



**MAT, OCTOBER 2009**

**Merrimack Friends and Families**

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October 2009

## **A Note from the President Annette Kiesow**

Hi Everyone!

How did it get to be October already?! Time is flying and the club is in full swing, with lots of events already planned. There's a little something for everyone so make sure to check out those Evites!

I hope you're having a great fall and taking advantage of all the fun things to do around here this time of year; apple picking, corn mazes, pumpkin carving, and hayrides! I went apple picking and the crop is amazing this year. I hear the orchards loved all that rain we had back in July, I'm glad it was good for something!

Of course every fall there are lots of Haunted Houses around too, and this year Merrimack Friends and Families is responsible for creating one of our own! We are helping out the Town and hosting the Haunted House at the annual Halloween Event on

October 24 from 1-7 pm at Wasserman Park.

If you love Halloween and you'd like to help us, either by donating decorations, helping us put the house together, or by being there that day to scare, give tours, or sell tickets please let me know. We need all the help we can get!

I'd like to thank everyone who helped out at the Fall Business Expo. It was a great opportunity to reach out the community talk up our club. I appreciate everyone who volunteered their time at the booth and baked goodies for the booth!

Have a great October and I'll see you all soon!  
Annette



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## **Membership Mixers Julie Akers, 1st VP**

Happy Autumn everyone! In these tough economic times we're all eager to find ways to save money - especially with the holidays approaching. With that in mind, our guest speaker for the October Membership Mixer is Wendy

Thomas who writes the Nashua Telegraph's weekly column Simple Thrift. As a freelance writer and mother of six this Merrimack mom says pinching pennies has always been a way of life. Wendy is happy to share her

creative money saving ideas with us so please join us on Tuesday, October 20 at 7:15 at the Merrimack YMCA to get some great tips to keep your family budget on target.

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# Interest Groups

## Nicole Cusimano, 2nd VP

We are already off to a busy start this year. So many activities to choose from! Next time you are at one of our events, take a moment and thank the interest group leader who organized it. These ladies put a lot of personal time and effort into making sure we have many activities available for our membership to enjoy.

Looking forward to seeing everyone at the upcoming events,

Nicole

### Amigos

This month we have a couple of fun things planned! First on Monday October 12<sup>th</sup> (a ½ day for Merrimack Schools) we will be heading to Leda's Lighthouse in Nashua for some Glow Bowling from 1pm - 3pm! The cost for this is \$10 per bowler and includes shoe rental plus 2 hours of bowling!

Then on Saturday October 24<sup>th</sup> we will be helping to Haunt the Haunted House at Wasserman Park from 3pm - 7pm! I know that is a really long period of time to scare people so I think we will do 1 hour shifts (but you can stay longer if you are having fun)! Please wear dark clothing and I have face paint and masks (your choice) to make you nice and scary! If you already have your own costume, please wear it!

Watch for the Evites!

~Amy Bewley

### Book Club

In September we reviewed *Gods in Alabama* and most enjoyed the book and, as always, we had a pretty lively discussion.

The October Book Club meeting will take place on Wednesday October 14 at 7PM at Kate Crowley's home. We will be discussing *She's Come Undone* by Wally Lamb. The book is a coming of age story where the author invites us to hitch a ride on a journey of love, pain, and renewal with a heartbreakingly comical heroine. A once a fragile girl and a hard-edged cynic, so tough to love yet so lovable.

More details will be available in the Evite.

~Rachelle

### Bunco is Back!

I'm very happy to be able to bring this fun dice game back to the club.

Here is the general info for those of you who are not familiar with it...Very easy to learn, you only need to know how to count...and even then, your partner can do it for you! It will cost \$5 per person to play, with 10% going to the club fund. The rest will be divided among the winners....and the loser! Yep, you can even win by losing! Our first game will be Oct. 10th, 7pm, at my house. In November, we will meet on the 21st.

Look for the Evites and I hope to see you then!

~Nancy

### Health & Fitness

This fall while the weather is still nice, the Health And Fitness Committee will be hosting after school hikes around town on the first Monday of the month at 4:00. This month, lets meet on October 5th at the Heritage Trail parking lot just off of Baboosic Lake Road to hike with the kids to Wildcat Falls. Bring a snack to savor while we sit on the rocks.

Calling All Couch Potatoes!!! Starting in October, we will be launching the world famous C25K program with MFF. What?? Yes, Couch To 5K. Google it: [www.c25k.com](http://www.c25k.com) All in just 9 short weeks - it IS possible to run your first 5K (3.2 miles). Meet us for our first walk/run on Tuesday morning, October 6th at 9:30 at the Merrimack Family Chiropractic parking lot at 36 Baboosic Lake Road. The ultimate goal is for us to enter as a team in a 5K this fall. Look for an Evite as the times and dates may change (or be added to) depending on group interest and participation.

Looking forward to a fit and healthy year!!

~Laura, Amy & Nicole

### Ladies Night Out

Hi Ladies!

Darlene and I are really psyched to be involved with the club after a 2 year hiatus. We've missed it and can't wait to get together for LNO's (ladies night out) because let's face it, who doesn't need a good LNO once in a while?? We have 2

dates planned so far and open for suggestions as well going forward. For our first event we're going to chill out at the Common Man in Merrimack on October 22nd. They have a great, cozy pub upstairs. Please join for a casual get - together to meet up with old friends and hopefully meet some of our newer members. If you're new and interested in carpooling please let me know, we can arrange that. I know it can be daunting to show up and not know anyone but we promise to make everyone feel welcome. After all, that's what this club is about.

The next event is Ladies Night is 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!

~Darlene & Marie

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One Night Stands

Remember our "One Night Stands" are a great opportunity to organize an event with out the long term commitment.

Look for the Evite for the first Family Social "One Night Stands" to Family Farm Day at the Inn at East Hill Farm on Wednesday November 11<sup>th</sup> from 9-3. This was loved by all who were able to attend last year. Hope to see you there!

Play Groups

Play Groups will be starting up soon! Everyone should have received a sign-up sheet in their email. Please contact me at [dorian.walters@comcast.net](mailto:dorian.walters@comcast.net) if you need me to email it again or you're having any problems sending it back. Groups are open to all children of MFF members and will be formed based on ages and availability.

~Dorian

Poker

We are so excited to have Poker back up and running. Jen & I are excited about the year ahead. We have a few things up our sleeves that will keep things interesting.

Our first event is Club Poker on Oct 3rd. 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.

The next event is a ladies only/beginners night on the 16th of Oct. This is a very light night where beginners can feel comfortable to learn the game at their own pace. Buy in for the night is lunchbox snacks and will go to the St. John Neumann Food Pantry. The "Prize" at the end of the night is bragging rights! See the Evite for more info.

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

~Kat & Jen

Out to Lunch

Hey ladies! Welcome to our new interest group The idea is to have some ladies only activities during the daytime. Its kind of a cross between ladies night out and a play group. Since I have just retired, it seemed like a great idea. So whatever your circumstances are, if you can get away during the day, I hope you can join us for some fun. We will have our first outing on **Thursday October 1st** when we will meet for breakfast at Ruthies in Merri-

mack. After that I have a number of different ideas for some fun things to do, some of which came from folks at the September General meeting. In addition to lunch or breakfast in local restaurants, some of the ideas include a trip to Pickity Place, a pot luck lunch at someone's house, brewery tour, trip to Haymarket on a Friday and perhaps a matinee. Any other suggestions or thoughts are welcome, please send me an email. Also I will try to juggle the day of the week since I know some folks can only do certain days.

Thanks! ~Sue

Secret Sister

Did you miss secret sisters last year? I know I did... Still looking to fill this very popular group with a leader, or a pair of leaders. I had a lot of fun running this group in 2006 and would love to see it come back this year. Who would be interested in a Simple Secret Sister? I will run it if no one steps up to lead this group. \$10.00-\$15.00 a month gift limit, no monthly get-togethers, just one party at the end of the year for a reveal and reverse gift exchange. Send me (Nicole Cusimano) an email if you would like to lead secret sisters, or if you would be interested in participating in a simple secret sisters this year.

**Secretary  
Sue Geyer**



Nathan John was born on September 11th. He weighed 7 pounds and 9 ounces and is 19.5 inches long! Meggy is handling the big sister deal pretty well.

I'm really excited to be in a new year with the club and what a great kick off meeting we had in September. Don't forget to renew your membership if you haven't this month. Hope to see everyone soon!

Congratulations to Jane Cottrell and family on the birth of Nathan John who was born on Friday September 11th.



- October Birthdays**
- 2-Melissa Winters
  - 5-Debi Sferrazza
  - 6-Nicolle Souza
  - 8-Tanya Rivard
  - 14-Delilah Mendrala

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



# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <i>Walktoberfest</i>
4	5 <i>Amigo's After-School Hike</i>	6 <i>Couch to 5K</i>	7 <i>Recipe Swap</i>	8 <i>Trips for Tots Fire Station Tour</i>	9	10
11	12 <i>Amigo's Glow Bowling</i>	13	14	15 <i>Papa Gino's Casabola</i>	16 <i>Beginners Poker</i>	17
18	19	20 <i>Membership Mixer</i>	21	22 <i>Ladie's Night Out</i>	23	24 <i>Halloween Walk</i>
25	26	27	28	29	30	31 <i>Halloween</i>

## Schedule of Events

- 10/3—*Humane Society's Annual Walktoberfest, 9AM–4PM, Anheiser-Busch*
- 10/5—*Amigo's After School Hike, 4PM, Wildcat Falls*
- 10/6—*From Couch to 5K, 9:30AM, Merrimack Family Chiropractic*
- 10/7—*Recipe Swap, 7PM, Jill Mitchell's*
- 10/8—*Trips for Tots Fire Station Tour, 1PM, Merrimack Center Fire Station*
- 10/12—*Amigo's Glow Bowling, 1:30PM, Lead's Light House*
- 10/14—*Book Club, 7PM, Joyce Youngman Dahl's*
- 10/15—*Cashola Night, Papa Gino's*
- 10/16—*Beginners Poker, 7:30PM, Kat Knauer's*
- 10/20—*Membership Mixer, 7:15PM, YMCA – Membership Renewal Deadline*
- 10/22—*Ladie's Night Out, 7PJ, Unwine'd, Manchester*
- 10/24—*Annual Halloween Walk, 1-7PM, Wasserman Park*



## Publicity

**Amy Bewley**

**publicity@merrimackfriendsfamilies.org**

We are off to a great start for the Club year! If you have any news or photos to share please forward them to me and I will get the into the newspaper. Thanks Ladies!

## 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.



## Service

**Carol Figureroa & Dorian Walters**

**service@merrimackfriendsfamilies.org**



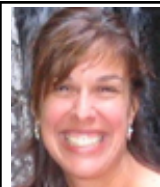
This month we are participating in the Humane Society for Greater Nashua's 26th Annual Walktober Fest. We will be walking as a team. This is taking place at Anheuser-Busch on DW Highway. Please meet at the entrance at 9:00 am. Your dog is welcome at this event, so if you own a dog he/she can walk with you. Also, we have set up a donation page with the Humane Society. If you would like to make a tax deductible donation to the shelter, please go to

[www.firstgiving.com/mff2009](http://www.firstgiving.com/mff2009). During the October Membership Mixer we will be collecting items on the shelters wish list. If you would like information the shelter and their needs, you can visit their website at [www.hsnf.org](http://www.hsnf.org).

This month we are also collecting used Halloween Costumes for Marguerite's Place. Dorian would like to drop them off by next Wednesday, October 7<sup>th</sup>. So, please drop them off at her house or if

you'll be seeing a board member before Monday you could also give her the costume(s) to bring to our board meeting that evening. Thank you to everyone who responded to this request. The kids at Marguerite's Place will be thrilled to have the costumes. Any questions, please let us know.

Happy Halloween!!!



## Ways and Means

**Christina McKillop & Melissa Winters**

**waysandmeans@merrimackfriendsfamilies.org**



Bring on the fall!

Results from the Fall Yard Sale were fantastic – we raised over \$800 for our charitable fund! Thanks again to everyone who donated, helped, shopped and baked – it made for a fun, successful day. Don't forget to set aside any items for the Spring sale in May – it's never too early!

We have two fun events in October:

Join us on **Thursday, October 15<sup>th</sup>** at Papa

Gino's for Cashola night. We'll receive 20% of the purchases for the night; however you **must** present the special flyer in order to participate. Please download the flyer [HERE](#). Contact Christina or Melissa if you have any questions. Please make copies and share with your friends!

On **Saturday, October 24<sup>th</sup>**, we'll be participating in the Merrimack Halloween Haunted Walk. Join us for fun events and, from 3 – 7, Ways & Means will be

selling homemade chili and nachos. The recipe we make will be the winner from the recipe swap on Oct 7<sup>th</sup>... so bring your best chili recipe to share! If you'd like to support us but can't be there that day, look for the Evite to donate items.

As always, we'll do the 50/50 raffle at the next Membership Mixer on October 20<sup>th</sup> – bring your pocket money – there's a chance you'll go home with a little extra!

## Recipe Swap

**Jill Mitchell & Caroline Nigen**

**recipeswap@merrimackfriendsfamilies.org**

Autumn has arrived, and along with it, so have lots of wonderful New England culinary treats... So let's dig in!

*Recipe Swap* is a fantastic way to try new food, make new friends, and enjoy an evening out. We have a great year planned with some returning club favorites. Everything from International Cuisine, to our most beloved Cookie Swap, there is sure to be a *Recipe Swap* for you. 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.

Our first *Recipe Swap* of the club year is very soon - Wednesday, October 7<sup>th</sup>! The theme of this swap is a Chili Cook-Off! The winning chili recipe will be made by the *Ways & Means* Interest Group for this year's town Haunted Hayride fundraiser event. The Evite should be in your inbox now, so be sure to respond. Get those crock pots ready!

Thank you to everyone who has volunteered to host our Swaps this year! It is greatly appreciated. We will continue to get together on the first Wednesday of every month, so mark your calendars now! If you have any questions about the

group, feel free to contact either one of us.

Here is the recipe for the oh-so-simple appetizer we brought to the *Membership Mixer* on September 15<sup>th</sup>.

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

Jill & Caroline

### 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.

## Easy Cheesy Appetizer

*An easy appetizer even your little ones can help you make. A crowd pleaser!*

### **Ingredients:**

- 1 Pack Flour Tortillas (Burrito Size)
- 1 Lg Tub Whipped Cream Cheese
- 1 Bunch Fresh Scallions/Green Onions
- 1 Jar Salsa

### **Directions:**

- Spread cream cheese on tortillas.
- Slice scallions/green onions and sprinkle over cream cheese.
- Roll up tortillas and slice into 1-inch pieces.
- Serve with salsa and enjoy – they are addictive!

*Note: Do not prepare too far in advance – tortillas might get soggy!*



## Membership

### Joyce Youngman Dahl & Lorene Kush

[membership@merrimackfriendsfamilies.org](mailto:membership@merrimackfriendsfamilies.org)



Just a reminder the deadline for the 2009 -2010 membership renewals is **October 20th**. If you have already sent it in, **THANKS**, and if not, please do so now.

**Yearly dues are \$25 and can be sent/dropped off to:**

- Joyce Dahl @10 Westcott Drive
- MFF, PO Box 1516, Merrimack, NH 03054
- bring to the "membership mixer" on October 20th
- give to any board member

A member not renewing by the assigned date will be dropped from the MFF mail distribution and EVITE list. So, please renew and renew on time!

Thanks,

Joyce Dahl & Lorene Kush

**Welcome new members (4 so far this new year)**

**Stacie OConnell**, husband Thomas, and son Chase, 14 mos. have just recently moved here from St. Louis. She is originally from Colorado.

Stacie came to our first "mixer" with new friend and neighbor Sherre Dubis and became a member that night!

Best wishes to them in their new home in Merrimack!

**Kate Crowley**, husband Edward, and son Hunter, 14 mos, have lived in Merrimack for about a year. Her neighbor Nancy Phillips told her about the club. Kate joined the club after attending our book club meeting. Welcome Kate!

**Deb Courtemanche** is a friend of Merrimack Friends and Families and you may already know her in her role as the head of the **Merrimack Chamber of Commerce**. She lives in Merrimack with husband Dave and sons Bryan, almost 16, and Sean, 11. Welcome Deb and we hope to see you at our mixers!

**Audra Burns** just joined MFF! She lives in Merrimack with husband Tim and son Greyson James, 2 years old. They will be welcoming a new addition to their family in April 2010!

Please welcome these new members and say hello when you see them at an event or mixer! New member badges are "tagged as new" so they are easy to spot.



## Love Notes



Annette,  
You are a great Presi-

dent! Thanks for all the hard work!  
-Melissa

Bea, thank you so much for letting Brenae come to your house each day. It has been such a help to me. I don't have to worry about her each day! I appreciate you so much!!

Love, Sherre

Christina,  
Thanks for making the first month awesome! I am really looking forward to this year working with you.  
-Melissa

Debbie,  
Thank you for opening your home to the Book Club. We were quite a verbal bunch and you were so sweet to us all.

You are a great - and patient - hostess!

In friendship, LAURA

To My Interest Group Leaders,  
Thank you all for generously volunteering your time and energy in running an interest group this club year. I think its gonna be a great club year,

and you all play a huge part in that success! YOU LADIES ROCK!!!

Nicole Cusimano

Kenyon,  
I'm looking forward to planning our LNO's. We're gonna have tons of fun Sistah!  
Marie

Ladies,  
Thank you all so much for all of the coupons you have already donated for the Amigo's Service Project this year. Keep them coming!

-Amy

Laura Moran, Cheryl Kurdek, and Serena Caesar,  
I know I am very late, but I wanted to let you all know how much my family appreciated your Friends In Deed meals the week after my surgery. Thank you for your kindness and generosity during a very difficult time.

Graciously, Nicole Cusimano

Melissa,  
Thank you so much for helping to clear my basement out and taking all of my donations for the yard sale in your truck! You are such a great friend!

-Amy

Melissa Winters,  
Congratulations on completing your second 1/2 marathon. What an amazing accomplishment!!! Now I need you to drag my butt back to the gym, I miss working out with you.

Nicole Cusimano

Mimosa Mommies are the best! Casey, Helen, Amy-  
I love getting into trouble with you guys!  
-Melissa

Nicole,  
Thank you so much for your old refrigerator! Our extra one had broken and I really wanted and needed a new one. You are the BEST!

-Amy

Nicole Cusimano,  
I appreciate your help and quick responses with getting us in gear for our interest group. Great job And I'm looking forward to working with you this year!

Marie