



M A R C H 2 0 1 9

the
Welcome Mat

President's Message



Carol Figueroa

Happy Spring!

Spring is coming since the calendar says meteorological winter ended on February 28th. So I hope you've made it through this winter without any issues? Also the clocks will "spring" ahead on March 10th for the beginning of day light saving time. I'm really looking forward to the longer and hopefully warmer days! This month we will begin the process of the putting together the new Board of Directors for the next club year!! We need a MFF member to be an Election Officer. This member will be responsible for soliciting nominations for the 2019/2020 Board of Directors in March. Once the nominations have been made they need to be confirmed by the end of April with the new board being announced in May. We hope that you will consider either helping select the new board as the Election Officer or becoming a board member. MFF is a vital part of our community and without the support of our members we could not do what we've done for over 40 years!

Also, as always, please be sure to check out the calendar to see what events have been planned. If there is something you would like to do and would like to set up a one-time event please contact Barb to get it on the calendar. She can also help you get the Evite out to the club. We are always open to suggestions for different activities. This is your club and we love to see everyone get involved.

Have a great month and I will be seeing you at one of our events!

In Friendship,
Carol

March calendar

Mar-5	7:00pm Fat Tuesday recipe swap
Mar-9	9:00am Family OutFITters
Mar-11	7:00pm Board Meeting
Mar-20	7:00pm Book club
Mar-28	11:30am Lunch at Chez Vachon

Please see the Evites for additional information

Second Vice President

Barb Amaral



As Carol mentioned, March brings us to the start of the board election process. The overall timetable is as follows:

- In March, EO needs to send out email to club soliciting for nominations
- In April, all nominations need to either be: 1) confirmed as elected, or 2) if there are numerous people who have accepted their nomination, a vote needs to take place
- In May, new board is announced

I will provide you with an email template to send out, as well as the ballot. You just need to send the email to the mailing list and collect responses.

Please seriously consider taking this role to benefit MFF. There is no experience needed and lots of help available if questions come up.

Please contact me at interestgroups@merrimackfriendsfamilies.org if you are able to fill this role or if you have any questions about the process.



Secretary

Jill Mitchell

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

Beth Milliken and Wendy Thomas



We had a very successful Winter to great weather and the fact that was a wonderful turnout with tons of cool activities. We were able to raise \$678 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!!

Carnival in February!! Thanks there was actually snow and ice to work with, it



As always, if you have any ideas for ways we can fundraise, please feel free to reach out to me and Wendy at waysandmeans@merrimackfriendsfamilies.org anytime to discuss them!

Thank you!

Beth Milliken and Wendy Thomas



Service

Julie Akers and Bev Coelho

Start your weekend earning a little good karma! Saturday, March 9 from 9:00-12:00 we will be volunteering at the Family OutFITters thrift store. We will sort through donations, stock shelves and hang clothes on the store racks. All proceeds from the thrift store's sales go toward helping local homeless women and their children with housing and getting back on their feet. We can carpool if anyone is interested.



Membership

Dawn LeGay & Linda Varela



Hello friends,

It won't be long before we're enjoying

warmer days.

Please welcome back Debbie Day to MFF. We're so happy to see former members return.

Be on the lookout for coffee and evening beverage gatherings soon. If you have an idea for a membership mixer, please let us know, we love doing new things!

Best,

Dawn and Linda

Happy Birthday!!



Colleen A

03/15

Bunny K

03/18

Interest Group Happenings

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 this 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 or Barb, our newsletter editors, and they'd be happy to publish it.

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

Regards,
Jill Mitchell

Trivia

Team One More Round continues to play at the Budweiser Biergarten on Tuesday evenings. The game runs from 6:00-8:00, we have a lot of fun and we often win! The Biergarten has a pub food dinner menu, beers, ciders and sodas. Come join us for a fun night out with friends.

Lunch Bunch

Join us for lunch at Chez Vachon on Thursday, March 28th at 11:30 am. Chez Vachon is located on Kelley Street in Manchester. This restaurant was recommended by one of our members. Their menu looks delicious! We can carpool since parking may be limited? So let's plan to meet at the Exit 12 Shaw's at 11 am. Please note in the Evite that you will either be carpooling or meeting at the restaurant. Please RSVP by Wednesday, March 27th

I'm looking forward to trying a new restaurant. See you on the 28th!!

To view their menu: <https://chez-vachon.mycloveronline.com/our-menu>

Fitness Friends

Dear Fitness Friends,

As our first 8 week challenge comes to an end, I hope you all are satisfied with your achievements. I am very impressed with everyone's plans, tips, transparency and willingness to cheer each other on! Some of us may not have gotten the results we wanted, but we kept moving forward which is what matters!

A new 8 week challenge will be coming soon!

Here's to a healthier 2019!
Dawn



Merrimack
Friends & Families

Recipe Swap

Celebrate Mardi Gras with friends on Wednesday, March 6 at 7:00. Bring a yummy dish to share with friends and we'll celebrate New Orleans style. Laissez les bon temps rouler! I'll have masks and beads and a delicious New Orleans drink to try. We hope you can join us for a fun night in.

Book Club

Our March selection is **Killers of the Flower Moon: The Osage Murders and the Birth of The FBI** by David Grann. This is a true- life murder mystery about one of the most monstrous crimes in American History. Time magazine listed this book as one of its top ten non-fiction books of 2017. This book tells the story of what happened to the Osage Indians in the wake of their sudden oil wealth in the 1920's. Oil was discovered on their land and the Osage were per capita considered the richest people on earth. Then, one by one, they began to be killed off. Anyone who dared to investigate the killings were themselves murdered. The Bureau of Investigation (FBI) got involved in what became one of the organizations first major homicide investigations. Unfortunately, the Bureau was then notoriously corrupt. It eventually took a Texas Ranger named Tom White to try to unravel the mystery. Look for our evite for more information as to where this discussion will take place.


Last month, book club discussed **Station Eleven** by Emily St. John Mandel. This book was very thought provoking about what would happen if a pandemic came and disrupted the world and technology as we know it today. The writing in this book was very descriptive and beautiful at times. It did not keep some of our members from being frustrated with the meaning or lack of meaning of certain details in the book. What we did learn from this book was its major theme, "Survival is insufficient". Life is more than just eating and breathing, it is a combination of all our past experiences and relationships and should also include the arts. We would like to thank Rose Shajenko for opening her house and hosting our February discussion. She warmed us all with a wonderful cabbage soup and cheddar bread that we are still talking about. It was an enjoyable relaxing evening.

Vivian Dano
Book Club



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