



## President's Perspective



Sue [president@merrimackfriendsfamilies.org](mailto:president@merrimackfriendsfamilies.org)

Welcome to the Merrimack Friends & Families 2011-2012 club year! This is truly an amazing organization and I am very proud to be a part of it. It provides such wonderful opportunities to connect with people, to give back to our community and have fun during all of it. There is also the flexibility to participate in as much or as little as fits in with your life. We all form a caring community that is also a network of support and information. I have met some very dear friends in MFF and continue to do so.

Merrimack Friends & Families was organized as the Newcomer's Club of Merrimack on November 15, 1973. The name was changed to the Welcome Wagon Club of Merrimack, and then changed again to Merrimack Friends & Families in 1998. The purpose of our club is to provide a friendly atmosphere for members, to become acquainted with others in the community, as well as providing opportunities for members to participate in civic and service projects.

Last year under the direction of a wonderful Ways & Means team, with the help and support of our members, we were able to donate over \$5300 to the following groups:

- ◆ Merrimack Public Library
- ◆ Home Health & Hospice Care
- ◆ St. John Neumann Food Pantry
- ◆ St James Food Pantry
- ◆ Humane Society of Greater Nashua
- ◆ YMCA of Greater Nashua

We have received a lot of very appreciative thank you notes. I'd like to extend a sincere thank you to all involved.

On July 1st, the new board of directors officially took office. I am extremely grateful to each one of these people for stepping forward to serve our organization. Accepting a board position is a big decision and they not only did so, but also they have dug in and have some exciting plans for this year. I am delighted to be working with such a talented and enthusiastic team!

In preparation for the new club year, the board has already been meeting, planning and organizing for an exciting year. We've just completed a big service project, the fall Yard sale is coming soon (September 10th), membership has been holding info socials and has new members already, interest groups are getting events on the calendar and it goes on. There is much more. Check out the rest of this Welcome Mat for more information.

If anyone has any thoughts or suggestions for anyone on our board, please don't hesitate to call or write. I hope you can all make it to our first Membership Mixer on September 20th at the YMCA. I look forward to seeing everyone there!

~Sue Geyer

# The Welcome Mat

Issue 1 September 2011



## First Vice President, Jane

Welcome everyone! The summer has gone by so quickly, and now we all look forward to another fantastic year together. A chance to be with our old friends and also the pleasure of meeting new friends.

Please join us on Tuesday, September 20th at the YMCA on 6 Henry Clay drive in Merrimack. This is a special night! Our theme will be "getting to Know You." Our Interest Group leaders will be there to talk about the exciting events they have planned.

Perhaps there is a group you would like to start. This is a great place to get some ideas, and help is always available.

If you haven't paid your membership dues, we can help you take care of that. I am looking forward to seeing you there.

Fondly, Jane Sowyryda 1st Vice President

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## Second Vice President, Janet

Welcome, Members! I can't believe how quickly Summer has passed. Luckily, we have such a wonderful year to look forward to. Let me begin by acknowledging the following incredible Interest Group Leaders for this year so far:

<b>Book Club</b>	Deb Day
<b>Babes in Arms (0-1)</b>	Jennifer Bolles
<b>Cards and Games/Poker</b>	Kara Pitcher/Elizabeth Richtmyer
<b>Health &amp; Fitness</b>	Julianne Marchenais/Laura Moran
<b>Ladies' Night Out</b>	Julie Akers
<b>One Night Stand</b>	-
<b>Out to Lunch</b>	Carol Figueroa
<b>Play Dates Group/Trips for Tots</b>	Katie Hanssen/Tracy Ruyffelaert
<b>Craft Night/Scrapbooking</b>	Elizabeth Richtmyer/Tracy Ruyffelaert
<b>Secret Sisters</b>	Jill Mitchell
<b>Networking Group</b>	Pamela Fariole
<b>Friends in Deed</b>	Dorian Walters

We are still actively recruiting leaders for the following groups:

<b>Adult Social Night</b>	<b>Men's Night Out</b>
<b>Amigos (MFF Jr.)</b>	<b>Recipe Swap</b>
<b>Club Poker</b>	<b>Scrapbooking</b>
<b>Family Socials</b>	<b>Virgin Adventures</b>
<b>Movie Night</b>	



I am working with all the Interest Group Leaders to keep our club calendar current. Please check it out when you can, and check back often! You can access it directly from our website homepage: [www.merrimackfriendsfamilies.org](http://www.merrimackfriendsfamilies.org) Also, remember, if you want to plan something fun, be sure to run the date by me first to ensure there are no conflicts. Here's a sneak peek at what we already have planned for September:

Wed, Sept 7 <b>Ladies Night Out</b>	Tues, Sept 20 <b>MFF Mixer Interest Group Info</b>
Thurs, Sept 8 <b>MFF Book Club</b>	Fri, Sept 23 <b>MMF Info Social</b>
Sat, Sept 10 <b>MFF Yard Sale</b>	Sat, Sept 24 <b>Secret Sister</b>
Thurs, Sept 15 <b>MFF Info Social</b>	Thurs, Sept 29 <b>Bunco Party</b>

For our **Interest Group Leaders**, please be sure to take lots of pictures! Send them along to me, Publicity, and MAT Editor, and include names and captions so that we can share the fun with the rest of the club!

These activities are only made possible through the volunteer efforts of our interest group leaders. If you have questions or need more information as to what you would be committing to, by all means, send me an email or give me a call! Remember, you can pair up and lead an interest group with another MFF friend – you do not have to do it alone. Without volunteer leaders, the interest groups simply would not exist! I am looking forward to another wonderful year of fun, friends, and laughter. Bring it on!

Janet



## Secretary, Julie

### September Birthdays :

Laura Moran 9/5  
 Holly Morales 9/9  
 Beth Flanders 9/17  
 Elizabeth Richtmyer 9/19  
 Amy Niezrecki 9/20  
 Nina Dahl 9/26  
 Nancy Madeira 9/30



### October Birthdays:

Melissa Winters 10/2      Jane Sowyrda 10/3  
 Lisa Walters 10/5      Nicolle Souza 10/6  
 Tanya Rivard 10/8      Heather Gage 10/11  
 Delilah Mendrala 10/14      Dawn LeGay 10/24  
 Melissa Carolan 10/26      Jill Fillip 10/29

Marja Liisa Kupiainen 10/29

Welcome, Members!

My contact info is: [secretary@merrimackfriendsfamilies.org](mailto:secretary@merrimackfriendsfamilies.org)



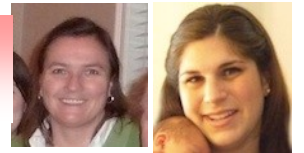
## Treasurer, Stacey

Welcome, Members

My contact info is: [treasurer@merrimackfriendsfamilies.org](mailto:treasurer@merrimackfriendsfamilies.org)



## Ways & Means, Gretchen, Rose & Jen



Preparations for the annual MFF Fall Yard Sale are already well underway and by the time you read this, hopefully you will have already responded to the Evite for the yard sale, signing up to bring donations or maybe even to help work during the sale. Last year's yard sales saw some of the highest sales in MFF history and we hope to at least meet, if not exceed, those numbers this year! With everyone's help and support, we think that will be an easy goal to reach. Remember, all of the money earned at the yard sale goes back into the community, to local charities. , don't forget that your donations are tax deductible! Even if you aren't able to donate items or stay for a long time, we hope you'll at least stop by to shop and say hi on **Saturday, September 10 from 8:00 - 2:00**, in the Town Hall parking lot. And if you aren't able to donate items or stay for a long time, we hope you'll at least stop by to shop and say hi on **Saturday, September 10 from 8:00 - 2:00**, in the Town Hall parking lot. Ways & Means is also in the process of planning some Cashola nights at local restaurants and shops as well as some fun, family fundraisers at the new, indoor playground, Nuthin' But Good Times. And as always, in late October, we will be participating in the Halloween Walk at Wasserman Park, selling chili and nachos and having a blast watching the cute little costumed kiddos "Stay tuned" for more information about these events! If you have any ideas for Fundraisers for MFF, please contact us at [waysandmeans@merrimackfriendsfamilies.org](mailto:waysandmeans@merrimackfriendsfamilies.org). We look forward to seeing you soon!

[wayandmeans@merrimackfriendsandfamilies.org](mailto:wayandmeans@merrimackfriendsandfamilies.org)



## Membership, Becky & Elizabeth



Hi,

We are so happy and excited to be taking over membership for 2011-2012. We started off with a fun night at the Homestead Restaurant with twelve people showing up for an information meeting and with two new members joining us. They are Marja Liisa Kupiainen and Dawn LeGay. We welcome you and also Lisa Walters, who joined earlier in August.

For the month of September, we have two more info socials planned. The Common Man Restaurant on Sept 15th at 7PM and the DW Diner on Sept 30th at 9AM. We would love to have all of you join us and again, please invite anyone interested in joining the club.

Just a reminder to all new members and old, your dues of \$25 are due by the first of October. Next year in the spring we will be having a drawing, every time you bring in a new member, your name will be placed in a drawing and the person selected will get a FREE Membership for 2012-2013. Please make your checks out to Merrimack Friends and Families and either mail them (P.O Box 1516, Merrimack, NH 03054-1516) or give them to Elizabeth, Becky or Sue at the next event.

If you have any questions please call us. We look forward to a new and exciting year.

Elizabeth Richtmyer and Becky Flanders  
Membership @merrimackfriends&families.org



## Service, Nicole & Laura



Service has already completed our first project of the year. Thanks to the generous support of our members, we were able to fill backpack and school supply requests for 18 Merrimack families and delivered them to the Town Welfare Department. We look forward to finding more ways to help serve our community during this membership year. Nicole & Laura      service@merrimackfriendsfamilies.org



Nina Dahl, Jill O'Toole, Dorian Walters, Nicole Souza, Laura Moran, Sue Geyer



Nicole, Laura and family helpers.



## Mat Editor, Pam

Hello, my name is Pam Fariole and I will be sending out the monthly newsletter around the first of every month.

I have been asked to insert articles, ads, personal ads, and photographs that are e-mailed to me.

The deadline for the newsletter will be by the 15th of the previous month in order to have it ready to go on or near the first. Please type in the subject line "MAT" so I will know that it is important content for the newsletter. A summary of entries would be Interest Group entries, Classified ads so members can sell items, and photographs. The cost is \$5.00 a month with no minimum number of months. Personals are free and those include, notes, thank yous, greetings etc.

Advertisements are business card size or a scanned in business card. The cost is \$5 a month for members and their families, \$15 a month for non members with a 3 month minimum. For a year paid up front the fee for members is \$45 and for non members it is \$150. You may mail your payments to:

Merrimack Friends & Families P.O. Box 1516 Merrimack NH 03054

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



If I accidentally left anything out it was definitely unintentional.

This was my first experience attempting the newsletter for MFF so please bear with me as I learn and adjust to it all. Thank you, Pam

## Publicity, Eileen

It is so good to see the new MFF year begin! Obviously the purpose of publicity is to promote the events and activities of MFF. In the past, we have primarily used the newspapers and our website to let the public know what an active and engaged group we have. However we have two additional ways to communicate with our members and the public.

What a lot of people, including some of our members, do not know is that we have a Facebook page. When you sign in to your Facebook account, you can find us at Merrimack Friends and Families. Plus, now you can also find us on Twitter! You can find us at @merrimackfriend. If you are in to social media, we hope you will "Like" and/or "follow us." When you are on our Facebook page, you will find some links for various things around Merrimack that might be helpful to you. Merrimack Friends and Families does not endorse any of these links. They are strictly information that you may find useful

## Friends In Deed, Dorian

One of the wonderful aspects of the club is that we form a community and we help each other when needed. We have something called Friends-In-Deed which kicks in when someone has a major event like a new baby or surgery.

The Evite goes out and people sign up to help. Typically the help is in the way of meals but we have also helped in other ways when needed. Volunteers, working either by themselves or as a team, will sign up to make a dinner for another club member and deliver it to them on a designated night.

In order for Friends-In-Deed to work, I need to be aware of the various events occurring in the lives of the club members. So please send an email to [friendsindeed@merrimackfriendsfamilies.org](mailto:friendsindeed@merrimackfriendsfamilies.org) to let me know if anyone in the club is in need of this service. Without your help, we can't help our members through these times.

# Interest Groups

## MFF Business Networking, Pam

In an effort to meet the needs of our members who are also business owners, I would like to introduce a new Interest Group called MFF Business Networking. As you may know, MFF are longtime members of the Merrimack Chamber of Commerce and they have invited us to attend their popular AM Networking events. These occur twice monthly from 8:30 AM - 10:00 AM: the first Friday they are held at the Merrimack Chamber of Commerce Conference Room (located inside the Residence Inn by Marriott) and the third Friday at a different member business, which is announced on the Chamber's website. The site address is: [www.merrimackchamber.org](http://www.merrimackchamber.org). I have been to many of these events and I can share from experience they are a very friendly and supportive group!

Each event features a 10-minute presentation by a Chamber member business. All attendees will then have the opportunity to give a 60 second pitch about their own business. This is a great opportunity to explain their organization's distinctives and educate us about who would be good potential clients and referrals. **AM Networking PLUS** also includes opportunities to exchange business cards, contact information, and to set up one-on-one meetings with participants with the goal of becoming each others' referral partners. Other Chamber events are available to Chamber Members only. Should there be an interest for additional Networking events that can be explored as well.

Join me Friday, September 2, 2011, 8:30 AM - 10:00 AM at the Chamber of Commerce as I will be the Featured Business presenter. Hope to see you there! Pam Fariole

## The Book Nook, Debbie


The Book Nook Bookclub meets the 2nd Thurs of every month at 7PM at various member's homes. Our Sept. meeting is Sept. 8. This is the 2nd year that we have read a "classic" book. This year it is Little Women by Louisa May Alcott (for Sept.). Each meeting starts with sharing food and some chat time; then we discuss the book and plan for the next couple of months. December is always a Christmas themed book and our annual book swap.

Bookclub is a lot of fun. We laugh and sometimes we cry through the books. Sometimes we even disagree, which leads to our best discussions.

We always have room for more and would love for you to join us.

Contact Debbie Day

cell: 603-494-7282 [bookclub@merrimackfriendsfamilies.org](mailto:bookclub@merrimackfriendsfamilies.org)




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# Interest Groups

## Bunco Games, Kara & Elizabeth

Hello Everyone!

We are very excited to get Bunco off the ground! Bunco is a game of dice. It is easy to play and you can enjoy a night out once a month with your friends. We have set aside some dates on the calendar and we would love to have you there. It will be a good time had by all, we promise! We will have an informational table set up at the MFF Mixer on September 20<sup>th</sup> so that you can get an idea of what Bunco is all about. Also, watch for the Evite!

We are also looking into having a couples Bunco night. It will be on a Saturday night, once a month and that would also be a great night out! We would need a minimum of 6 couples to play. We will be sending out an Evite for that also. We would love to have you there too!

Warm Regards, Kara Pitcher and Elizabeth Richtmyer

## Health & Fitness, Julianne & Laura

I will be the group leader for Health and Laura Moran will be the fitness group leader...kinda splitting the once single group to 2! I have lengthy background in natural health..supplements...nutritional counseling, and a certified Herbalist...I look forward to sharing all the knowledge I have with the MMF members so they can make better informed decisions on how to maximize their health potential for themselves and their families!...Julianne Marchenonis

## Ladies Night Out, Julie

To kick off our new MFF year I thought it would be fun to get together at a new-ish restaurant in town called El Tapatio. The food is authentic Mexican (the best I've had outside of Mexico) and their entrees are between \$9 and \$15. Their menu offers 9 vegetarian entrees, too. El Tapatio is located at 707 Milford Rd. in the Giorgio's plaza on the corner of Continental Blvd. and 101A. Join us for an inexpensive, fun night out on Wednesday, Sept. 7. Julie Akers

## Out to Lunch, Carol

This year I will be coordinating the Out to Lunch events. This also includes going out for breakfast. I will setting up our first one for this month shortly. I will mix it up on a monthly basis with either a breakfast or lunch gathering along with different days so hopefully you will be able to attend some of the events. If you have any suggestions as to where you would like to go, please let me know. I am open to suggestions. There are a lot of places I have not had an opportunity to try so your input would be appreciated. See you all soon. Sincerely, Carol Figueroa

# Interest Groups

## Craft Fair, Tracy

Crafts are never as much fun as when you're with a great group of friends! Starting up this September, we will be planning a monthly Craft Night in which we can start and finish a project in one night. No fancy equipment or machines necessary, and will be low cost as well. Some upcoming Craft Nights will include embellishing a plain t-shirt with fabric flowers, making an easy wreath, and more! Be on the lookout for the invite within the upcoming weeks. Looking forward to seeing you, Tracy Ruyffelaert  
[crafts@merrimackfriendsfamilies.org](mailto:crafts@merrimackfriendsfamilies.org)

## Playgroup/Playdate, Katie & Tracy

Summertime has been fun for the Merrimack Friends and Family Playgroups and Play Date in the Park! We have had a blast going blueberry picking, going to the beach, to Stonyfield Yogurt, and enjoying the weather in our own backyards. Coming up in September, our first Play Date in the Park will be apple picking, and we would love for you to join us. Keep an eye out for the invitation. Playgroups are starting up again this fall. If you would like some additional information, or would like to join in on the fun, please email Katie Hanssen or Tracy Ruyffelaert at [playdates@merrimackfriendsfamilies.org](mailto:playdates@merrimackfriendsfamilies.org)



Melissa Carolan, Jill Fillip (Ryan), Tracy Ruyffelaert



Ben & Ryan Ricks and Daniel and Mitchell Krupp



Carol Figueroa, Dorian Walters with Dorians kids (Sebastian, Adric, Boden)

**WELCOME**  
**Cody Michael**  
Born August 5th to  
**Melissa & Tim Carolan**  
**Congratulations**  
**Melissa, Tim, and big sister Ella!**



# Interest Groups

## *Secret Sisters, Jill*

### **Secret Sisters:**

I just love the smell of autumn air, don't you? I get to throw on some comfy jeans and a warm sweater, start enjoying the beautiful colors of nature, and begin my love affair with seasonal baking! Hey, I've never hidden the fact that I love to cook - and EAT! Speaking of "hiding," are you interested in joining *Secret Sisters*?

Here are the details in a nut shell. Each Secret Sister will complete a questionnaire about herself (if you didn't receive it via email, check the MFF website). The deadline to send your **completed questionnaire** to me is **Saturday, September 24th**. After I receive them, I will match everyone up with a Secret Sister. That person may use the information provided in your questionnaire to pick out a special gift for you each month! We will get together three times throughout the club year for gift exchange potlucks (see the eVites for more info). In May we will reveal who each person's Secret Sister has been. And then in June, you will give a "thank you" gift to the not-so-secret-anymore Sister who had been giving gifts to YOU for the previous eight months!

**The gift exchanges will occur anonymously every month from October through May, and every participant should give AND receive a gift each month.** You can ask another member to help make your delivery, or watch eVite and bring it to an event that you know she will be attending... you have plenty of sneaky options. But try your best to keep yourself a secret - that's what makes this so much fun! I would like to set a **price range of \$10-\$15 for your monthly gift**. And I also ask that no one "double dip" and buy one large, more expensive gift to count for multiple months (from what I've heard, this has caused problems in the past).

I would love to have you in our group, but I also want to make mention that unlike other interest groups, **this is a commitment for the entire club year**. I ask that once you join us, you understand that a very special woman (your Secret Sister) is counting on your full participation. There is **no fee to join Secret Sisters**. However, we ask that you pay your annual membership dues to the club before participating.

If you have any questions or need more information, feel free to contact me! Or stop by the *Secret Sisters* table at the September Membership Mixer. I will have printed copies of the questionnaire available, and will also be collecting completed ones. You may send completed questionnaires to me electronically as well (email is fine, as is faxmail: (617) 385-2853).

Here's to another great club year!

Regards,

Jill Mitchell

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

# The Personals

Your opportunity to say thanks, share info or find an item.  
Send your entry to [ppasserini@merrimackfriendsfamilies.org](mailto:ppasserini@merrimackfriendsfamilies.org)

Sue-

Thank you Sue, for your continued support. It's been a pleasure learning from you. Love, Jane

Julie-

Thank you Julie for the help you have given me. Your special! Love, Jane

Carol F –

Thank you so much for helping with the garden this year. It was fun to have someone to kibitz with! Sue

To the New Board –

I am so excited you all decided to do the board this year. What a wonderful group we have. I love the enthusiasm! Thank you all! Sue

Holly –

Thank you so much for all you do with our website. It is fabulous and such an important window into our club! Sue

Carol F –

Thank you so much for helping with the garden this year. It was fun to have someone to kibitz with! Sue

To the New Board –


I am so excited you all decided to do the board this year. What a wonderful group we have. I love the enthusiasm! Thank you all! Sue

Gretchen –

Great job with the playdates this summer! Sue

Sue-

Thank you for your help and patience!! Pam



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## September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 am. Business Networking Merr. Chamber	3
4	5  <i>Labor Day</i>	6	7 Ladies Night Out	8 MFF Book-Club	9	10 Yard Sale
11 Patriot Day	12	13	14 Craft Night	15 MFF Info Social	16	17
18	19	20 MFF Mixer YMCA	21	22	23	24 Secret Sister
25		27	28	29 Bunco Party	30 MFF Info Social	Oct. 1 Business Expo