

President's Perspective

Annette Kiesow • president@merrimackfriendsfamilies.org



The best way to gain a friend is to be a friend!

The Welcome Mat

Merrimack Friends & Families

How did it get to be September again?! The summer went by so quickly and now it's almost fall, school has started, and of course, it's time for us to get MFF back into full swing!

Right away we have the blood drive, the yard sale, book club, recipe swap...so many great events already planned! We also have our first General Meeting of the year where you can find out all about the interest groups and our plans for the year. Except that it isn't called General Meeting anymore. We're doing a little experiment this year and calling Membership Mixer! Definitely more inviting and interesting!

The other big change is that we're going back to the Y! Many of you will remember that we used to meet at the YMCA and we've decided to go back. We have a bigger meeting space – the School's Out room – and no more worries about food and drinks or parking problems! Of course, in order to meet at the Y we did have to move the meeting to the 3rd Tuesday of each month. We hope you like the changes and that you all plan on coming out and having some fun at our Membership Mixers this year!

You know, just a few years ago when I first I moved to Merrimack, I didn't know a soul here. One day I was at Kid's Kove with my then 3 year old son, and I met a couple of really great ladies who started telling me all about this women's club in town. One of those women invited me to the September General Meeting and I got a taste of what this club is all about. Friendship. That was so clear to me from the first moment!

I went from knowing no one; to knowing there were a hundred, or more, local women that I could count on, in a very short amount of time. Since then, I've made some of the best friends of my life just because I joined MFF.

Yes, we are a service club, of course we do charity work, and we really make a difference in this community in so many ways. I'm so impressed by the level of commitment you all show every time we're asked to step up on one project or another. But none of that would happen if it weren't for the friendships we all have made and the fun we have at every event.

The heart of our group is making connections we might not otherwise have, and we look forward to each occasion knowing our friends will be there too. I know that it makes all the difference for me, and I hope you all feel that too.

So this year, be involved, come to as many events as you can, meet up with your friends, make some new ones, and remember exactly why we're here! The next MFF member you meet might just become the best friend you've ever had.

~ Annette



1st Vice President

Julie Akers • firstvp@merrimackfriendsfamilies.org

Happy September ladies! I am excited to get the year started, catch up with old friends and make some new ones, too. We have changed the location and date of our Membership Mixers in an effort to make it convenient for more members to attend. Come join us at 7:15 on Tuesday, September 15 at the YMCA on 6 Henry Clay Drive in Merrimack. This month's theme will be "Getting To Know You" and our Interest Group leaders will be there to talk about the fun & exciting events they have planned for the year. This is a great time to save some dates on your calendar for some well deserved "me time." If you haven't yet paid your membership dues, bring along your checkbook and we'll help you take care of that. I'm looking forward to seeing you there.

Julie Akers

2nd Vice President

Nicole Cusimano
secondvp@merrimackfriendsfamilies.org



Hello Ladies,

I am really looking forward to a year filled with fun activities. We have filled a number of our interest groups with some amazing women, who have great things planned for this club year. They are looking forward to talking to everyone about what we have planned at our first Membership Mixer on September 15th at the YMCA.

We still have quite a few interest groups without leaders:

- Family Socials
- Playgroup Leader
- Secret Sisters
- Amigos
- Trips for Tots
- Stitch 'n Bitch or Knot just Knitting
- Weight Loss Support
- Lunch Bunch

We fully rely on the support of our membership in order to offer these activities. Please let me know if you are interested in volunteering for any of these groups.

In Friendship,

Nicole Cusimano

Publicity

Amy Bewley
publicity@merrimackfriendsfamilies.org



Welcome back ladies! I will be doing publicity for the club this year and in addition to submitting things like new membership coffees and the general meetings I would also love to submit pictures and information on the different interest events the interest groups are doing. Please forward any information to me and I will take care of the rest!



Secretary

Sue Geyer • secretary@merrimackfriendsfamilies.org

Hi,
Its great to be starting a new club year and I can't wait to get started. There are old friends to connect with and new ones to be made. This is the best group of ladies and I look forward to seeing everyone. Also, please let us know if you are expecting a child or anyone else in the club is.
Thanks, Sue

Happy Birthday!



September Birthdays	11-Carolyn Morin
1-Audrey Nixon	17-Beth Flanders
5-Laura Moran	20-Amy Niezrecki
9-Holly Morales	23-Karen Davis
10-Meghan Libby	30-Nancy Madeira

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



Ways and Means

Christina McKillop • Melissa Winters
onenightstand@merrimackfriendsfamilies.org



We have big shoes to fill this year and we are looking forward to it. We'll have lots of help, too. On tap this year we are planning on continuing our Shaw's Rewards Program, Cashola nights, Yard Sales, Chili sales, Bake sales, and Raffles. If you have any suggestions for us, we'd love to hear them!

First up, we'll address the Shaw's Rewards Program. This is an ongoing program that allows us to earn 1% of all purchases made at Shaw's using a Shaw's Rewards Club card. What do you need to do to help us earn this easy money? First, go to shaws.com/neighborhoodrewards, register your card number and select Merrimack Friends and Families as your non-profit group. If you are already contributing to another group, you can choose the portion you'd like to give to each group. After registering, shop at Shaw's on Tuesday, Wednesday, or Thursday, scan you card and we earn the dough! It's that easy. If you have any questions contact us.

Next, we'll discuss the Fall Yard Sale. We will be at Town Hall on Saturday September 19th from 8 to 2. This is a great location; we do very well at this. Please bring your donations to Town Hall the morning of the Yard Sale beginning at 7AM. We'll be sending out an Evite, so watch to see how you may be able to help. Most importantly, don't toss your stuff! We can sell it!

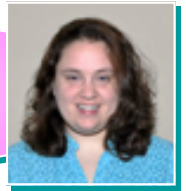
To celebrate our Membership Mixers' new night and location, we are planning on holding regular 50/50 raffles. Don't forget your pocket money, you could go home with a lot more!

Lastly, as Burger King is closed we are going to be trying something new for Cashola Nights. Our goal is to feature a restaurant in the area each month. We'll receive 20% of the purchases for the night. We'll start on October 14th, so get ready to take the night off!



Service Coordinators

Carol Figueroa • Dorian Walters
service@merrimackfriendsfamilies.org



Thank you everyone for all of your help with our first service project of the year! The Backpack Project was a huge success. On Aug. 24th we delivered backpacks and school supplies for 50 Merrimack students. Thank you to the Amigos for helping to bring everything into the Town Hall. We have several upcoming service projects. On September 12th we will participate in a blood drive at the Manchester Red Cross. See your Evite for more information. We also have the Walktober-Fest for the Humane Society of Greater Nashua on October 3rd. Come to the general meeting on September 15th to learn more about our service projects for this year!



Dorian Walters (holding Sebastian) and Carol Figueroa - Service Coordinators
Pat Murphy - Town Welfare Dept
Amigos Colin and Liam Bewley (joined by little brother Aiden) and Jon Knauer. Also helping delivering the backpacks but camera shy were: Erin and Josh Knauer.

Amigos

Amy Bewley
amigos@merrimackfriendsfamilies.org

Calling all Amigos!

This year we have a lot of fun and exciting things planned for the Amigos! Amigos is open to all children of members who are ages 9 and up. We will be doing a variety of service projects and fun events! We are already off to a great start, some Amigos were able to help our Service Team by carrying the 50 backpacks filled with school supplies into the Town Welfare Department in August. The things we are planning so far for this year include a Rock Band Night, Glow Bowling, Lazer Runner at Mel's Funway as well as a Halloween Party. I would love to have some kids help run this interest group and help plan the activities, so please contact me if this is something your child would be interested in doing! A girl and a boy would be great so that we pick events that are interesting to both groups!

Amy Bewley

Thank You To Our Sponsors!

Better Homes and Gardens REAL ESTATE | **THE MASIELLO GROUP**

SHERRE DUBIS
REALTOR®

sherredubis@masiello.com

LICENSED IN NH
603.889.7600 x801 Office
603.320.8560 Mobile
800.639.2142 Toll Free
603.889.6938 Fax

436 Amherst Street
Nashua, NH 03063

www.masiello.com

Each Office is Independently Owned and Operated.

Interest Groups



Recipe Swap

Jill Mitchell • Caroline Nigen
recipeswap@merrimackfriendsfamilies.org

Do you ever get tired of making the same old thing for dinner, or are you looking for some fresh new recipes to add to your collection? Maybe you just love to cook and want to share some fun food with new friends. Well, we have the perfect interest group for you!

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.

Come to our first *Recipe Swap* of the club year on Wednesday, October 7th. 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. Look for the Evite coming to your inbox soon. If you are interested in volunteering to host a *Recipe Swap* in your home, or if you have any questions about the group, feel free to contact either one of us. We are looking forward to many fun-filled and yummy Swaps!

Poker Night

Jen Nigg • Kat Knauer



Poker is back in play this year! Whether you are a card shark or have never played, we encourage you to come join the game. Our usual format is tournament style No Limit Texas Hold'em, but please let us know if you would like to try something different. We plan to have at least one game a month for members and optional guests (spouse, friend, significant other...), as well as a few "Ladies Only" games. Look for info to come on two October games, the first of which will be a no money, no pressure, Ladies Only beginners game. We hope you can join us this year!!

Jen & Kat

Personals

Dorian,
 What a great start to the new MFF year. You rock. Thanks for organizing the Backpack service project. It was a huge success and a lot of Merrimack kids are going to be happy their first day of school (we hope)!
 Carol

Sue,
 I've been thinking of you and wishing your family the best. I'm glad my aunt was helpful. Let me know if there's anything else you need. I can't wait for you to visit the girls!
 Beth

If you have a message to send to another member, email me! I'll include it in the Personals.
mat@merrimackfriendsfamilies.org
 -Beth

HELP WANTED! INTEREST GROUP LEADERS!

- Amigos
- Family Socials
- Lunch Bunch
- Playgroup Leader
- Secret Sisters
- Stich 'n Bitch or Knot Just Knitting
- Trips for Tots
- Weight Loss Support

CONTACT NICOLE CUSIMANO
SECONDVP@MERRIMACKFRIENDSFAMILIES.ORG



September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12 Blood Drive
13	14	15 Membership Mixer	16	17	18	19 Fall Yard Sale
20	21	22	23	24	25	26 Merrimack Business Expo
27	28	29	30			