



## President's Message

*Carol Figueroa*



Happy Spring!!

So excited that April is upon us and the warmer weather! With the warmer weather we may be able to get together socially with family and friends outside. Along with that many of our friends and families have been able to get the vaccine. So that means, we can only hope, that in the coming months that we may truly be able to gather together. Currently there is a group of members that meet every Sunday morning at the outlets for a walk (while wearing masks). If you're up for a stroll with some friends, please consider coming by and walking with them. They get their steps in early in the day and have the rest of Sunday for other activities.

With April also comes the important task of putting together the Board of Directors for the 2021/2022 club year. Please take a moment to complete the nomination ballot that was emailed to you and is also included at the end of this newsletter. You can nominate yourself especially if you are interested in helping run the club. You can also nominate a friend and work the position together. Leslie Haltbakk is our election officer this year, please email the ballot to her at [electionofficer@merrimackfriendsfamilies.org](mailto:electionofficer@merrimackfriendsfamilies.org). A big thank you to Leslie for taking on this important position of putting together the 2021/2022 club year board.

I have been on the board of directors for many years. It has been a fun and fulfilling endeavor for me. I have made lifelong friends on the board and have been able to help and support our club and community over the years. I truly hope that you will consider participating in this aspect of our club. Without our members who volunteer to support the club, we wouldn't be able to do what we do for our members and the community. So please send in those ballots.

As always, I hope you stay well and healthy. And if you need anything please be sure to reach out to any of the board members.



In Friendship,  
Carol



## March calendar

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

DATE	TIME	EVENT
Apr 3	10:30 AM	Walk at the outlets
Apr 11	10:30 AM	Walk at the outlets
Apr 14	7:00 PM	Board Meeting
Apr 18	10:30 AM	Walk at the outlets
Apr 21	7:00 PM	Book Club
Apr 25	10:30 AM	Walk at the outlets
Please see the Evite for additional information		



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## Vice President

*Catherine Pepler*



Spring has arrived!!

Can you believe we are in April already? Hope you had a wonderful Easter and that you received some Easter treats, too! I am sure you are also busy with yard work and getting your gardens cleaned up and doing some plantings. I am very excited to see the beginnings of my perennials popping through the soil. Hoping we are free of any droughts for this year!

What a difference a year makes! We have seen the great strides made with the availability of vaccines and the lifting of restrictions for gatherings. Know we are still very much adhering to the CDC Guidelines to ensure safety and wellbeing for our members. With that watch for outside events to take part. I am so excited that Merrimack Friends and Families has been able to partner with the Town of Merrimack for so many events. It has been wonderful to see the participation and just plain ole fun everyone was having. Keep an eye on the calendar – more coming.

Last month I did a call out for a Nomination Officer to help pull together the 2021-2022 Board. I am very grateful for Leslie Haltbakk for stepping up into this role. Hoping to see a great interest and willingness to serve.

Although I have lived in Merrimack for over 20 years, I traveled extensively for my work not leaving much time to get involved. I joined MFF in late 2019 and have been serving as Vice President, which has been a great experience that has allowed for me to meet a group of wonderful women. Although COVID-19 has caused some challenges for our organization, I found your Board to be so engaging and focused on supporting each other and our community. I am grateful for the friendships I have gained. There are so many more of you in this membership that I look forward to meeting once we are able to begin having events to bring us together.

A little about me. I have 3 married children and 4 grandchildren. My sons live locally and my daughter is in Upstate NY. I retired in 2019 and was fortunate to travel to Ireland for 2 weeks before the pandemic. I enjoy riding my motorcycle and hiking with my dog, Nick. I recently took on a position as the Executive Director for nursing foundation dedicated to providing scholarships and grants to occupational health nurses. Yes, I did say I retired? I am not one to sit idle! I am looking forward to have the ability to travel again.



So, what makes an organization thrive? It's the members! The more involved you are. Your involvement can be an ongoing or short-term project it really is up to you. Take a look at the various committees we have. I bet there is something that may pique your interest. I am aware of the many hidden talents of our members and would love to have you share with our membership. Have an idea of something you would like to share? Have an idea of something that could be of interest to other members? Drop me a note at [vp@mffnh.org](mailto:vp@mffnh.org) There are many things that are able to be done by Zoom such as simple craft, creating a food dish, mixology and many more. I am willing to work with you and host a zoom call. Let's chat about this! The real goal here is to stay connected, get to know each a bit more, have good conversation and fun.

The Board is discovering many fun things to bring us together either through Zoom or a socially distance activity. One of the socially distance events are our Sunday Morning Walks at the Merrimack Premium Outlets. Keep an eye on our calendar of events. Watch for your personal evite to join in the activity. We need you and want to get to know you more. Let's make this that fun year we have all been waiting so patiently to create and enjoy.

Looking forward to when we can comfortably get together.

Be Safe, Be Strong, Be Mighty!  
Catherine M Pepler, MFF VP

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## Treasurer

*Bev Coelho*



Happy Spring! Thank you to all who have made contributions. Whether it was cash donations, volunteering their time, baked goods or contributing items for our service projects.

You all contribute to make Merrimack Friends and Families successful in giving back to our community.

Thanks,  
Bev



Secretary

*Dorian Walters*

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

Ways and Means

*Julie Akers & Robin Johnson*



What a busy winter we had!!! MFF sold food and drinks at all three Winter Warrior Trifecta races at Wasserman Park, participated in the Annual Winter Carnival by selling baked goods and chili, and in February MFF was one of the recipients of River Casino & Sports Bar's charitable gaming donations. We are going to take a break for the month of April but we may get involved in the celebration of Merrimack's 275th Anniversary. Thank you to everyone who volunteered or donated to all our events this winter. It was great to see you all at so many covid-19 safe outings.

Service

*Tammy Ditman & Pat Teden*



Medical personnel cards that we wrote in February were distributed and were received with much appreciation by recipients.

You will remember we decided to not write appreciation cards to the teachers and staff within the Merrimack School system due to volume and opted instead to have posters express our



appreciation. Posters are now printed and will be delivered to Merrimack public schools (two posters for each school) and the Superintendent’s office (1 copy) soon. Hope you like the design!

The Merrimack Welfare Department requested 32 Easter baskets this year! Must be a record number but MFF was up for the challenge. Easter baskets were filled last week on the same night MFF filled plastic Easter eggs for last weekend’s Merrimack Parks & Rec Drive-through event. The Easter baskets have been delivered to our Welfare Department. Each basket is colorful and ‘full’ --- candies, eggs, a toy, a book, a chocolate bunny, a stuffed animal ---- sure to bring a smile to 32 faces.

Whew! Our project for April is cards of appreciation for Merrimack Police and Fire/EMT Departments. Please try to complete those cards by **4/15/21**.



Love our Service Projects ----  
Pat and Tammy

## Membership

*Wilma Cunningham & Beth Voorhees*



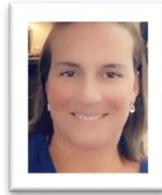
We are inviting anyone interested to join us as we walk Sunday mornings. If you have a friend or neighbor interested in our group, we’d love to have them join us. Looking forward to warmer weather to hold informational ice cream/ coffees/wine nights at outdoor venues.

Wilma & Beth



Publicity

Beth Milliken



PLEASE SEND ME PICTURES!! Social media is so important in order for people to learn more about us. If you do anything with members, please make sure that you send me a picture or two, and let me know a little about what you did. The more we share, the more we are seen! It's spring and hopefully you can all get out more and enjoy! Some examples of our social media pictures are here. Pictures really help!

Even if you aren't with other members, but go somewhere nice or special, take an awesome hike, anything else that you think people might enjoy, take pictures and send them my way. It would be great for people to get an even better glimpse into our membership.

Please send to [publicity@merrimackfriendsfamilies.org](mailto:publicity@merrimackfriendsfamilies.org).



Enjoy the warming weather!  
Beth



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# Happy Birthday!!



Jill O	4/08
Barb A	4/20
Sue G	4/21
Deana H	4/24
Linda V	4/25

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## Interest Group Happenings

### Secret Sisters

Hello, Secret Sisters! If for any reason you did not receive (or deliver) your March gift, please let me know and I'd be happy to assist.

For April, you are once again on your own delivering your gifts to your SS. Keep doing what you're doing – it's working! We still plan to get together on Tuesday, May 25, for our final "Reveal" potluck party, so please save the date! Fingers crossed...

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 the 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 our newsletter editors, and they'd be happy to publish it.

Again, thank you for your participation. We hope everyone remains healthy!

Regards, Jill



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## Fitness Friends

Join us Sunday mornings for walking at the Outlets before the stores open. Watch for the e-vites.

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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.

Recipe: Taco Chicken

Boil & cube 1 chicken breast per person

Add (per 3-4 servings):

- 1 can cream of mushroom soup
- 1 can mild enchilada sauce
- 1 chopped onion

In greased 9 x 13 baking dish crumble tortilla chips to cover bottom

Pour on chicken mixture

Top with grated cheddar cheese (1 cup per 3-4 servings)

Cover again with crumbled tortilla chips

Bake at 375 for 30-40 minutes.



Merrimack  
Friends & Families



## Crafters Unite

Stay tuned for upcoming information.



## Book Club

I want to thank everyone for participating in a great discussion about the book The Confession Club on Saint Patrick's Day. I think the book gave us all a different way to view homelessness. People had mixed feelings about the book because there were so many characters and the book (despite being touted as a stand-alone book) was part of a series that we think would have filled-in some of our questions. There were so many intertwined stories it gave us a lot to discuss.

The book for our April 21 meeting is My Own Words by Ruth Bader Ginsburg. The book chronicles Ruth's writings and speeches dating back to the eighth grade. So far I am fascinated to learn about her story. We will continue to meet by Zoom for the time being. I am hoping to be able to meet in person for our June meeting.

I'm looking forward to our next meeting.

Sandy George



## 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!



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# Meet The Board

## Catherine, VP

Included in her VP writeup.

## Wilma, Membership

I moved to Merrimack from out of state 8 years ago. One of my daughters was a resident of Merrimack and had been very involved in MFF. I reluctantly joined, but it was the best decision! I meet the most amazing women, as well as their terrific families. Joining the club has given me the opportunity to take part in so many wonderful town and charitable events, and a variety of social opportunities.

## Julie, Ways and Means

I moved to Merrimack 25 years ago. I joined MFF when my children became teenagers, needed me less and I wanted to meet new friends. Movie nights, recipe swaps, going on hikes, wine nights and helping with community service projects were great, fun ways to get to know new people and get involved with our town. I've volunteered on the MFF Board in different roles and I encourage others to check out our club.

## Barb, Newsletter

I've lived in Merrimack since Sept 2013, having moved from Nashua. I'd always seen the signs around town for the yard sale and wanted to learn more. Attended a Buckley's coffee and joined then and there. I've enjoy getting to know and being involved with others in town and helping the town out in return. Looking forward to getting back to more social activities but am very grateful for the connections we've kept up through Covid.



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



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## NOMINATION BALLOT

### MERRIMACK FRIENDS & FAMILIES

### 2021-2022 BOARD OF DIRECTORS

Please use this form to submit all nominees for positions on the 2021-2022 Board of Directors. Nominate one person for each position, unless otherwise specified. Please be sure to check with your nominee first. Questions regarding the duties of any positions may be submitted to the current board member(s). You can nominate any member of the club that you would like to see fill these positions, (except the President, who must have served on a previous years' board.) **Self-nominations are also very welcome!** As with any voting process, the more people who participate, the more representative the results will be. Your nominations are very important. Please see Duties of the Officers for description of the position.

All nominations are due to the Election Officer before **midnight on April 1st**. Forms may be mailed to Leslie Haltbakk *Election Officer, 86 Merrimack Drive, Merrimack, NH 03054*, or submitted via e-mail to: [electionofficer@merrimackfriendsfamilies.org](mailto:electionofficer@merrimackfriendsfamilies.org).



<b>YOUR NAME</b> (Must be Included for ballot to be valid)	
<b>2020 - 2021 BOARD</b>	<b>2021 - 2022 Nomination</b>
PRESIDENT Carol Figueroa	
VICE PRESIDENT Catherine Pepler	
SECRETARY Dorian Walters	
TREASURER Bev Coelho	
WAYS & MEANS (nominate 2) Julie Akers Robin Johnson	
MEMBERSHIP (nominate 2) Wilma Cunningham Beth Voorhees	
PUBLICITY Beth Milliken	
NEWSLETTER EDITIOR Barb Asketh	
SERVICE COORDINATOR (nominate 2) Tammy Ditman Pat Teden	

