



WELCOME MAT, JUNE 2010

Merrimack Friends and Families

Volume 9, Issue 7

June 2010

A Note from the President

Annette Kiesow

Hi All!

In case you missed the email announcing the 2010-2011 MFF Board, here are the wonderful women who will be serving next year:

- 1st VP – Julie Akers
- 2nd VP – Jill Mitchell
- Service – Carol Figueroa, Jackie Stout
- Membership – Sue Geyer, Michelle Islam
- Treasurer – Tanya Rivard
- Secretary – Becky Flanders
- Newsletter – Caroline Nigen
- Publicity – Dorian Walters

Thank you ladies for stepping up, and hopefully we will fill the Ways and Means and President positions soon!

In addition to filling the Board, it's also time to start thinking about [interest groups](#) for next year. There are quite a few interest groups that have

been popular in the past, but we haven't had anyone to run lately and I hope to see some of them come back in the Fall. Secret Sisters, Women in Business, Virgin Adventures



and Gardening are all groups that people have said they wish were still happening. Well, the only way to get them going again is for someone to run them!

I know a lot of you don't want to commit to coordinating anything every single month. Remember that is why we

have One Night Stands! Want to have a scrapbook party, or a plant swap, or even bungee jumping?! That's what One Night Stands are for. We'd love to see these run in the summer as well, so a beach day, a visit to a water park, anything like that would be great to see on the schedule. Just be sure to contact the 2nd VP, secondvp@merrimackfriends-families.org, to check and see if the date is available.

Don't forget our End of Year Party is once again going to be a picnic at Wasserman Park on June 6, from 3-6 pm. We would love to have all of you and your families join us for a great afternoon of fun, food, and friendship!

I hope you all have had a wonderful year and have made some great new friends!

Xo Annette



Annette Kiesow
President
president@merrimackfriends-families.org



Julie Akers
1st Vice President
firstvp@merrimackfriendsfamilies.org



Nicole Cusimano
2nd Vice President
secondvp@merrimackfriends-families.org

Membership Mixers

Julie Akers, 1st VP

What a year it's been! Thank you to everyone for coming out to the Membership Mixers this year. I hope you enjoyed them as much as I did. Our last big event of the year isn't a "mixer" but an end of the year cookout at Wasserman Park on Sunday, June 6 from

3:00 - 6:00. Look for the grills set up near the picnic tables down by the water (same location as last year). MFF will provide the hotdogs, hamburgers, condiments and drinks. Check out the invite to sign up to bring some food to share. Don't forget to bring

lawn chairs for your family and maybe a fishing pole, a basketball, or beach towels if you're brave enough to swim in the chilly lake. I've got my fingers crossed for warm, sunny weather and I hope I'll see you there.

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Secretary

Sue Geyer

secretary@merrimackfriendsfamilies.org

Hey Ladies, Another fantastic year is coming to an end. Its been a great one and I want to personally thank all the folks who have contributed there time and energy to making this such a wonderful year. I hope you all have a great summer and we see you when the club picks up in September (and maybe for some impromptu summer activities!). Happy Birthday to all our warm weather Birthday Gals!

July			
June		August	September
3- Susan Cookson	1- Lori Fisher	7- Rachelle Belletete	5- Laura Moran
7- Ann Marie Blades	2- Amanda Rezaoui	8- Gretchen Ricks	9- Holly Morales
8- Katie Bowler	4- Debbie Day	12- Eileen Herring	11- Carolyn Morin
11- Laura Stephan	6- Julie Akers	14- Amanda Sage	17- Beth Flanders
12- Jill Mitchell	8- Jackie Stout	19- Stacey Marino	20- Amy Niezrecki
17- Michelle Islam	10- Lorene Kush	27- Stephanie Wunderlich	23- Karen Davis
17- Nancy Morin	17- Stacey Duey	28- Stacie O'Connell	30- Nancy Madeira
20- Kristen Oser	20- Vivian Dano	29- Carol Figueroa	
26- Jen Nigg	21- Theresa Sanschagrin	30- Amy Bewley	
	28- Becky Flanders		
	31- Beth Bouchard,		



Service

Carol Figureroa & Dorian Walters

service@merrimackfriendsfamilies.org



Thank you to the membership for all your help in our service projects this year. We had a great year and a number of groups and individuals benefited from all that we did. We put together 50 Backpacks and 38 Easter baskets for the families that are supported by the Merrimack Town Welfare department. These families are truly grateful

for this service. We also collected items for three separate organizations - Marguerite's Place, St. James Food Pantry and St. John Neumans Food Pantry. Finally, we volunteered our time at the American Red Cross Blood Donation Center and Families in Transition in Manchester. Both of these organizations would

love to see us again next year. So, stay tuned for all we have planned for next year. Carol will be back for a second year as a member of the service coordinator team along with Jackie Stout. We hope you have a wonderful summer.

Publicity

Amy Bewley • publicity@merrimackfriendsfamilies.org



Congratulations to Dorian Walters on accepting the Publicity board position. I know you will do a great job!



2nd VP

Nicole Cusimano

secondvp@merrimackfriendsfamilies.org

Hello Ladies,

The year has seemed to pass by so quickly. I am so grateful to all of this year's interest group leaders for all of their efforts in making our club calendar filled with fun events. Your time and efforts are such a valuable contribution to MFF. Thank you all so very much!

If you would like to run a group next year, or

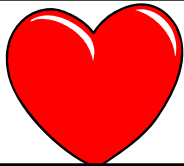
possibly have in idea for a new group, I hope you will get in touch with our new incoming Second VP, Jill Mitchell, over the summer. Interest groups are a huge part of the social portion of our club.

Although we officially "break" for the summer, play dates in the park will be regularly scheduled. Also, we need play dates too, so

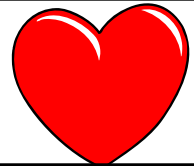
feel free to contact Jill about scheduling a "One Night Stand" at any time over our break!

Thank you all for a wonderful club year, and I look forward to seeing you all again in the Fall.

~ Nicole Cusimano



Love Notes



To the 2009-10 Board.

You all are the **best**. Thank you for everything you did this year!

Xo Annette

To the 2009/2010 Board,

Thank you all for helping me keep my dirty little secret from Joe! We did it, I went the whole year with out him knowing! You are an amazing group of women and I enjoyed serving with you all!

~ Nicole C.

Dear Annette and Melissa,

Thank you so much for helping me out this year. Whether it was helping me navigate through tricky issues or setting up and breaking down tables, you guys really helped make my job go smoothly and I appreciate it a lot. You guys are the best.

Julie

Annette,

Thank you so much for running the club this year. Your laid back and fun manor really made being on the board AGAIN this past year great!

-Amy

Holly,

Thank you so much for all that you do "behind the scenes" for MFF.

It does not go un-noticed from keeping the website up to date to stepping in when needed. You are the best!

-Amy

To the incoming board,

Thank you all for accepting your nominations and helping to run this great club!

-Amy

Jen N.,

A special thank you for sponsoring me in my MS Walk last month. Your contribution helped me raise \$175.00. Your generosity is so appreciated!

~ Nicole C.

Melissa W.,

Thank you for the beautiful card. You made my day! And a first for the baby album!

~ Nicole C.

Melissa,

Thank you for always being a friend I can count on for anything.

Love you so much!

-Amy

Melissa and Holly - Thank you for the bake goodies for the blood drive.

They were a big hit.

Carol

Nancy,

Thanks for being such a great neighbor and friend! You are a great

"partner in crime" for my craziness! So excited that it is summer again and Margarita Monday's can officially being!

-Amy

To the outgoing board,

Thank you all so much for a great year!

-Amy

Sue and Dorian - thank you for spending a bit of your Saturday with me at the American Red Cross Blood Donation Center. Also, thank you for baking items for the canteen.

Carol

Sue and Nancy,

Sue thank you for starting a new interest group this year, and Nancy thank you for agreeing to co-run it. "Out to Lunch" was such a huge success! Thanks for your efforts.

~Nicole C.



Recipe Swap

Jill Mitchell & Caroline Nigen

recipeswap@merrimackfriendsfamilies.org

Are we having fun yet, ladies, or what?! Thank you, Joyce Dahl, for hosting the Cinco de Mayo Recipe Swap in May. We had a fabulous time, and got to enjoy some tasty international cuisine - very relaxing, and very yummy! We had everything from Scandinavian Fruit & Cabbage Salad to Mexican Enchiladas! Please try Julie Akers' twist on an Italian classic – Chicken Marsala!

Recipe Swap is a fantastic way to try new food, make new friends, and enjoy an evening out. We only have one more fun swap planned for 2010, so be sure to join us! 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! If you don't have time to cook, but would still like to attend, you have options – maybe a donation in lieu of a dish, maybe a store-bought item, or maybe a fun beverage to try! We would love to have you join us!

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. All remaining funds will be donated to MFF at the end of the season.

Keep on the lookout for an invite in your inbox! On June 2nd we'll be

cooking up our favorite backyard BBQ recipes – appetizers, side dishes, main courses, and desserts – just in time for summer! If you have any questions about the group, feel free to contact either one of us.

Bon appétit!

Jill & Caroline

Chicken Marsala

Ingredients:

- | | |
|---|---------------------------|
| 1 lb Fettuccine | 2 Tbsp Garlic, minced |
| 1 1/2 lbs Boneless skinless Chicken breasts | |
| 2 Tbsp Olive oil | 1 cup Marsala wine |
| 3 Tbsp Butter | 1/2 cup Marscapone cheese |
| 3/4 cup Onion, diced | 3 Tbsp Dijon mustard |
| 1 lb Crimini mushrooms, sliced | 2 Tbsp Fresh parsley |

Directions:

Cook pasta al dente. Sautee chicken over medium-high heat in the olive oil until browned (approximately 4 minutes per side). Transfer the chicken to a plate. Over medium heat, add butter and onion to the same skillet and sauté until onions are softened, about 2 minutes. Add mushrooms and garlic, and cook for 10 minutes. Add wine and simmer for another 5 minutes. Stir in marscapone cheese and mustard. Return chicken to skillet and simmer, uncovered, over medium-low heat for 3 minutes. Serve over cooked pasta. Top with fresh parsley.



Ways and Means

Christina McKillop & Melissa Winters

waysandmeans@merrimackfriendsfamilies.org



Coming off a very successful yard sale in May, the last event for Ways & Means will be the raffle, held at the Year End party on Saturday, June 5th. The prizes will be: Cinemagic movie passes, Amigos gift card, and babysitting Sue. You can buy tickets in advance if you cannot attend the party. Contact Christina or Melissa.

It's been a fun and exciting year with Ways and Means. Thank you to all our members for their ongoing help and support!



Membership

Joyce Youngman Dahl & Lorene Kush

membership@ merrimackfriendsfamilies.org



I would like to announce two new members who have not been officially announced in the MAT yet. These 2 lovely ladies came to one of Sue and Nancy's coffees and joined on the spot. They have already made themselves "at home" by attending some of our events!! Please welcome:

Olivia Hohm Has lived in Merrimack for a few years and has a lot to say and teach! She spends her time between her husband Daniel and her toddler son Logan. In addition, she teaches sign language to infants and toddlers. A busy lady for sure! We thank Carol Fi-

gueroa for referring Olivia to MFF! Welcome Olivia!

Jan White has lived in Merrimack for many years and as an empty nester decided to join in the fun that MFF has to offer. I first met Jan at a knitting group in Merrimack and was impressed with her beautiful afghans and blankets that she crochets. She is always happy to help and share patterns with everyone. Jan has already come to several events and we are happy to welcome her to the club!

I have been your membership chair person for the past two years and have enjoyed spending time with all of the new and the old members. We have a total of 10 new members this year!!! I am passing the baton to Sue Geyer and Michelle Islam for next year and I know together they will do an awesome job!

I want to personally thank Sue for all her help this year in getting the coffees organized and taking on the Membership Directory. I could not have done it without her!

Interest Groups

Amigo's

Well, we are done with our service project for the year. We sent a total of 4 shipments of coupons this past Club year to our "adopted" base and I know it was a great help to those families living on base on limited incomes. Great job kids and also to our members for sending the coupons our way all year!

We are hoping to do one last fun Amigos event over the summer. Any Amigos who have an opinion of what to do, please e-mail me at amybewley@aol.com. I am thinking of either a drive in night or a pool party so let me know what everyone would enjoy the most!

Book Club

The June book discussion: **Trans-Sister Radio** by **Chris Bohjalian** - a controversial, highly original novel about a lot more than gender issues and sexual orientation. It is about the precarious dance on the checkerboard of sex. It is about life choices, lifestyle, tolerance and intolerance, and, above all, a commitment to love. Some might consider the resolution an equivocation, but this book is impossible to put down. This book should definitely foster a

very interesting discussion for our last meeting of the MFF year.

The June discussion will be on the second Wednesday of the month, June 9, 2010 at Eileen Herring George's home. Look at the evite for details! Even if you haven't read the book, you can still join us!

This will be our last formal meeting until September - I will send an email about a book selection in July sometime.

From Health & Fitness:

Couch to 5K!!!

Our Couch to 5K group is celebrating our success at the Hollis Fast 5K on Thursday June 10th. Be sure to congratulate your fellow MFF members when you see them. They have all gone from the couch, to running 30 minutes - incredible! We are SO PROUD of our group this year!!! Hats off to:

Deana Haddad
Bea Bissonette
Becky Flanders
Nicolle Souza

Justine Matte
Janet Krupp
Vivian Dano
Laura Moran

Honorable mention for giving it their BEST!!

Eileen Herring

Beth Bouchard

Upcoming Health & Fitness Volunteer Opportunity

If you're considering competing in a triathlon in the near future, come and see what it's all about - we need volunteers all over the course, so visit the website to see what might be a good fit for you. Bring the kids!

Greater Nashua Y Triathlon

Sunday, June 20, 2010

Camp Sargent, Merrimack

Race starts at 8:00am

www.nashuaytri.com - scroll down to the "volunteer" section to fill out the form.

Hey Ladies,

We want to thank all of you who have supported our new "Out to Lunch" interest group this year. It has been an overwhelming success with lots of fun, friendship and great food. Haven't been able to make it to an event yet? ... you have one more opportunity for this club season. On **Wednesday June 16th** we will be meeting at the new IHOP in Bedford. Keep your eyes open for the evite! Whether you are new to our daytime events, a regular or a once in a while attendee, we hope you can join us.

Thanks, Nancy and Sue