



WELCOME MAT, NOVEMBER 2009

Merrimack Friends and Families

Volume 9, Issue 3

November 2009

A Note from the President Annette Kiesow

I hope you are all having a great autumn so far! Well MFF certainly is, we've had lots of successful events already, and quite a few new members. Don't forget to introduce yourself if you see someone new at one of our events! If you haven't had a chance to renew your membership yet, please do so right away.

Have you started your holiday shopping yet? (Yikes, I haven't!) Don't forget to come to the November Membership Mixer so you can check out the goods from and support some of our members who have small businesses. It's a fun way to shop and it gives you a chance to see what your friends have to

offer. It's the only time each year for our members to promote their businesses within the club so be sure to sign up



with Julie if you want to have a table.

I would like to take the opportunity to thank everyone who has stepped up to volunteer

their time and/or have donated to all of our Service and Ways & Means projects.

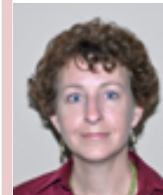
These events are a huge part of what MFF is about and our community definitely recognizes that. I often hear great feedback about how we have helped those in need in our area and I just wanted to pass that along to all of you. You are all making far more of a difference than you probably realize.

I hope you all have a fantastic November. Travel safe if you are going away for Thanksgiving, and don't forget to get your flu shots!

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

Does getting your holiday gift buying done early and avoiding the crowds and packed mall parking lots sound like a great idea to you? Then come to MFF's Business Expo & Holiday Shopping Night. MFF

members will be selling wonderful things to give as gifts or maybe even keep for yourself. Ways & Means will be raffling off items donated by the vendors so be sure to bring some extra

money. This is our November Membership Mixer so meet us at the Merrimack YMCA on Tuesday, November 17 at 7:15 and get some of your Christmas and Hanukkah shopping done early! Julie



Sue Geyer
Secretary
secretary@merrimackfriendsfamilies.org

Secretary Sue Geyer

Happy November! Its kind of a transition month..not really Fall but we aren't into winter and Christmas yet. Its a great time to come out and join some of our activities, there is so much to do. And don't forget to tell your friends about Merrimack Friends and Families. Its such a wonderful bunch of women!

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Interest Groups

Nicole Cusimano, 2nd VP

There is never enough space on my calendar to be able to participate in all of the fun activities we have on our club calendar! And I hate having to pick and choose. It's been great catching up with old friends and making new friends. Looking forward to a fun filled November!

One Night Stands

Remember, our "One Night Stands" are a great opportunity to organize an event with out the long term commitment. Have an idea? Contact Nicole to put it on the club calendar!

Amigos

This month the Amigos will be having a Red Cross Babysitting Course offered just for them! This will be held on Saturday November 14th from 9:00AM - 4:00PM. This is open to friends as well. The cost will be \$45 per attendee and this course offers new babysitters all the tools they need to be a safe and responsible babysitter! Watch for the Evite for more information!

Also, thank you so much to the Amigos for all of the coupons and help in cutting them for our service project. We were able to send off our first shipment and the second should be ready to go by the end of the month! Thank you for all of your help in Haunting the Haunted House too! You kids are great!

Book Club

We continue to have interesting discussions at our meetings and we even get to talk about the book sometimes! The next book we will be discussing is Testimony by Anita Shreve. A teen scandal at a private school in a small town in Vermont shakes the moral ground that good kids and parents have built their families on.

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, November 11 at 7:00 PM at Kate Crowley's home. More details will be available in the Evite.

December book discussion: The Buffalo

Soldier by Chris Bohjalian which has been recommended by Deb Day.

Poker

Poker is off to a great start. Both our Club Poker and Ladies Night games that were held in October were well attended. Our next game is Club Poker on November 7th. This is open to all members, spouses, significant others, BFFs, or any other person they would like to bring. There will be a quick tutorial at 7:15 for those who need to learn or get a brush up on things. Dealing starts at 7:30. See the Evite for more info.

St. John Neumann Food Pantry was thrilled with the lunchbox snack we collected at October's Ladies Night poker. The next event is a ladies only/beginners night is in the works, look for the Evite for when, where and what we will be collecting.

If you would like to host either type of game, please contact Jen or Kat.

Health and Fitness

The Health and Fitness committee has had a great start to the year! When November starts, we will be on week 5 of the Couch Potato to 5K program... just a few weeks shy of our 5K goal! It's not too late to join us. Meet us on Tuesday mornings at 9:30 at Merrimack Family Chiropractic - 36 Baboosic Lake Road. Run at your own pace, and join the group for support. If you'd like to be on our C25K weekly mailing list - email Laura at lhmo-ran@yahoo.com. We'll be starting another group in the spring, so if you missed the boat this fall, have no fear!

Our first After-School Hike, to Wildcat Falls, went well. The kids enjoyed running on the trails, and sitting on the rocks for a snack.

Upcoming Events: After School Hike to the Ponemah Bog, Amherst. Monday, November 2nd at 4:00. Meet in the parking lot at the intersection of Rhodoro Drive and Tamarack Lane in Am-

herst. This is a nice flat hike on wooden planks, great for kids of all ages. There is also a letterbox on the hike, so if your kids are into letterboxing, be sure to bring their notebooks! Next month... a brisk hike to the wigwam at Beaver Brook in Hollis for some hot cocoa.

Let's get out there, and keep moving through this cold and snowy season!

Out to Lunch

We had a great turn out for our first gathering, breakfast at Ruthies. Joyce took a wonderful picture and it appeared in the Merrimack Journal in the October 22nd edition. Also at that gathering, Nancy decided to join me as co-leader. I'm really excited! It's so much more fun to have someone to kibitz with! For November we are meeting for lunch on Monday November 9th at Amigos at 1:00. In December we have another breakfast scheduled for Tuesday December 15th. Our biggest challenge is that a lot of folks are interested in joining but have different schedule restrictions...only afternoons, only M/W/F mornings, any day but Tuesday, only Fridays.. etc. We are trying to accommodate by picking different times and days hoping to get as many folks involved as possible. We are also looking at doing more than one thing some months. So keep an eye out for the Evites. And thanks for all the support!

Ladies Night Out

The next event is Ladies Night, November 19th at 6:00 at You're Fired in Bedford, NH. We can design & paint our own ceramic pieces which also make great personalized gifts. And you don't have to be an artist to make something fabulous! It's BYOB and \$4 is the Studio fee.

Watch for details on our December event which will be Ladies Night "IN". We'll get together at a member's home for fun and pre-Christmas preparation such as gift wrapping and addressing cards.

We look forward to seeing you or meeting you soon and to many fun LNO's this year!



Service

Carol Figueroa & Dorian Walters

service@merrimackfriendsfamilies.org



We would like to thank everyone who participated in our October service project for the Humane Society of Greater Nashua; WalktoberFest and donations at the October Membership Mixer. All donations were greatly appreciated. Please stay posted for future service projects. We will be sending out Evites with the information.

Happy Thanksgiving!! We hope you have a wonderful holiday with family and friends.

November Birthdays

- 5-Caroline Ann Nigen
- 8-Christy Farland
- 14-Christine Lyna
- 22-Debra Covell
- 30-Nancy Phillips



HAPPY BIRTHDAY!

December Birthdays

- 3-Justine Matte
- 4-Kate Crowley
- 10-Beth Keltz
- 17-Joyce Youngman Dahl
- 30-Darlene Kenyon



Membership

Joyce Youngman Dahl & Lorene Kush

membership@merrimackfriendsfamilies.org



THANKS, to all our fabulous members who got their renewals in! We know everybody is busy or down with the flu so we appreciate it. If your "check is in the mail" then mail immediately to:

Yearly dues are \$25 to:

Joyce Dahl @10 Westcott Drive or dropped off
or to the MFF PO Box 1516, Merrimack, NH 03054

Members not renewing will be removed from the MFF mail distribution and EVITE list. So, please renew to avoid this Thanks.

Welcome new members (9 so far this New Year)

Jackie Stout is new to Merrimack and came to our new member coffee at Swan's. She moved with her daughter (Stacie O'Connell) and family from St Louis. We will see her at some of the "out to lunch" events. Jackie and Stacie are our only mother/daughter team in the club!

Beth Keltz is a massage therapist who found us at the Merrimack Expo and joined MFF! I understand she is "great with her hands" and may be available at the November membership mixer. Welcome Beth!

Nancy Carpenito is a local business women serving up yummy ready made meals at the **Food to go Depot** in Merrimack. She has a daughter Julia 20, and a son Mark 26. Nancy attended our October mixer and joined that evening. We welcome her and wish her the best of luck with her new business.

Sacha Santana just joined MFF and lives in Merrimack with 3 year old son Xavier. She is looking forward to attending socials and playdates. Please welcome Sacha and wish her a happy **Halloween** birthday!

Kim Hanscom is Lorene Kush's neighbor and lives in Merrimack with husband Eric and sons Benjamin, almost 8 and Zachary, 6. We hope to meet Kim at one of our many socials soon!

Here is my story (Joyce) to share with

you. I moved to Merrimack over 5 years ago. I did not want to move to NH. I tell everybody that my husband Bill took me "kicking and screaming" to Merrimack. I had lived here many years before, had gone to college here, etc. so I knew what I was getting into (hence the kicking and screaming). I was here 3 weeks in the middle of January and attended a coffee and joined the club. I did not know a soul when I went to my first Girls Night Out and I was pretty intimidated. Not to mention it was a bowling event and I was pretty rusty. I saw one smiling beautiful woman and began talking to her and have never looked back! Nearly all of my friends and acquaintances I have met through MFF. Some have moved on, but still remain friends. It is a wonderful, welcoming, organization and is what you make of it. So I encourage all of you to join an interest group or attend an event that sparks your interest. Participate in one of the service events. Just have fun!

Let's make all members feel welcome when they attend an event. Go out of your comfort zone to say hello to somebody you don't know. Also, all new members "tagged as new" so they are easy to spot.



November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 After-school hike	3	4 Recipe Swap	5	6	7 Club Poker
8	9 Out to Lunch	10	11 Family Farm Day Book Club	12	13	14
15	16	17 Membership Mixer	18	19 Ladies Night Out	20	21 Bunco
22	23	24	25	26	27	28
				Thanksgiving		
29	30					

Schedule of Events

- 11/2, 4 PM—After-school Hike to Ponemah Bog
- 11/4, 7 PM—Recipe Swap
- 11/7, 7:15 PM—Club Poker
- 11/9, 1 PM—Out to Lunch, Amigo's
- 11/11, 9 AM—Family Farm Day, The Inn at East Hill Farm
- 11/11, 7 PM—Book Club
- 11/17, 7:15 PM—MFF Business Expo & Holiday Shopping Night @ Membership Mixer
- 11/19, 6 PM—Ladies Night Out, You're Fired
- 11/21, 7 PM—Bunco



Ways and Means

Christina McKillop & Melissa Winters

waysandmeans@merrimackfriendsfamilies.org



The Haunted House, Walk, and Chili sale were great, despite the weather. A big thank you to all who donated and ate! What a fun way to showcase our activities, the second place chili recipe was a success. Our holiday photo shoot should be fabulous. Amy does such an amazing job. No small feat with kids and pets in the mix. We hope everyone enjoys their photos!

We are looking forward to our raffle at the November Shopping Spree, which takes place at our next Membership Mixer. Make sure you bring cash to shop and enter the raffle. All of the vendors will be supplying a prize for the raffle. We'll have it set up like a penny sale or a Chinese raffle, as it is sometimes called. You'll be able to put your raffle tickets towards whatever prize or prizes you would like. Come on out and start your holiday shopping! There are teachers, babysitters, newspaper delivery boys, hairstylists, coworkers, and Yankee

Swaps to buy for. Don't forget the Aunts, Uncles, siblings, in-laws, grandparents, parents, friends....ok I need to start shopping! AAAHHH!

Lastly, Thursday December 3 will be our next Cashola Night. This time Uno's on Amherst St will host us. They have generously given us a \$25 gift card to raffle off that night. Just like Papa Gino's in October, you need to print off a ticket and bring it with you. You can find the ticket on our website and [here](#). Put your name on the ticket and after the event, we'll draw a name for the gift card. The event will run all day, 11 to closing and take out is included. We will earn 15 to 20 percent of the bill! Papa Gino's was a huge success! Come for lunch or dinner at Uno's on December 3rd. You'll need a break after shopping for the holidays all day!

Happy Turkey Day! -Christina and Melissa

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Recipe Swap

Jill Mitchell & Caroline Nigen
recipeswap@merrimackfriendsfamilies.org

Brr, it is getting cold outside! May we suggest trying Jen Nigg's recipe for White Bean Chicken Chili (see below) to warm up? Yummy!

Recipe Swap is a fantastic way to try new food, make new friends, and enjoy an evening out. Our chili cook-off on October 7th was a great success! Thank you to all of the lovely ladies who participated. Next up is the Fall Harvest swap on Wednesday, November 4th. This is your chance to cook up any dish of your choice that screams AUTUMN!

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.

Look for the Evite in your inbox! And be sure to respond YES!

Thank you to everyone who has volunteered to host our Swaps this year! It is greatly appreciated. For those who cannot join us on November 4th, 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!

White Bean Chicken Chili

Ingredients:

2 lbs boneless chicken	4 cloves garlic, minced
2 cups chicken broth	2 cans great northern beans
2cans diced tomatoes	1 can diced chilies
1/2 pkg frozen, diced onions	1/4 cup sour cream
1 pkg McCormack white chicken chili spices	
Additional salt, pepper, cumin, chili powder, red pepper to taste	

Directions:

Cook chicken and minced garlic in chicken broth until no longer pink. Shred. Mix beans, tomatoes, chilies, onion and spices in crock pot. Add chicken and remaining broth. Stir. Cook on low for about 8 hours. Stir in sour cream before serving. Garnish with fresh cilantro, shredded cheese, avocado and sour cream (optional).



MFF Kiddos at Wildcat Falls

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.

PELLET/WOOD STACKING

Anyone having tons of pellets delivered? Don't Break your back! My 14 yr. old son Chris will stack them for you for \$0.25 a bag. He also stacks fire wood (rates to be negotiated per cord). Call Nicole Cusimano @ 424-4094 if interested.



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Love Notes



Amigos,
Thank you all so much for all of your help Haunting the House for the event at Wasserman. I am so sorry I was too sick to attend, but I am so proud of all of you for doing such a great job! -Amy

Amy B.
Thanks for getting Joyce's great picture in the Merrimack Journal. Sue

Amy,
Thanks for being such a great neighbor and friend! It's been fun getting to know you better and hanging out! -Nancy

Darlene and Marie
I really enjoyed the LNO at Unwinded. What a wonderful evening. Thanks for your efforts. - Sue

To Deb Day:
Thanks for hosting the first Book Club meeting of the season - it was fun!! Rachelle

Dorian,
Congratulations on your wee ones! Annette

Julie, Carol, Nicole C., Bea, and Rachelle,
Thank you all so much for your help with the Haunted House! I really appreciate the effort you all put into it and covering for me while I was sick! Annette

Joyce
Thanks for taking a great picture of our breakfast at Ruthies. Sue

To Joyce Youngman Dahl
Thanks for hosting the October book club meeting at your home and swapping. Small group and great discussion. Rachelle

Karen
Thanks again for the ride to LNO! - Sue

Kate,
Welcome to Merrimack Friends and Families! I look forward to getting to know you better! Nancy Phillips

Kudos to all of the strong C25K women braving the cold and rain! I'm looking forward to our first race this December!! Laura

Ladies,
Thank you all so much for all of your donations of coupons for the Amigos service project this year. Our first shipment has gone out to the base we "adopted" in Japan. Keep them coming, we will be doing another shipment soon! -Amy

Marie,
A really good friend is someone with a bright smile on her face, a light spring in her step, and a true sweetness in her spirit. Your this and so much more. Hugs, Darlene

Melissa and Christina,
Thank you both so much for all of your hard work with Ways and Means. I know the Halloween Event was a big success thanks in part to both of you!

-Amy
Melissa
Thank you so much for covering for me at the board meeting and taking the minutes. I really appreciate it! - Sue

Melissa,
Thank you so much for the dinner you brought over when I was sick. It

was very appreciated by Pete and the boys since they had been eating cereal all week. -Amy

To the whole MFF board,
You all are the best; I'm really lucky to have you ladies on this board. You make my part easy. XO Annette

Nicole,
Thank you so much for taking over the Haunted House with The Amigos. I know you did a great job! -Amy

Nicole
Sorry for getting anxious to get things on the calendar. You are doing a great job! - Sue

Nancy,
Thank you so much for the dinner you brought to my family when I was so sick. I really appreciate it! You are the best! -Amy

Nancy
I'm so happy to be helping you expand your vocabulary. "klatch" is a cool word! - Sue

Nancy
I'm so excited that you decided to join me to do the "Out to Lunch" group! its going to be fun! - Sue

