for the bottle of wine!! Barb

# 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, thank you, Linda, for hosting, and thank you for all of the wonderful goodies you provided for 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

## Health and Fitness

JOIN US – It's a great way to start Thanksgiving Day. Come take an invigorating walk or run with MFF! A few of us have already signed up. Join us!!

<http://www.merrimack5k.com/online-registration.html>

Look for team MFF Fitness Friends when registering. Or just sign up!

## Ladies Night Out

Let's get together for dinner and a movie on Monday, November 25th at the Chunky's Cinema Pub in Manchester. There are two movies coming in November that look good - Last Christmas and A Beautiful Day in the Neighborhood. Last Christmas is not guaranteed to still be in the theatre on the 25th. More information will be in the Evite. It will be nice to have a relaxing movie evening before the rush of the holiday season begins.



## One Night Stand

MFF's third Souhegan Valley Rotary Halloween Party was another success. We placed 2<sup>nd</sup> in the costume contest and won \$150 for our charitable fund. And we had a blast doing it. Next up is voting for MFF to win one of two \$2,500 non-profit charity giveaways by Souhegan Valley Rotary. We have as good a chance as any of the charities represented. Please follow the link in the email that was sent or click here to go to the voting page – [vote for MFF](#). You can vote once a day until November 25<sup>th</sup>. So please remember to vote!!



## Lunch Bunch

We are in the running for a charitable contribution at The River Casino in Nashua. And we increase our chances of being chosen by having an occasional event at the casino. No gambling required. It sounds like they have quite a restaurant and we are excited to try it out. We will try to fit in a lunch at the casino in November. Watch for an Evite if we can pull it together.

Wilma and Melissa

## Book Club

Book club will be reading **The Hate U Give by Angie Thomas** for its November discussion meeting. This book is a fictional account of Sixteen-year-old Starr Carter as she moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed. This book should give us plenty to discuss. The evite for this discussion will come out in the beginning of November with more information.



We would like to thank Ann Marie Wellman for hosting the October book club meeting. We had a very good discussion of **All Systems Red (Murderbot Diaries) by Martha Wells**. This book is the first in a Science fiction Novella series and our members were surprised by how much they liked it. Most of our members are not regular Science Fiction readers but they liked this book enough to want to read some of the other books in the series outside of book club.

If you like reading books and learning what others have to say about them, we have a place for you at one of our meetings. All of us come together with our diverse literary tastes to select our monthly selections. This diversity has made us read selections we would never would have chosen on our own. We have all grown so much and we have had so much fun in the process.

Vivian Dano



## Community Partners

