



President's Message

Carol Figueroa



Welcome March!

Spring will officially arrive on March 20th and I am looking forward to the warmer days so that we can get outside. My family is also looking forward to the warmer days and the longer days since the clocks moving forward on March 14th. So, don't forget to spring ahead for daylight savings time!! This month we will begin the process of the putting together the new Board of Directors for the next club year – 2021 -2022!! You will receive an email from the Election Officer who is responsible for soliciting nominations for the 2020-2021 Board of Directors. I hope you will consider sending in your nominations or even consider nominating yourself to a position on the board. 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 47 years!!

When I joined Merrimack Friends & Families in 2006, I was ready to get involved with this club that was doing so much to support our community. I was also looking to meet some women from the Merrimack community. Through the club I've made some wonderful friendships which I cherish. I've also had the opportunity to be on the Board of Directors in various rolls over the years. I've enjoyed many aspects of the board especially getting to know the wonderful women that I've worked with on the board. We have worked hard to support the club's two-part focus of being a both social and service organization. It has been challenging this past year because of Covid-19 but I hope that as more people are vaccinated and the infection rates go down, we will be able to meet again in person and do what we do best – have fun and support our community.

As you may know, we are co-sponsors of the Easter Egg Hunt with Merrimack Parks and Recreation Department. Because of the restrictions still in place, this year's event will be held at the Merrimack Town Hall as a drive through event on Saturday, March 27th. We will be hosting the Easter Bunny who will be handing out bags of eggs to the participants and also having an Easter themed bake sale. Please be sure to respond to the Evite if you can help out Ways and Means with the bake sale.

As always if you have any questions or concerns please reach out to any of the board members. We look forward to hearing from you.

Stay well and have a wonderful month. Spring is around the corner!!
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
Mar 6	10:30 AM	Walk at the outlets
Mar 10	7:00 PM	Board Meeting
Mar 13	12:00 PM	Winter Warriors #3 @ Wasserman
Mar 14	10:30 AM	Walk at the outlets
Mar 17	7:00 PM	Book Club
Mar 21	10:30 AM	Walk at the outlets
Mar 27	10:00 PM	Easter Egg Hunt
Mar 28	10:30 AM	Walk at the outlets
Please see the Evite for additional information		

Vice President

Catherine Pepler



Dear MFF Members!

Not sure if you feel the same way in that the months are flying by! March means soon we will be enjoying the blooms of Spring and daylight getting longer. We are at that time of year that we seek nominations for the board. I recently sent a letter asking if you might be willing to step up as our 221 Nomination Officer. It may seem a bit intimidating to what the role entails. Not to worry, I will work closely with you. And you don't have to start from scratch as we have templates.

Have you been watching the calendar become populated with events and activities? Evites are sent out with more details and inviting you to join in the fun. Have an idea of something that could be of interest to other members? Drop me a note at 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.

Looking forward to when we can comfortably get together.

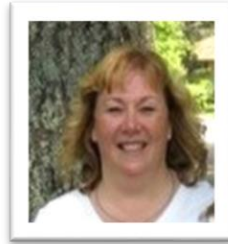
Be Safe, Be Strong, Be Mighty!

Catherine M Pepler, MFF VP



Treasurer

Bev Coelho



We continue to raise small amounts with the Winter Carnival and the Winter Warrior races. We continue to have deposits to our charitable fund through Amazon Smiles and David Simek, a friend of MFF's, who continues to support MFF through the United Way. Thank you to our members who use Amazon Smiles and David for his generosity.

Thanks,
Bev



Secretary

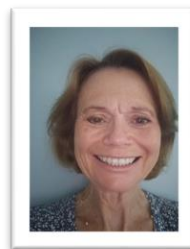
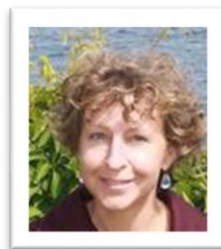
Dorian Walters

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



Ways and Means

Julie Akers & Robin Johnson



With three events, February was a busy month for MFF fundraising. Thank you everyone for participating in the second Winter Warrior race and the Winter Carnival and for signing in for the charity fundraising event at River Casino. It's great that Merrimack Parks and Recreation can continue to put on fun Covid compliant events to keep Merrimack residents engaged.



March is another busy month with two events coming up. On Saturday March 13th at noon the final Winter Warrior Trifecta Race "Turn Up the Chili 6K" will take place. MFF will be selling baked goods, chili and drinks. Please watch for an evite to sign up to donate bake sale items or to volunteer an hour or two for this fun community event.

Merrimack Parks and Recreation and MFF will be holding a Drive Thru Easter Egg Hunt on Saturday March 27th, between 10 am and noon, at Town Hall. Participates will drive thru and receive a bag of filled easter eggs for families to have their own Easter egg hunt at home. MFF will be selling Easter themed baked goods at this event. Prior to the event, MFF will be filling and bagging the Easter eggs provided by Merrimack Parks and Recreation. Please look for evites to help fill and bag the Easter eggs and to donate baked goods and volunteer for this event.

Service

Tammy Ditman & Pat Teden



MFF is continuing the initiative to thank front line workers who are bearing the brunt of keeping our society functional during the time of COVID.

- Medical personnel: approximately 150 thank you cards were written. They will be sorted into five groups (authors to be mixed throughout) and distributed to five medical facilities to share with their staff. Thank you to everyone who wrote notes !!
- Teachers and school support staff: we agreed that the total number of notes required was a bit much for our group. We looked into creating appropriate appreciation/thank you posters to be displayed in each Merrimack public school, and found a cute poster that fits this purpose. We just received price estimate from the printer. The Board will make a decision whether to move forward with this expense.
- Police, EMTs, Fire Fighters: volume goals for this group have not been determined yet. Once done, we'll follow the same process as was followed for Medical frontline workers.

We also expect to hear from the Merrimack Welfare Department concerning requests for Easter Baskets soon.

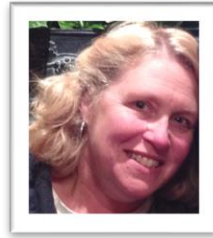
Love our Service Projects ----
Pat and Tammy





Membership

Wilma Cunningham & Beth Voorhees



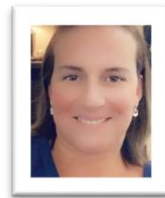
We are inviting any one interested to join us as we walk Sunday mornings. If you have a friend or neighbor interested in our group, we'd love to have them join us. Perhaps we can get a snow shoeing event in place; otherwise, membership is just waiting for warmer weather to hold informational ice cream/ coffees/wine nights at outdoor venues.

Wilma & Beth



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



Happy Birthday!!



Bunny K	3/18
Catherine P	3/28

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.

Please save the date for our final "reveal" party on Tuesday, May 25.

Again, thank you for your participation.

Regards,
Jill Mitchell



Fitness Friends

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



Lunch Bunch

Stay tuned for upcoming information.

Ladies Night Out

Stay tuned for upcoming information.

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.

Chicken and Broccoli Stir Fry

- Prep 12 m Cook 18 m Ready In 30 m

Ingredients

- 1 pound boneless skinless chicken breast, cut into 1-inch pieces
- 2 garlic cloves, finely chopped
- 2 teaspoons finely chopped ginger
- 1 cup chicken broth
- 3 tablespoons soy sauce
- 2 teaspoons sugar
- 2 cups broccoli flowerets
- 2 teaspoons cornstarch

Instructions

1. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Add chicken, garlic and ginger. Fry 2 to 3 minutes or until chicken is brown. (or use a seasoned Wok)
2. Add 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring twice.
3. Add broccoli. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and broccoli are crisp-tender.
4. Mix cornstarch with remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened.

Chicken and Broccoli Stir Fry



Crafters Unite

Stay tuned for upcoming information.

Book Club

We had a great zoom meeting in February to discuss two books. The first book was The Book Woman of Troublesome Creek by Kim Richardson which was a very interesting read talking about the blue-skinned people of Kentucky and the Kentucky Pack horse library service of the 1930s. This was a part of US history I was not familiar with at all but it seems my children had heard of it at some point in school. If you missed the meeting there is a discussion you can join on March 25th at 8 pm this will be held by the "Bookaccino Live" Book Group whose guest will be Kim Michele Richardson, the author of THE BOOK WOMAN OF TROUBLESOME CREEK. The event will take place on Thursday, March 25th at 8pm ET. Copy this link into the address bar and register to join the discussion: https://uso2web.zoom.us/webinar/register/WN_WymMp8qtTk-Mj-gCa2n2UQ

We also discussed Circe by Madeline Miller. **"A bold and subversive retelling of the goddess's story," this #1 New York Times bestseller is "both epic and intimate in its scope, recasting the most infamous female figure from the Odyssey as a hero in her own right" (Alexandra Alter, *The New York Times*).** Our group was not that impressed with the story. Most of us felt we needed to get quite far into the story before we enjoyed our reading. We also felt that the story seemed choppy and hard to follow with too many characters to keep track of.

For the March 17th meeting we will be discussing the Confession Club by Elizabeth Berg. This story is said to be a heartwarming story about friendship, love, honesty, and second chances. It is supposed to be a quick read which is good because I did not ask the library early enough to have the books at the library for February 17th. When this makes the newsletter the books should be available though.

I hope to see many faces for the March 17th meeting at our Zoom meeting.
Stay warm, stay safe. Get your shot if you can.

Sandy



Merrimack
Friends & Families

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!

Meet The Board

Starting next month we'll be getting to know the board members in this spot.

Don't forget to support us while you shop!

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

When you shop at smile.amazon.com,
Amazon donates.

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



