



WELCOME MAT, JANUARY 2010

Merrimack Friends and Families

Volume 1, Issue 1

January 2010

A Note from the President

Annette Kiesow

Happy New Year Everyone! I hope you all had a great holiday with lots of time of from work and school. I have to admit I'm looking forward to getting back to a normal schedule though!

I can't believe how quickly the fall flew by and winter is definitely upon us. MFF has had a great year so far, and it's only going to get better. I'm so impressed with how well

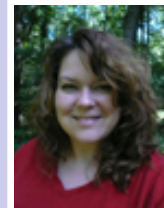


attended our meeting and events have been. Thank you all for your support!

I hope you all enjoy the events we have planned for the coming months too. Our interest group leaders and board members work hard organizing everything, so please be sure to thank them when you see them.

Hope to see you soon!

~Annette



Annette Kiesow
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president@merrimackfriendsfamilies.org



Julie Akers
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Nicole Cusimano
2nd Vice President
secondvp@merrimackfriendsfamilies.org

Membership Mixers

Julie Akers, 1st VP

Happy New Year everyone! I would like to send out a big "thank you" to Sherre Dubis for graciously opening up her lovely home to us and hosting the Christmas party last month. For the Membership

Mixer on Tuesday, January 19, we will be having a country line dancing lesson. I personally have never tried this before but the dance instructor says it's easy and a lot of fun. So put on your cowboy

boots and come give it a try. Maybe you could count it toward your New Year's resolution to get more exercise? I hope to see you there.

Julie Akers

Interest Groups

Nicole Cusimano, 2nd VP

Happy New Year! I hope everyone is excited about 2010. I know one of things I hope to focus on this year is doing more things for myself, scheduling more "me

time". And I am looking forward to taking advantage of some of the club activities to accomplish that goal. In February, I am very excited to be hosting recipe swap with the

theme of Mardi Gras. Looking forward to spending so time with you wonderful at some of our upcoming activities! Cheers, Nicole

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Secretary

Sue Geyer

secretary@merrimackfriendsfamilies.org

Happy New Year to all! I have great hopes for 2010 and the new decade. And I'm excited about all the upcoming club activities and hope to see a lot of folks at them. Just a reminder, please let us know if you are expecting a child or if anyone in the club is in need of helping hand. Sue

Interest Groups

AMIGOS

Calling all Amigos for some sledding fun! Join us on Sunday January 17th from 10:00 am - 12:00 pm at Bragdon Farm for some sledding fun. This is a huge hill located on 101 and has some great sledding. Hot chocolate will be provided and we have extra sleds for anyone who wants to come but doesn't have a sled!
Hope to see you then!
Amy

Out to Lunch

We have been having a wonderful time with our "Out to Lunch" bunch adventures and getting a great turnout! We are hoping more folks can come and join us. For those unfamiliar with this group, it's a chance to get out during the day and socialize with the ladies (sorry, but no kids). We do understand that everyone has different times they can do and those they can't so we are trying to schedule on different days and times. Any suggestions

on places to go, please let us know.

For January, we will be going to breakfast on Friday January 8th to "Karen's Kitchen" on 101 in Bedford. We will also be going for lunch on Wednesday January 27th to "Five Guys Burgers and Fries" which is on 101a in Nashua (www.fiveguys.com). Please come and join the fun. Watch for the eVites.

Thanks, Nancy and Sue

Publicity

Amy Bewley

publicity@merrimackfriendsfamilies.org



Happy New Year ladies! If you have anything you would like me to submit to the paper, please forward it to me. We always put in any new member coffees and our monthly meetings, but photos are great publicity for the club, too.

Service

Carol Figueroa & Dorian Walters

service@merrimackfriendsfamilies.org



Our service project for January will be collecting feminine car products for Marguerite's Place in Nashua. Marguerite's Place is a transitional housing program for women and children in crisis. Items needed are tampons, pads, razors, shaving cream, and deodorant. We will be collecting items at the January Membership Mixer on January 19th. Watch your email for more information about where to drop off items if you can not make the mixer.

January Birthdays

6-Stacey Megalaitis
7-Julie Gage
13-Lori Callahan
14-Nicole Cusimano
27-Sherre Dubis



HAPPY BIRTHDAY!

February Birthdays

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



Love Notes



Anonymous,
Thank you for believing in me and paying my membership for this year.
Theresa Sanschagrin

Annette Kiesow,
Here is a very belated thank you for posting the Payless coupon way back in October. I was able to use it for a couple of great pair of shoes for be and boots for my daughter.
Sandy George

Amy B,
Thanks so much for helping out during teacher conferences. You saved the day!
Holly

Jackie S,
Welcome to the MFF book club interest group! Hope to see you at many more meetings!
Rachelle

Jen Nigg,
Thanks so much for the hand-me-downs. Evelyn says, "These are great, thanks!" to Emma.
Holly

Justine,
You are one awesome Girl Scout leader. Thanks for asking me to co-lead.
Holly

Kate,
Welcome to the MFF book club interest group and thank you for hosting the November book club meeting. We look forward to seeing you at many more meetings!
Rachelle

Congratulations Lorene!
Annette

Melissa,
I am so glad you are my Hospitality partner. Thanks for volunteering!
Holly

Nicole,
Thanks for the table! I love it!
Annette

Rachelle Belletette,
Thank you for leading the book club this year. You are doing a great job! Keep up the good work. Your diplomacy in helping us choose the books each month is appreciated. We all have our favorite authors, genres, etc. yet you help us come to a consensus on what we will read next.
Sandy George

Dear Sherre,
Thank you so much for hosting our Christmas party. Your home is beautiful, you made us all feel welcome, your daughter was so cute in her role as the mini-hostess and I know everyone had a wonderful eve-

ning.
Julie

Sherre Dubis,
Thank you so much for the great Holiday party in your home. You are such a gracious hostess. It is always a pleasure to attend an event at your home.
Sandy George

Vivian Dano,
Thank you for hosting the December Book club meeting in your home!
Rachelle

Vivian Dano,
Thank you so much for opening your home in December for the book club. It was wonderful you could be so flexible and reschedule a week later because of the snow. It was a delightful place to have our holiday book swap.
Sandy George

Thank you all so much for all of your coupons for the Amigos service project this year. We have already shipped two large packages of them to the base we adopted in Japan and I know they are greatly appreciated!
Amy Bewley

Thank you to everyone for all your support during my illness.
Theresa Sanschagrin

MOTHER'S HELPER

Need an extra set of hands, someone to play games with the kids so you can get things accomplished?

Try a mother's helper.

Caitlin would love to come to your house & keep your kids entertained. Reasonable rates, \$3/hr for one child, \$1 more for each additional with a limit of \$5/hr, & no more than 5 children.

Call Nicole Cusimano @ 424-4094 if interested.




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January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 <i>Recipe Swap</i>	7	8 <i>Out to Lunch</i>	9
10	11	12	13	14	15 <i>Coffee</i>	16
17 <i>Amigos</i>	18	19 <i>Member- ship Mixer</i>	20	21	22	23 <i>Stitch & Bitch</i>
24/31	25 <i>One Night Stand</i>	26	27 <i>Out to Lunch</i>	28	29	30

Schedule of Events

- 1/6, 7pm, *Recipe Swap*
- 1/8, *Out to Lunch @ Karen's Kitchen*
- 1/15, 9:15 am, *Swan Chocolates Café, New Member Coffee*
- 1/17, 10 am, *Braddon Farm*
- 1/19, 7:15 pm, *Membership Mixer, YMCA*
- 1/23, 7 pm, *Stitch & Bitch*
- 1/25, 7pm, *One Night Stand, Common Man*
- 1/27, *Out to Lunch @ Five Guys Burgers and Fries*



Ways and Means

Christina McKillop & Melissa Winters

waysandmeans@merrimackfriendsfamilies.org



Well, we are rested and ready to start the new year. Be on the look out for our next Cashola Night, we have yet to pick or spot for this month. We are open to suggestions, some thoughts are Hot Rize and Sal's.

Our annual Winter Carnival is February 20th at Wasserman Park. Ways and Means will be selling chili and nachos again. Keep an eye out for the request list to see how you can help.

Lastly, we'll have a 50/50 Raffle at the next Membership Mixer on January 19th. Our winner in October only bought two tickets. That's \$1, and won \$23! That's a nice profit!

Thanks, Ladies!!



Membership

**Joyce Youngman Dahl
& Lorene Kush**

**membership@
merrimackfriendsfamilies.org**



Happy Holidays to all our members! Please watch the calendar to see new member coffee events in the new year. Thanks for being the best group of ladies!



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Recipe Swap

Jill Mitchell & Caroline Nigen

recipesswap@merrimackfriendsfamilies.org

Happy Holidays, everyone! This has to be the best time of the year, in terms of yummy foods and satisfying treats. Why not try Serena Caesar's recipe for Chicken Cordon Bleu Soup (below)? Delicious!

Recipe Swap is a fantastic way to try new food, make new friends, and enjoy an evening out. By the time you read this, our annual Cookie Swap will have already taken place. Thank you, Nancy Phillips, for hosting this wonderful event! Every person who attended brought lots of their favorite holiday cookies, candies or treats – enough for everyone to try at the Swap, as well as some to take home to share with friends and family. Thank you to all of the lovely ladies who participated.

We have many more Swaps planned for 2010. Next up is the Chocolate Extravaganza swap on Wednesday, January 6th. This is your chance to cook up ANYTHING that involves CHOCOLATE!

All you have to do is make a dish according to the theme, bring copies of your recipe to share, and come and enjoy! Bring 4 quarters to use for voting for your favorite recipes, and of course, 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. The proceeds will go to defraying the costs of hosting these swaps. Keep on the lookout for an eVite in your inbox!

For those who cannot join us on Wednesday, January 6th, remember, we will continue to get together on the first Wednesday of every month. If you have any questions about the group, feel free to contact either one of us.

Enjoy!

We are looking forward to many fun-filled and yummy Swaps in the New Year!

Jill & Caroline

Chicken Cordon Bleu Soup

Ingredients:

1 stick butter	3 cups chicken broth
1 cup carrots, diced	1 cup milk
1 cup celery, diced	3 cups half and half
1 cup onion, diced	1 1/2 cups cooked ham, cubed
1/3 cup flour	1 1/2 cups cooked chicken, diced
1/2 tsp salt	8 oz shredded swiss cheese
1/4 tsp white pepper	8 oz shredded cheddar cheese

Directions:

Sauté carrots, celery, and onions in butter until they are tender. Mix the flour, salt, and pepper, and sprinkle on top of the veggies, mixing until butter is absorbed. Pour the chicken broth in, stirring constantly, over medium heat. The broth should look a bit creamy. Then add the milk and half and half. Heat and stir until it thickens. Add the ham, chicken, and cheeses. When you put in the cheese, make sure the mixture is hot enough (bubbling) to melt the cheese. Stir until melted and well-blended. Serve immediately!

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**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



Poker

Thinking about New Years Resolutions? Why not make one to have more fun this year. You can start by joining us on the 15th for Club Poker. Join us for a great night of fun and laughter. This event is open to all club members and their spouse, significant other, BFF or anyone you feel like bringing. There is a quick tutorial at 7:15 (cheat sheets

available) for anyone who would like to quickly learn or needs a refresher course. Dealing will begin at 7:30.

We will also be having another Ladies Only/Beginners Poker this month. The "buy-in" for chips this month will be Peanut Butter & Jelly and will go to St. John Neumann's food pan-

try. This is a very laid back night with a few open hands to learn from and lots of laughs. Just who will take home bragging rights this month?

Look for both Evite's for more information on either game. Jen & I hope you can join us for lots of fun.

Health & Fitness

A Classic New England Winter 5k Race Series is about to begin. Freeze Your Buns Off Series hosted by the Gate City Striders in Nashua. The fun for the entire family starts on Sun., Jan 10 and run for 5 alternating weeks until March 7. Cost is \$5 per race. It is a flat, open, paved course with accurate timing by GCS, mile markers and prizes! Hot beverages and

light refreshments after the race for runners and volunteers.

Drop us an email if you would like more information on this series... or go to the Gate City Striders webpage for more information. http://www.gatecity.org/gcs_Big_Med/bm/signaturegcs events/

freezeyourbuns/index.shtml

Another Couch Potato to 5K series will begin in March or April, so dust off your sneakers and get ready!!

Happy New Year from the Health & Fitness team!

Laura, Amy & Nicolle

Book Club

The next book we will be discussing is Grace by Richard Paul Evans. Grace is the story of a young runaway girl and the boy who hides her from a frightening world to large and unfathomable for him to comprehend. It is also about 2 brothers and the love that binds

them together through difficult times.

The book is a quick read but 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, January 13 at 7:00 PM** at Jill O'Toole's home. See evite for details.

February book discussion: **The Glass Lake by Maeve Binchy.**

Happy New Year,
Rachelle