



WELCOME MAT, FEBRUARY 2010

Merrimack Friends and Families

Volume 9, Issue 5

February 2010

A Note from the President

Annette Kiesow

This is the time of year when every day feels like the movie *Groundhog Day*. Whether you get up at oh-dark-thirty to go to work, or get the kids off to school, or take care of little ones at home, or whatever it is you do every single day, the middle of winter can be such a bummer. Lucky for all of us we have our MFF girlfriends to make plans with and give us something to look forward to! There is always something on our calendar to fit every schedule and interest!

Remember that we have an [online calendar](#) that is constantly updated. In fact, if you

sure to check the [calendar](#) first to see what dates are available!

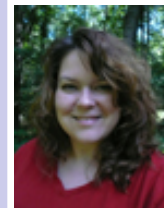


I also wanted to remind you all that, in addition to our own [website](#) we also have a [Facebook group](#) that I would love to see used by more members. It's a great place to connect with your friends, ask questions, give and get business recommendations, and promote the club to the public. The more we use it, the better resource it will be!

By the way, do you sometimes forget when our events are?

are planning an interest group event or a one-night-stand, be

See you soon! Annette



Annette Kiesow
President
president@merrimackfriendsfamilies.org



Julie Akers
1st Vice President
firstvp@merrimackfriendsfamilies.org

Membership Mixers

Julie Akers, 1st VP

Hi everyone and Happy Valentine's Day! Last month Barbara Kimball gave us a country line dance lesson at the January Membership Mixer. She taught us some great moves, we all laughed a lot and I realized that I definitely have two left feet. Seriously though, it was a great workout and we all had a blast. She teaches line dancing at Saint Louis Church

at 50 West Hollis St. in Nashua from 7-9pm. The class is \$30/6 weeks and the next session starts in February. Call Sandy George at 494-7802 if you have questions.

will begin right at 6:00 so the younger family members aren't out too late. After dinner we'll have a live animal show from Critters 'n Creatures. There will be some soft and fluffy animals, some reptiles, and exotic animals too. Watch for the Evite to sign up to bring some food to share. Can't wait to see you there!
Julia

On Wednesday, February 16 bring your family to Wasserman Park for a Potluck Dinner (instead of our usual meeting at the YMCA). Dinner



Nicole Cusimano
2nd Vice President
secondvp@merrimackfriendsfamilies.org

Interest Groups

Nicole Cusimano, 2nd VP

We are a busy bunch! In addition to our regular interest group events, we had three different "One Night Stands" last month; thanks to Annette,

Sue and Melissa for organizing them for us. February is full of fun activities. Remember the club calendar is always available at the club

web site if you need help planning ahead.
Nicole

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Secretary

Sue Geyer

secretary@merrimackfriendsfamilies.org

Hoping everyone is surviving the winter well. I know I'm ready for some spring flowers! And Happy Birthday to all our February and March Birthdays.

February Birthdays

- 2-Audra Burns
- 5-Beatrice Bissonette
- 5-Nancy Carpenito
- 9-Donna Frank
- 22-Paula Passerini
- 22-Karen Sedlar



HAPPY BIRTHDAY!

March

- 12-Nicole Williams
- 17-Tammy Carlson
- 20-Casey Strickulis
- 31-Janet Krupp

Interest Groups

Book Club

The next book we will be discussing is **The Glass Lake by Maeve Binchy**. Night after night the beautiful woman walked beside the serene waters of Lough Glass. Until the day she disappeared, leaving only a boat drifting upside down on the unfathomable lake that gave the town its name.

If you don't finish the book or haven't had time to read it you are still welcome to come and socialize. We will be meeting on **Wednesday, February 10 at 7:00 PM** at Deb Day's home. See Evite for details. March book discussion: Those Who Save Us by Jenna Blum

Rachelle

Ladies Night Out

Hi Ladies! Darlene and I are excited to let you that we have finally planned another LNO for Thursday, February 11th at 7:00 p.m. The place is Cancun restaurant in Bedford. It's under new ownership as of a week ago and the owner has been kind enough to offer us half-price bottles of wine, and \$1.00 off all appetizers...what a deal!! Mark it down and as usual we LOVE to see new members. We'll be sure that you feel right at home.

Darlene & Marie

Poker

Now that you beginners have had a chance to play Ladies Only Poker, it's time to step it up and show the men how it's

done!!! There will be a regular club poker game on Saturday, February 6th at Serena and Rick Caesar's. Bring a spouse, significant other, friend or fly solo!! Watch for the evite for further information.

Having trouble finding a sitter but still want to play? Consider hosting a game. We are still looking for hosts for March and May for regular poker, as well as Ladies Only for the rest of the year. Please let us know if you are interested.

Jen & Kat

Amigos

Amigos will be rescheduling our sledding event this month. Watch for the Evite for more information! Keep collecting your coupons for our troops and their families stationed overseas!

Amy

Out to Lunch

We have been having a great time with the Out to Lunch Bunch, we hope you can join us soon for some of the fun. Its a great chance to do things in the middle of the day, meeting up with old friends and making new. On Monday, February 8th we will be meeting

at Out of the Woods for coffee. This is a very casual venue and gives you a chance to drop in even if you don't have a lot of time. On Wednesday February 17th, we will be heading out to Milford to the Rustic Leaf for lunch. Hope you can join us. Nancy and Sue.

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Love Notes



A.K. ~

Thanks for helping me "relax" by hosting a stitch 'n bitch. I can't wait to go yarn shopping with you with my gift certificate.

Nicole

Amy B. ~

Thank you for my birthday card, you made my day!

xoxo, Nicole

To ALL Book Club participants:

THANK YOU! without you we would not have this wonderful dynamic group of women to interact with each month. I appreciate all of you!!!

Rachelle

Jill O'Toole:

Thank you for hosting January Book club discussion. The food was fabulous! Good luck with your family room makeover!

Rachelle

Justine-

RHINO, RHINO, RHINO!

;))

To the LUNCH BUNCH:

Great new group! Love it! THANK YOU to leaders and participants!

Rachelle

Melissa,

Thank you so much for helping with the kids when I was not feeling great. I seriously don't know what I would do without you!

-Amy

Melissa W.~

I am so glad to be back at the gym. I can't believe we have been doing this 5:00 am thing for almost three years! Thanks for being my gym buddy!

Nicole

Michelle,

I LOVE our swap off for after preschool care! Having an entire day to get errands done or just relax is wonderful and our girls enjoy the playtime. You are one smart cookie!

Love ya, Julie

Michelle I. ~

Thanks for running round 4 of the biggest loser.

You're the best! Nicole

Sue,

Thank you so much for asking Dave to be an appraiser for DI this year. It was a huge help to me and all of the kids involved in DI!

Amy

Sue,

Thanks for the "playdate"! The girls had a lot of fun, and so did I. I was cleaning up balloons for a week!

Beth

Service

Carol Figureroa & Dorian Walters

service@merrimackfriendsfamilies.org



Thank you to everyone who helped out with donations for Marguerite's Place in January! Our February service project is a volunteer opportunity. We will be meeting at Family Outfitters Thrift Store in Manchester on Saturday, Feb. 6th to help sort their donations. Volunteer times are 10-2 or 2-6. See your Evite for more information!

March is Easter Basket month! Can you believe it has come so soon? We will be collecting donations for Easter Baskets that will be distributed to town children through the Town Welfare Department. Baskets will be put together during the March Membership Mixer. We will be collecting candy, small toys, cellophane, ribbon, and of course baskets and grass. More information will be sent out in March.



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2 lb 2 oz, 14 inches**

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February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <i>Recipe Swap</i>	4	5	6 <i>Family OutFITters Poker</i>
7	8 <i>Out to Lunch</i>	9	10 <i>Book Club</i>	11 <i>LNO</i>	12	13 <i>Snowshoeing</i>
14	15	16 <i>Potluck Dinner</i>	17 <i>Out to Lunch</i>	18	19	20 <i>Winter Carni-</i>
21	22	23	24	25	26	27
28						

Schedule of Events

- 2/3, 7 PM—*recipe Swap*
- 2/6, 10 AM—6 PM—*Volunteer Opportunity @ Family OutFITters Thrift Stores*
- 2/6, 7 PM—*Club Poker, Serena & Rick Cesar's*
- 2/8, 9 AM—*Out to Lunch @ Out of the Woods*
- 2/10, 7 PM— *Book Club @ Deb Day's*
- 2/11, 7 PM—*Ladies Night Out @ Cancun Restaurant*
- 2/13, 1 PM—*Snowshoeing @ Peabody Mill Environmental Center*
- 2/16, 6 PM—*Potluck Dinner @ Wasseman Park*
- 2/17, 1 PM—*Out to Lunch, The Rustic Leaf Bistro*
- 2/20, 10 AM—3 PM—*Merrimack Winter Carnival*



Ways and Means

Christina McKillop & Melissa Winters
waysandmeans@merrimackfriendsfamilies.org



In the spirit of celebrating winter, we have a great event in February:

On **Saturday, February 20th**, we'll be participating in the Merrimack Winter Carnival. Join us for fun events and, from 10 - 3, Ways & Means will be selling homemade chili and nachos. The recipe we

make is the October 09 recipe swap winner - Jill Mitchell! It was very popular during the Halloween Walk, so try some during the Carnival.

If you'd like to support us but can't be there that day, look for the upcoming Evite to donate items.

As always, we'll do the 50/50 raffle at the next Membership Mixer on Feb 16th. This will be the MFF Potluck event, and we're looking to have some fun additions to the raffle!



Membership
Joyce Youngman Dahl & Lorene Kush
membership@merrimackfriendsfamilies.org



Thanks to those members who have brought potential new members to our mixers and events. Please pass along any names to me to follow up if they require additional information. Keep in mind that any person can "try before they buy" and attend two events before committing to

joining Merrimack Friends and Families.

We are joining with the lunch bunch group and welcoming new people to come to the various breakfast and lunch socials that Sue Geyer and Nancy Phillips have been hosting. The next one is slated for Feb 8th

@9am at Out of the Woods coffee shop next to Gold's Gym. So, please invite any friends/neighbors in a casual setting to join us. Drop-ins allowed!

Joyce Dahl



Recipe Swap

Jill Mitchell & Caroline Nigen

recipeswap@merrimackfriendsfamilies.org

We hope that everyone's year has gotten off on the right foot! Thank you, Jill O'Toole, for hosting the Chocolate Extravaganza swap in January. It was a "sweet" success! Please try Julie Akers' recipe for Chocolate Crinkles Cookies – so yummy!

Recipe Swap is a fantastic way to try new food, make new friends, and enjoy an evening out. We have many more 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! 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. Be sure to also bring some plastic containers for some wonderful leftovers! If you don't have time to cook, but would still like to attend, just bring a donation in lieu of a dish. Keep on the lookout for an Evite in your inbox!

We will continue to get together on the first Wednesday of every month. On February 3rd, we are having our Mardi Gras Recipe Swap at Nicole Cusimano's home! The recipes should reflect the tastes of

the Big Easy. And on March 3rd we will be swapping our favorite soup and stew recipes – location TBD. 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

Chocolate Crinkles Cookies

Ingredients:

- | | |
|---|--------------|
| 1/4 C Vegetable Oil | 2 C Sugar |
| 4 Squares Unsweetened chocolate, melted | 4 eggs |
| 1 tsp. Vanilla extract | 2 C Flour |
| 1/2 C Confectioner's sugar | 1/2 tsp Salt |
| 2 Tsp Baking Powder | |

Directions:

Mix oil, chocolate, and granulated sugar in a large bowl. Blend in 4 eggs, one egg at a time. Add vanilla. Stir in baking powder, salt, and flour. Chill in refrigerator for several hours or overnight. Drop teaspoon sized balls of chilled dough into a bowl of confectioner's sugar and coat dough with sugar. Place dough on cookie sheet 2" apart and bake at 350 degrees for 8 minutes.

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Phone-In Registration, January 15th, 2010

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3 year olds 9am-12pm T/TH

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

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