



## President's Message

*Carol Figueroa*



Welcome February 2021!!

I hope you all got through January without any issues. I for one am glad to see January in the rearview mirror. It has really never been a favorite month for me mostly because of the weather. But it was warmer than usual and I was able to get out to ski a few times!! So that was something. And now the days are getting longer. It's so nice that it is still light at 4:30 in the afternoon.

With February comes the longer days and hopefully more opportunity to get together outside. Over the next two months we will be participating in some events with Merrimack Parks and Recreation. So please mark your calendars with these dates since we will be looking for volunteers to

participate in these events. If you are able to help please be sure to RSVP to the Evites that are sent to you. All these events are outside and will be following all the safety guidelines and protocols.

- Saturday, February 6, 2021 - S'more the Better 4K Run
- Saturday, February 20, 2021 - 29<sup>th</sup> Annual Winter Carnival
- Saturday, March 13, 2021 - Turn up the Heat Chili 6K Run
- Saturday, March 27, 2021 - Annual Easter Egg Hunt (Drive Thru Event)

We will continue to try and plan more events while keeping our members safety and well-being in mind. Please continue to check the calendar and read the evites for information on our current activities. As always, please feel free to reach out to any of the board members if you have any suggestions on an activity/event or if you have any concerns.

In friendship,  
Carol

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## February calendar

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

| DATE                                            | TIME     | EVENT                          |
|-------------------------------------------------|----------|--------------------------------|
| Feb 6                                           | 12:00 PM | Winter Warriors #2 @ Wasserman |
| Feb 7                                           | 10:30 AM | Walk at the outlets            |
| Feb 10                                          | 7:00 PM  | Board Meeting                  |
| Feb 14                                          | 10:30 AM | Walk at the outlets            |
| Feb 17                                          | 7:00 PM  | Book Club                      |
| Feb 20                                          | 12:00 PM | Winter Carnival                |
| Feb 21                                          | 10:30 AM | Walk at the outlets            |
| Feb 28                                          | 10:30 AM | Walk at the outlets            |
| Please see the Evite for additional information |          |                                |



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## Vice President

*Catherine Pepler*



Happy New Year MFF Members!

I am hoping you had a wonderful holiday. We are becoming accustomed to connecting with family and friends in creative ways. Some of the joy found in the season is the way that our community has gone all out to decorate their houses. Hope you were able to ride through town to check out the beautiful and creative displays. I still have the holiday music playing every day and have candles in the windows! I noticed around town many are leaving Christmas lights and decorations. Nice way to carry the spirit of the holiday forward.

We continue with social distancing and wearing masks. It continues to be challenging not seeing loved ones. More than every it is important to stay connected to friends and family. Do you know of a neighbor, friend or family member that lives alone? Do reach out to them with a call or note. The most precious gift we give each other is staying connected and showing we care and able to help feel how important they are to us. The other concern is the isolation of individuals. Reach out to those you know that are living alone and check up on them.

2021 has the promise of getting past the pandemic with the release of the vaccines and now entered phase 1b. Stay on top of the latest information on scheduling vaccine appointments through <https://www.cdc.gov/vaccines/covid-19/reporting/vams/index.html> .

We still have a way to go and more than ever we need to adhere to social distancing, restrictions on gatherings and requirements for facemasks to be worn. We witnessed the rise in coronavirus cases, hospitalizations and deaths after the holidays. This surely has caused increase stress and worry reaching many of us personally with illness and loss of loved ones. We need to keep in touch with one another more than ever.

It is no surprise current circumstances have certainly had an impact scheduling membership events. Please understand we will ensure all activities follow CDC, state, and local recommendations during the COVID-19 pandemic.

How are you managing through this? As you know. MFF is here to help our community, please let the board know if you or your neighbor is in need and do reach out for support.

As your Board we are looking for ideas to help keep us all connected. Keep an eye on the calendar for events that may be of interest to you. Calling all members to share recipes for our monthly newsletter.

Do you have a favorite that you have or discovered while cooking through COVID? Please see the Recipe Swap in the Newsletter for the first one! You can submit to [info@mff.com](mailto:info@mff.com)

Wishing you and your family a healthy New Year.

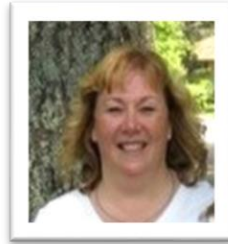
Catherine M Pepler, MFF VP





## 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.

As of November 2020, Merrimack Friends & Families Charitable Fund has received \$302.12.

Thank you to all who have shopped!

Thanks,  
Bev



## Secretary

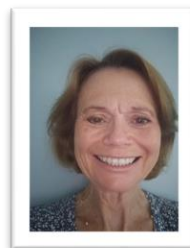
*Dorian Walters*

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



## Ways and Means

*Julie Akers & Robin Johnson*



MFF has three fundraisers this February! The 2nd of three Winter Warrior Races at Wasserman Park will happen Saturday, Feb. 6 from 12 - 2. Fifty racers will run laps around the park and MFF will be there to sell drinks, bake sale items and S'mores kits that can be enjoyed at fire pits following the





race. This is a family-friendly, Covid safe community event organized by Merrimack Parks & Rec.

Our town's 29th Annual Winter Carnival will take place on Saturday, Feb. 20 and MFF will be selling hotdogs, chili, drinks, chips and bake sale treats. 450 preregistered people will enjoy demonstrations, crafts, games and activities on the park grounds from 12 -3. Please watch for an Evite to sign up to donate bake sale items or to volunteer an hour or two to this fun community event. We would love your help with this fundraiser!

We are excited to announce that MFF has been chosen by River Casino & Sports Bar in Nashua to be a recipient of their Charitable Games of Chance donations! From February 1 -10 MFF will receive a percentage of River Casino's profits which will be added to our club's charitable fund. Merrimack Friends & Families was chosen from a very large pool of interested non-profits and our treasurer worked with the Casino to make this happen.

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## Service

*Tammy Ditman & Pat Teden*



We are starting a 3-month service project of offering encouragement and thanks for essential workers. For the month of February, we are thanking medical personnel. Please have your cards and notes dropped off at either Tammy or Pat's home by February 22 for distribution.

We are currently looking for feedback about tackling a large number of cards and notes for March. You should have received an email about the number of teachers and support staff. Melissa Gagne, Human Resources Manager, Merrimack School District stated there are 347 teachers and 295 support staff in the Merrimack School system for a total of 642. The question is whether 642 notes is feasible. If everyone could commit to 15 notes, we'd be covered. Or if you can enlist .. friends and family 😊 to help. Please let us know if you can help out.

Be on the lookout the beginning of March for an Evite about filling Easter baskets for the children of Merrimack. The town welfare department will provide the list the beginning of March.

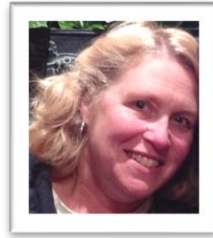
Happy Valentine's Day to all -  
Pat and Tammy  
Service Project Directors



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## Membership

*Wilma Cunningham & Beth Voorhees*



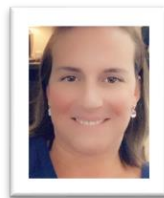
Until the warmer weather and, hopefully the relaxing of Covid Safety Protocols, Membership does not expect to host any events EXCEPT our Sunday walks at The Merrimack Premium Outlets. If you have friends or neighbors that would like to know more about MFF, we would love to see them as we walk and talk.

Wilma & Beth

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## Publicity

*Beth Milliken*



Just a reminder to reach out to me if you need anything posted, placed in the papers, etc. Happy to help with Evite's as well.

After events, I'm also happy to post on our FB page so make sure you take pictures and send them to me along with a little blurb about what you did.

Beth M



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# Happy Birthday!!



Leslie H 2/20

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## Interest Group Happenings

### Secret Sisters

It's hard to believe that January is over! The holidays have come and gone. The hustle and bustle has settled down. However, Secret Sisters just keep on giving! Isn't this fun?

Our second (virtual) Gift Exchange Potluck occurred in January, and it was another success. As always, we had a good time. It's hard to believe that at our next potluck in May we get to tell our Secret Sisters who we are!

Remember, if you'd like to submit a quick "thank you" note in the monthly newsletter Personals section to let your SS know how much you loved your gift, please send a quick note to Barb or Wilma, and we will ensure it gets published!

For February, you are on your own delivering your gift to your SS. Keep doing what you're doing – it's working!

Again, thank you for your participation. Here's hoping that 2021 has started off on the right foot!

Regards,  
Jill Mitchell



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## Fitness Friends

Stay tuned for upcoming information.

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## Lunch Bunch

Stay tuned for upcoming information.

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## Ladies Night Out

Stay tuned for upcoming information.

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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. Here's my new fav to start. I actually tried gluten free flour my second time making these and they were still yummy.

### **Weight Watchers two-ingredient bagel recipe**

**Makes 4**

1 cup self-rising flour, plus more for kneading (alternatively, 1 cup all-purpose flour + 2 tsp baking powder +  $\frac{3}{4}$  tsp salt)

1 cup plain fat-free Greek yogurt

1 egg white, lightly beaten

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Add self-rising flour (or flour, baking powder, and salt whisked together) to a large mixing bowl. Add the yogurt and use a spatula or wooden spoon to combine thoroughly.
3. Lightly flour a clean surface and empty the dough onto it (it will be sticky, so keep some extra flour nearby). Use well-floured hands to knead the dough for 3 to 5 minutes, until it's smooth and tacky but no longer sticky. Form into a round, and cut into four pieces.



Merrimack  
Friends & Families



- 4. Working with one piece at a time, roll each into a 6- to 7-inch snake, then pinch ends together to form a circle. Place on the baking sheet and repeat with remaining dough. Brush beaten egg white over the tops and bake for 25 to 30 minutes, until golden brown. Cool on a wire rack.



## Crafters Unite

Stay tuned for upcoming information.



## Book Club

Sending get well wishes to Sandy!!



## Member News & Kudos

Do you have some exciting news you'd like to share about yourself or something you're involved with? Have some news about another member, not necessarily club related, that you think deserves recognition? Births, condolences, promotions, new jobs, new homes, jobs well done, well wishes, etc...send an email come newsletter submission time just like you would do a personal and it'll be listed here. Pictures are welcome as well!

Wishing the best of luck to Wendy Thomas in her run for Dick Hinch's vacated seat!

Barb's daughter made Dean's List (and was SOOO close to President's List) in her first semester in college.

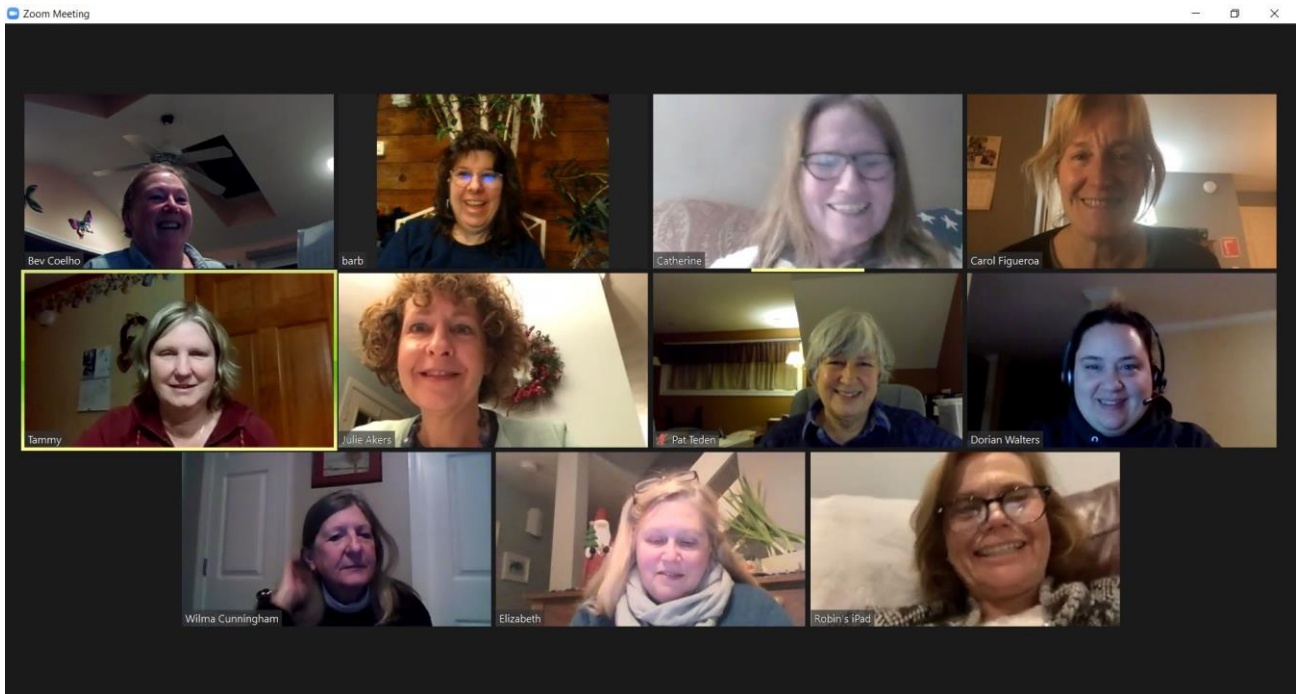


Sending get well wishes to both Sandy George and her husband.

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# Meet The Board

Starting next month we'll be getting to know the board members in this spot. For now, here we are in our current meeting format.



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

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

When you shop at [smile.amazon.com](https://smile.amazon.com),  
Amazon donates.

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

**amazonsmile**

