



WELCOME MAT, APRIL 2010

Merrimack Friends and Families

Volume 9, Issue 6

March 2010

A Note from the President

Annette Kiesow

Hi Everyone!

As I write this, it's pouring buckets, but hey, the bright side is - it's not snowing! Yes, spring is really here, and that means it's time for...MFF

Board Nominations!

Have you ever considered being on the Board? Nominate yourself! Want to be more involved but aren't sure how? The Board is perfect for you! Have you served on the Board before and think you'd

make a pretty good President? Step up! Know someone in the club who you think would be perfect for any of the positions? Nominate them! Anyone in the club is eligible

for any Board position, with only one exception; the President must be someone that has served on the Board any time in the past.

If you have any questions



about what Board members do, ask us! Seriously though, being on the Board is one of the best things I have ever done. The sense of service, of accom-

plishment, and of friendship is amazing.

You will find a nominations ballot attached to this Mat, in your email from Jen Nigg, or on our website. Please fill one out and either send it to Jen via email (electionofficer@merrimackfriendsfamilies.org), or mail it to her at 4 Short Street, Merrimack, NH 03054, or bring it to the potluck Membership Mixer on April 20th.

Nominations must be received by midnight on April 23rd.

The more ballots we receive the better, so please fill one out right away!

See you soon!

Annette



Annette Kiesow
President
president@merrimackfriendsfamilies.org



Julie Akers
1st Vice President
firstvp@merrimackfriendsfamilies.org



Nicole Cusimano
2nd Vice President
secondvp@merrimackfriendsfamilies.org

Membership Mixers

Julie Akers, 1st VP

Hi Ladies, I'm so happy it's finally Spring, crazy weather and all. Instead of our usual Membership Mixer we are doing something a little different this month. On Tuesday, April 20 bring your whole family to Wasserman Park for a

potluck dinner. Bring along some food or drinks to share, meet everyone in the main function hall and enjoy a meal with friends. We'll start dinner at 6:00 since it's a school night and at 7:00 there will be a live animal show by Critters 'n Creatures. Be sure to bring

your camera because after the show there will be a short photo-op time so you can snap a few pictures of your child holding one of the animals. I think this will be a great family event and I hope I'll see you there!

Inside this issue:

Interest Groups	2
Birthdays	2
Service	3
Love Notes	3
Calendar	4
Ways & Means	4
Recipe	5



Secretary

Sue Geyer

secretary@merrimackfriendsfamilies.org

I hope everyone is enjoying the spring & hints of summer we are getting. Happy Birthday to all our April & May Birthdays!

April

- 8-Jill O'Toole
- 10-Jane Cottrell
- 14-Annette Kiesow
- 21-Sue Geyer
- 24-Deana Haddad
- 24-Olivia Holm
- 26-Heather Sullivan
- 29-Serena Caesar
- 29-Serena Caesar



May

- 3-Jan White
- 5-Kelly Mor
- 10-Christina McKillop
- 12-Marie Belter
- 13-Amy Lodge
- 27-Helen Bevis
- 29-Dorian Walters
- 29-Lori Williams
- 3-Jan White



Service

Carol Figuerroa & Dorian Walters

service@merrimackfriendsfamilies.org



Thank you to all the members who helped this year with the Easter Basket Service Project. We put together 38 Baskets this year. It was a huge success and the families that benefited were very grateful. Please see note from Pat Murphy.

Hi Carol,

I passed out the last set of Baskets on Thursday and I have to tell you it is one of my favorite projects. The baskets are always so colorful and full of wonderful treats and age appropriate items. It is amazing how much all those treats add up and that is why I had so many grateful families.

Please pass on my thanks and gratitude to all your members



Basket Assembly at March Membership Mixer

and yourself for continuing this project and the countless hours that it took you all to fund raise and put together these wonderful measures of kindness.

I hope to all who celebrate Easter in Merrimack Friends and Families that they have a peaceful and joyous holiday with their families.

Best to you and your family and thank again,

Pat Murphy

Coming up this spring we will have a food drive for St. John Nueman and participate in a blood drive for the American Red Cross. Keep an eye out for the EVITE. Have a wonderful Spring!!

Publicity

Amy Bewley • publicity@merrimackfriendsfamilies.org



Thank you for all the great submissions. Hopefully you should be seeing some of the great pictures of the Easter Basket assembly as well as the lovely ladies who helped work at the Families in Transitions store in the Merrimack Journal and Nashua Telegraph soon.



Ways and Means

Christina McKillop & Melissa Winters

waysandmeans@merrimackfriendsfamilies.org



Let's hope we're well into spring by now! Since we were *snowed out* in February for our potluck & raffle, we'll raffle off 2 Cinemagic movie passes, babysitting services from our own Sue Geyer, AND a \$25 gift card for Amigo's at the next Membership Mixer on April 20th.

Many thanks to Amigo's for their donation

from the March Ways & Means Cashola. While the actual contribution was \$27 (based on \$270 in sales), they contributed \$50 to our charitable fund.

Join us on **Wednesday, April 28th** at Amigo's for Cashola day. We'll receive 10% of the purchases; however you **must** present the special flyer in order to participate. See page

6 for a copy. Contact Christina or Melissa if you have any questions. Please make copies and share with your friends!

As you're doing your spring cleaning, please keep in mind the MFF yard sale, which takes place next month!

Thanks for your continued support!



Love Notes



Amigos:

Calling all Amigos! We will be doing a great Service Project this month in honor of Earth Day. We will be cleaning up the area around the Norma French Playground signs again this year. Pulling weeds, planting flowers and then putting down fresh mulch. All of the supplies for this are being donated by me so you just need to come with a great attitude and ready to have some fun while we do a good deed! This will be on Saturday April 24th in the morning. We also will have a "fun" Amigos event this month, stay tuned for more details!

Annette,
Great job on a successful Easter Egg Hunt! - Amy B

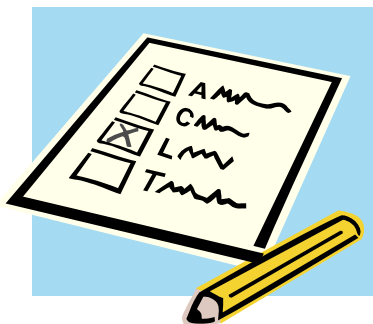
Annette, Nicole, Melissa, Casey & Helen,
Thank you ladies so much for joining me in the MS walk this month. I really appreciate your friendship and support. -Amy B

Carol & Dorian, You did a great job with the Easter Baskets this year. They looked great and I am sure that all of the families were very grateful to received these for their children. -Amy B

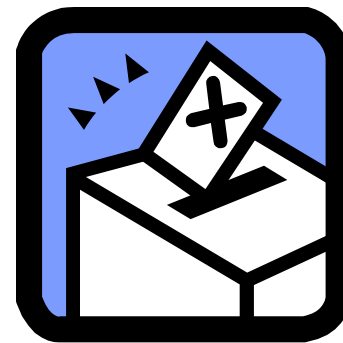
To Deb Day:
Thanks for hosting the Book Club discussion at your home!
Rachelle

Melissa - Thank you for helping deliver the Easter Baskets to the Town Hall. There was quite a few to deliver on that rainy Monday morning. Carol

Sue, Thank you so much for helping me with my Destination Imagination Appraiser dilemma. Dave and Rachel both really saved the day for me, and I appreciate it very much. To give up so many Saturdays with the training and appraising for two tournaments each was really above and beyond and I can't thank you enough. -Amy B



Vote for our new
Board of Directors
for 2010-2011
Cast your ballot at the Membership
Mixer 4/20!
See Page 8 for a ballot



April 2010

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Easter	5 Out to Lunch	6	7 Recipe Swap	8	9	10 Club Poker
11	12	13	14 Book Club	15	16	17
18	19	20 Membership Mixer	21 Health & Fitness	22 One Night Stand	23 Out to Lunch	24 Amigos
25	26	27	28 Cas-hola	29	30	1 Club Poker

- 4/5, 9 AM—Out to Lunch Bunch @ Karen's Kitchen
- 4/5, 7 PM—Board Meeting
- 4/7, 7 PM—Recipe Swap
- 4/10, 7 PM—Club Poker
- 4/14, 7 PM—Book Club
- 4/20, 6 PM—Membership Mixer @ Wasserman—Potluck Dinner!!
- 4/22, 7 PM—One Night Stand @ Common Man
- 4/23, 1 PM—Out to Lunch @ Silver Maple
- 4/24, 10 AM—Amigo's Earth Day Cleanup # Wasserman Park
- 4/28, 11:30 AM-10 PM—Cashola Night @ Amigo's

Mark Your Calendars!

Saturday, 5/1—Club Poker

Wednesday, 5/5, 7 PM—May Recipe Swap

Saturday, 5/8—Hannah's Helpers

Wednesday, 5/12—Book Club

Tuesday, 5/18—Membership Mixer

Saturday, 5/22—Spring Yard Sale

CRITTERS 'N CREATURES
LIVE ANIMAL SHOWS

CRITTERS 'N CREATURES
VISIT OUR WEBSITE AT:
www.crittersncreatures.com
to meet all the Stars of our Shows

CONTACT US:
CALL: Mona at 603-867-2223

EMAIL:
crittersncreatures@comcast.net

Our website lists the various shows and options available. You can choose one of our standard shows or we can customize a show just for you at no extra charge.

We are a state licensed and USDA inspected facility.

Recipe Swap

Jill Mitchell & Caroline Nigen

recipeswap@merrimackfriendsfamilies.org

Is it summer yet? Thank you, Julie Akers, for hosting the Soups & Stews Recipe Swap in March. It was so much fun, very relaxing, and very tasty! We had everything from French onion soup to chocolate fondue - it was wonderful! And please try Stacie O'Connell's easy recipe for *Three Bean Taco* soup while there's still some cool nights on the horizon - so delicious!

Recipe Swap is a fantastic way to try new food, make new friends, and enjoy an evening out. We have more fun swaps planned for 2010! All you have to do is make a dish according to the theme, bring copies of your recipe to share, and come and enjoy! Be sure to also bring some plastic containers for some great leftovers!

We have decided to do away with the competitive voting system - instead, everyone should bring a \$1 donation to help defray the costs of hosting these swaps. If you don't have time to cook, but would still like to attend, just bring a donation in lieu of a dish. All remaining funds will be donated to MFF at the end of the season. Keep on the lookout for an Evite in your

inbox!

We will continue to get together on the first Wednesday of every month. On April 7th we will be swapping our favorite casserole recipes (anything that can be prepared in a casserole dish) at Nancy Phillips' home. And on May 5th we'll be cook-

ing up some international cuisine for Cinco de Mayo at Joyce Dahl's house. If you have any questions about the group, feel free to contact either one of us.

We are looking forward to many more fun-filled and yummy Swaps!

Jill & Caroline

Three Bean Taco Chili Soup

Ingredients:

2 lb ground beef	14 1/2 oz stewed tomatoes
2 C water	8 oz tomato sauce
16 oz refried beans	1 C chunky salsa
16 oz kidney beans, drained/rinsed	1 envelope taco seasoning
15 1/2 oz chili beans, undrained	2 1/4 oz sliced olives (optional)
15 1/4 oz whole kernel corn, drained	4 oz shredded cheese

Directions:

On the stovetop or in a Dutch oven, cook beef over medium heat until no longer pink; drain. Stir in water, refried beans, kidney beans, chili beans, corn, tomatoes, tomato sauce, salsa, taco seasoning and olives (optional). Bring to a boil. Reduce heat; simmer uncovered for 10 minutes. Sprinkle with cheese. Yields: 9 servings.

MERRIMACK PTA KINDERGARTEN AND PRESCHOOL



Phone-In Registration, January 15th, 2010

9:00a-12:00p at 883-4818

3 year olds 9am-12pm T/TH

4 year olds 9am-12pm plus "Step Up" M/W/F

Kindergarten 9am-1pm M-F

10 Depot Street, Merrimack

424-3535

www.merrimackpta.com

Better
Homes
and Gardens
REAL ESTATE

THE
MASIELLO
GROUP



SHERRE
DUBIS
REALTOR®

sherredubis@masiello.com

LICENSED IN NH

603.889.7600 x801 Office
603.320.8560 Mobile
800.639.2142 Toll Free
603.889.6938 Fax

436 Amherst Street
Nashua, NH 03063

www.masiello.com

Each Office is Independently Owned and Operated.

Interest Groups

Book Club

April book discussion: **Those Who Save Us** by **Jenna Blum**. For fifty years, Anna Schlemmer has refused to talk about her life in Germany during World War II. Her daughter, Trudy, was only three when she and her mother were liberated by an American soldier and went to live with him in Minnesota. Trudy's sole evidence of the past is an old photograph: a family portrait showing Anna, Trudy, and a Nazi officer, the Obersturmfuhrer of Buchenwald. Driven by the guilt of her heritage, Trudy, now a professor of German history, begins investigating the past and finally unearths the dramatic and heartbreaking truth of her mother's life.

The discussion for *Those Who Save Us* will be on the second Wednesday of the month, April 14, 2010 at Vivian Dano's home. Look for the invite!

In May we will be reading **Nefertiti** by **Michelle Moran** - an historical fiction depicted from the eyes of Nefertiti's sister. From the moment of her arrival in Thebes, Nefertiti is beloved by the people but fails to see that powerful priests are plotting against her husband's rule. The only person brave enough to warn the queen is her younger sister, yet remaining loyal to Nefertiti will force Mutnodjmet into a dangerous political game; one that could cost her everything she holds dear. The discussion for this book will be the second Wednesday, May 12th at Sandy George's home.

~ Rachelle

Amigos

Calling all Amigos! We will be doing a great Service Project this month in honor of Earth Day. We will be cleaning up the area around the Norma French Playground signs again this year. Pulling weeds, planting flowers and then putting down fresh mulch. All of the supplies for this are being donated by me so you just need to come with a great attitude and ready to have some fun while we do a good deed! This will be on Saturday April 24th in the morning. We also will have a "fun" Amigos event this month, stay tuned for more details!

~ Amy Bewley

Out to Lunch

For April we will be going back to a favorite and trying something new. On Monday April 5th we will head back to Karen's Kitchen on 101 in Bedford for breakfast. On Friday April 23rd we will be going to lunch at the Silver Maple in Merrimack (in the old Shaw's Plaza near the liquor store). We hope you get a chance to come join the fun. Watch the calendar and evites for more in May. Happy Spring!

~Nancy and Sue



Jan White, Karen Davis, Becky Flanders, Sue Geyer, Jackie Stout.
Out to Lunch Bunch at Amigo's

Health and Fitness

Get off the couch, and on your way to running a 5K in by June 1st!

In April Health and Fitness Committee is starting up our Couch to 5K team again!!! We hope you can join us on Tuesday and Thursday mornings at 9:30 - meet in the parking lot of Family Chiropractic of Merrimack on 36 Baboosic Lake Road. We will be creating an email list of those individuals interested in more information and/or in participating with us, so please reply if you are interested in

being a part of that email group. Even if you can not join us, we will be emailing out instructions to that group for each week, so you might find all the information helpful for doing the program on your own.

Couch to 5K

9:30 Tuesday / Thursday mornings starting April 6th. <http://www.c25k.com/>

GOAL: Run the Hollis FAST 5K on June 10th: <http://www.coolrunning.com/major/10/hollisfast5k/>



Amigo's cleanup crew from last year

Week 1:

Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Hope to see many of you there! Please Contact us with any questions.

Cheers to your health,
Laura & Nicolle (Amy too when she can make it!)

Classified Ads

For rent this summer on Cape Cod is a three bedroom cottage. It is located on a quiet street in Dennisport. From the cottage is a very short walk to Sea Street beach. You can also take a short drive to any of the other wonderful Dennis beaches nearby. There is also easy access to Route 28 which brings you to Hyannis or Provincetown. If you enjoy biking, you can access the Cape Cod Rail Trail from Dennis. So, if you're looking for something to do this summer and don't want to travel too far - consider Cape Cod. We still have three weeks available!! Also, if you're planning a fall vacation, then consider renting off season in September or October. It is beautiful on Cape Cod in the fall. Please contact Carol Figueroa for more information at cmfigueroa@comcast.net or 880-8152.



Amigos

Mexican Cantina

Merrimack Friends & Family Community Fundraiser

*MFF Ways & Means fund will earn 10% of the sales made
by our families and friends during this time.*

Make sure to provide this certificate when ordering!

When: Wednesday, April 28th

Time: 11:30 am – 10pm

Where: 75 DW Highway

***Come enjoy some great food, and support
MFF Ways & Means too!***



NOMINATION BALLOT
MERRIMACK FRIENDS & FAMILIES
2010-2011 BOARD OF DIRECTORS

Please use this form to submit all nominees for positions on the 2010-2011 Board of Directors. Nominate one person for each position, unless otherwise specified. 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. Your nominations are very important.

All nominations are due to the Election Officer by **midnight on April 23rd**. Forms may be left in the ballot box at the April membership mixer, mailed to Jen Nigg, Election Officer, 4 Short Street, Merrimack, NH 03054 or submitted via e-mail to electionofficer@merrimackfriendsfamilies.org

Click in the boxes and type in a name:

YOUR NAME (must be included for ballot to be valid)	
---	--

2009-2010 BOARD

2010-2011 Nomination

PRESIDENT <i>- Annette Kiesow</i>	
1st VICE PRESIDENT <i>- Julie Akers</i>	
2nd VICE PRESIDENT <i>- Nicole Cusimano</i>	
SECRETARY <i>- Sue Geyer</i>	
TREASURER <i>- Tanya Rivard</i>	
WAYS & MEANS (nominate 2) <i>- Melissa Winters and Christina McKillop</i>	
MEMBERSHIP (nominate 2) <i>- Joyce Youngman Dahl & Lorene Miller</i> (Note: Joyce cannot be nominated for Membership again this year due to term limits)	
PUBLICITY <i>- Amy Bewley</i>	
NEWSLETTER EDITOR <i>- Beth Bouchard</i>	
SERVICE COORDINATORS (nominate 2) <i>- Carol Figueroa & Dorian Walters</i>	