



Co-President's Corner

by Margo Craven

Well, the weather is finally becoming enjoyable; whenever the rain stops. Group walks have started up and more walks are scheduled. All you have to do is go and enjoy them.

The Patriots' Day tradition of walking Concord as a group took place April 20 and participants got to see the Concord parade. Fortunately there was very little light rain. The heavy rain did not come till the parade and the walk were over. Keeping with tradition, few of us ate at the Holy Family Parish hall on Concord common and had pancakes, sausages, orange juice and coffee, which the Lions organization runs every year. Food is always the carrot dangling at the end of a stick.

I hope to see many of you at the busy weekend coming up on the first weekend in May at Sandwich, Provincetown and Hyannis. Good time to socialize with other walkers at our get-together supper Saturday night.

1995 Club History: Membership is 298.

This was another busy year for WnM. The firsts for WnM were: 1) Mid-week "Vacation Day", 2) XC Ski Seasonal Event (Bedford) and 3) Bus trips (Wiscasset, ME and Stockbridge, MA).

There were 15 day events, which included 1 bike and 9 seasonal events which included a ski event. The first ski event attracted 17 skiers; a trail that Charlie Smith designed. Polly and Don

Meltzer were POCs for the 1st weekday guided walk in which the JFK Library was the starting point with 69 walkers. After 4 years as Newsletter Editor, Steve Kehoe passes the keyboard to another capable writer, Beate Hait.

AVA initiates the NEW WALKER packets for \$5. Now that is something that has not gone up in price. The WnM Constitution was revised to include a two-year term for elected officers, among other fine tunings.

The 10th anniversary for Walk 'n Mass was celebrated October 29, 1995 at the Lexington walk. Chaired by Marianne Marshall, each walker received a commemorative Walk 'n Mass logo pin. [Editor: Math whizzes probably realize that this year is the 30th anniversary.] Joe Piffat was elected as Northeast Regional Director; he followed Beryl Wolf.

Chris Mellen organized a bus trip to Stockbridge, MA in April and Wiscasset, ME in September. All walkers had a great time. Polly and Don Meltzer again achieved their goal of 100 events in a year!

Many thanks again go to Jeanette Dosé for taking the time, patience and effort to catalog all the club's historical documents in albums so that it can be shared with others.

Come Friends, Let's Walk

- ❖ *Friday, May 1*
Group Walk/Bike:
Sandwich 1:00 pm
- ❖ *Saturday, May 2*
Day Events:
Provincetown
- ❖ *Saturday, May 2*
Guided Walk:
Simsbury, CT
9:00 am (CVVC)
- ❖ *Sunday, May 3*
Group Walk:
Hyannis 11:00 am
- ❖ *Saturday, May 9*
Group Walk:
Plymouth 10:00 am
- ❖ *Saturday, May 16*
Group Walk:
Wethersfield, CT
9:00 am (CVVC)
- ❖ *Sunday, May 17*
Group Walk:
Bristol, RI 10:00 am
- ❖ *Saturday, May 30*
Group Walk:
Providence, RI
10:00 am

See club website for starting location details on these events. For group walks, please aim to arrive 15 minutes earlier to sign-in.

Issue Highlights:

Familiar Places Winners – 2

In Memoriam: Don Meltzer – 3

Bulletin Board – 4

April Meeting Highlights – 5

Garden Word Puzzle – 6

Holliston Photos – 7

Provincetown Preview – 7

Walk Coordinator Speaks – 8

Group Pictures – 8

2014 Familiar Places Winners

by Mary Frink

Congratulations to the winners of our 2014 YRE/Seasonal challenge!

- ◆ Pat Damiani
- ◆ Ann Plichta
- ◆ Karen Plichta
- ◆ Jack Suchodolski



We had 13 people submit a total of 19 cards. Pat Damiani and Joanne Izbicki both completed 3 cards! That's 36 walks each! The drawing was finally held at the soup walk in Holliston. Because of the late, weather-delayed drawing, all of the winners had already renewed their memberships! They were each given a check to reimburse the 2015 membership fees. We are offering the All the Old Familiar Places Challenge again and this year's cards are purple. I know we've had a rough start this year, but the snow is melting away and it's time to get out and walk/bike! Cards are available in all of WnM YRE/SE start boxes. Good luck!

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In Memoriam: Don Meltzer

by Monica Hait



We are saddened to report the passing of our friend Don Meltzer in late March. Don was a vital member of Walk 'n Mass, contributing nearly 900 volunteer hours in a variety of roles (see below), and he also enjoyed the camaraderie of the Walk & Eat Gang. When Don was around, you could always expect a welcoming smile, pleasant conversation (often featuring a story of the latest sports achievement by a grandchild or the Red Sox) and a shared laugh or two. His voice and spirit came through in his lengthy tenure as *Footnotes* editor, which personally inspired me.

Don and his wife Polly traveled and volksmarched in every state and successfully completed 100 walks in a year several times. His passion for walking extended to being buried in sneakers, or so we hear, so he was ready for the final journey.

Our deepest sympathies to Polly and the entire Meltzer family. Don was ever the gentleman and we will miss him tremendously.

Notable Achievements and Contributions

AVA Certificate of Service: 1995 and 2007

Co-President: 1994 and 1995

Finance Committee: 1997-1999

WnM Volunteer of the Month: December 1996 and April 2010

AVA Meritorious Service: 2001 and 2011

Newsletter Editor: 1997-2009

Chair/Co-Chair seasonal (Boston: Freedom Trail, Back Bay and Special Places; Sudbury; Burlington; Lexington) and day events (Sudbury; Mt. Auburn; Belmont; Back Bay; JFK Library; Amherst Hadley; Royalston; Holyoke; Deerfield; Annisquam; Gloucester; Shelburne Falls; Zoar and Battle Road in Lexington)

Served at Start/Finish tables and checkpoints, marked trails, worked in the kitchen at annual soup walks (valiantly battling circuit breakers when necessary), served as guided walk leader, acted as Greeter and POC for New Walker Information, participated in Tully Lake Work Party.



Bulletin Board

2015 marks the 25th year of **Wednesday Guided Walks** by Empire State Capital Volkssporters (ESCV) in New York. These weekly walks run from May through August and have morning and evening start times. Get more details at www.walkescv.org

The Big Give S.A. - May 5, 2015

The American Volkssport Association, AVA national headquarters, is one of the San Antonio, TX non-profits participating in The Big Give S.A., a 24-hour local charity effort taking place on May 5. Donations can be made online on that day and *an anonymous volkssporter will match all Big Give donations to AVA*, up to \$30,000, so each \$1 you donate will be worth \$2!

<https://thebiggivesa.org/#npo/american-volkssport-association>

Next Club Meeting Tuesday, May 5

6:30 pm

St. Michael's Parish Center
90 Concord Road (Rt. 62)
Bedford, MA

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: May 21st

Walk & Eat Gang Spring Schedule—Thursdays at 10:00 am

Apr. 30 Newburyport, MA **	susdave@comcast.net
May 7 Saco, ME **	elmcjj@aol.com
May 14 Concord, MA	c2lipson@msn.com
May 21 Brunswick, ME	
May 28 Lowell, MA	
Jun. 4 Exeter, NH	we2walk@comcast.net
Jun. 11 Salem Willows, MA **	susdave@comcast.net
Jun. 18 Danvers, MA	susdave@comcast.net
Jun. 25 Hampton Sand Castles, NH **	we2walk@comcast.net

***Non-sanctioned events and not eligible for AVA credit*

For further Walk & Eat Gang information get in touch with noted host or try the Robertsons or Lipsons

April Board Meeting Highlights

by Marianne Marshall

Meeting held April 7, 2015

Quarterly Bank Balances

- Checking \$1,850.31
- Savings \$1,314.78
- CD \$4,847.78

Thanks to all who provided the excellent soups, etc., for the soup walk in Holliston.

Group Walks

Sandwich Walk/Bike, Friday, May 1 @ 1:00 pm (part of Provincetown weekend)

Hyannis, Sunday, May 3 @ 11:00 am (part of Provincetown weekend)

Plymouth, Saturday, May 9 @ 10:00 am

Bristol, Sunday, May 17 @ 10:00 am

Providence, Saturday, May 30 @ 10:00 am

Reminders will be sent in early May to members who have not renewed their 2015 dues.

Monica Hait has submitted the WnM Year-Round and Seasonal Event booklet, 3 newsletters, and 4 event flyers for the various AVA Publicity award categories.

Fifty-six walkers participated in the soup walk in Holliston—attendance low due to snowy weather.

Information submitted to AVA for our projected walk in Brookline on August 8.

Lexington walk on October 17 has been sanctioned.

As of April 7, 32 pre-registered for dinner in Provincetown.

Bookmark to be printed once the walking schedule is finalized (early May).

WnM proposal to sponsor an Ice Cream Parlor Special Program has been submitted to Doug Reynolds, Northeast Regional Director.

WnM Executive Council voted 11 against and 0 in favor of AVA joining IVV-Americas.

Voting on the following AVA Bylaw Agenda Items will be done at the meeting on May 5:

- ◆ Amendment to permit the AVA to affiliate with organizations consistent with AVA's purpose
- ◆ Amendment to change who can call for a voice vote
- ◆ Amendments to (1) clarify Regional Director election procedures and (2) to allow Deputy Regional Directors
- ◆ Amendment in the procedure for amending the Bylaws
- ◆ Amendment to define the term "mail"

Voted to pay Mary Frink, WnM delegate to the AVA Convention, \$300 towards registration and other costs.

Voted (9-2) to donate \$50 to AVA through The Big Give on May 5.

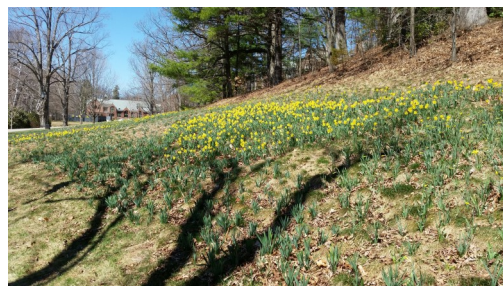
WnM Constitution: Marianne Marshall will carry out recommendation to have the WnM Constitution re-worded to change the current direction for amending the Constitution in the future. Aim will be to disseminate the proposed changes to the Constitution 60 days prior to the annual picnic in order for members to review before a vote on the changes is taken at the picnic.



Where is it?

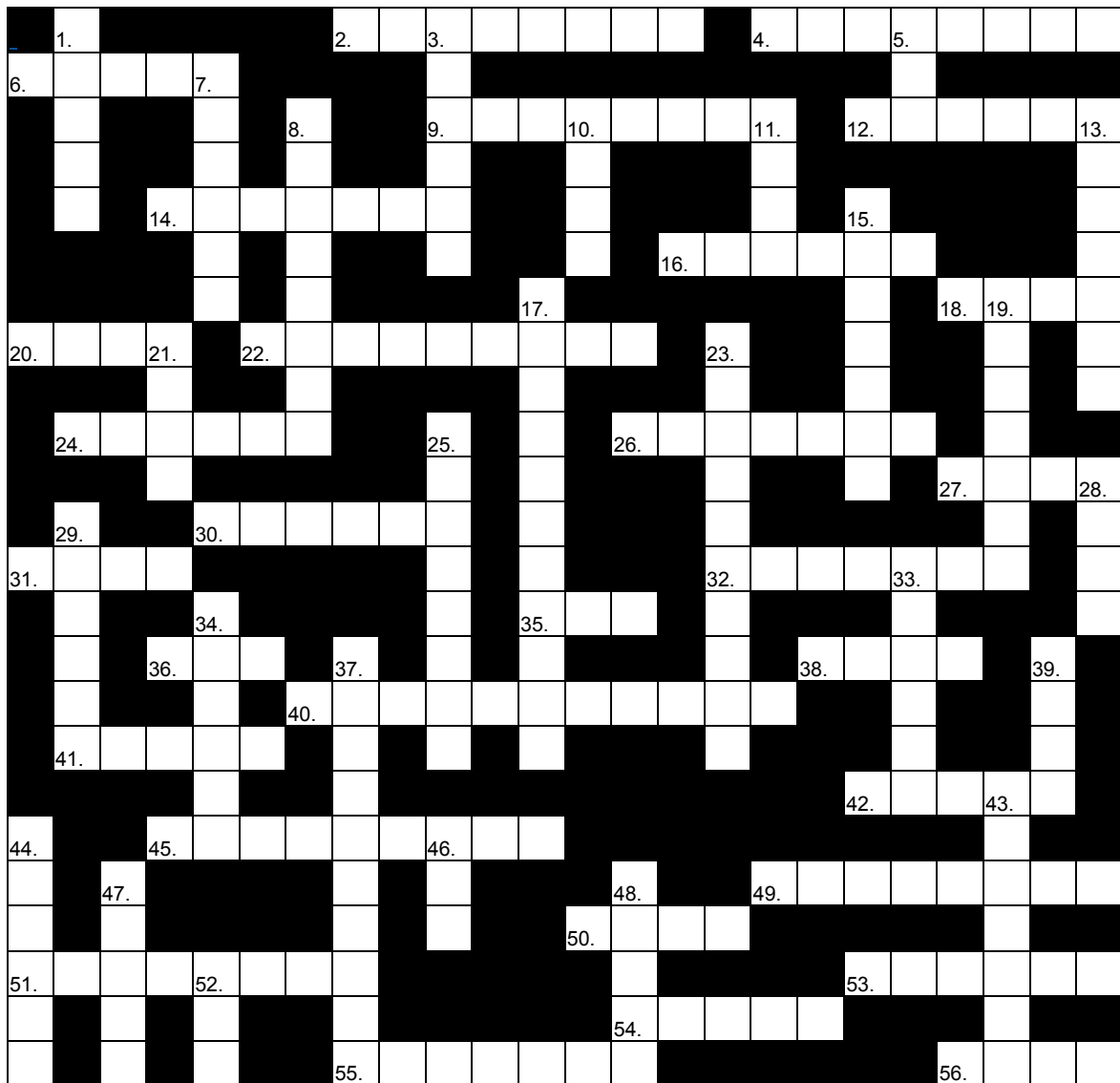
Swaths of Daffodils were spotted along a WnM seasonal route

Last month's photo was from Fall River



Spring Gardening Word Puzzle

by Karen Kolaczyk



ACROSS

2. Plant grown for its bright yellow or orange flowers
4. Purple fruit; Black Beauty, Classic and Japanese varieties
6. Flower shaped like a cup
9. Yellow flower symbolizing hope and support for American Cancer Society
12. Herb attractive to felines
14. Rabbits like them
16. Giant, woody Asian grass
18. Beware: may carry Lyme disease
20. Onion relative with long green leaves and a thick white base
22. Artificial avian nesting site
24. Flowering ornamental onion with bursting spherical blooms
26. Room where a baby sleeps
27. Player or team that is ranked one of the best in a competition
30. Succulent desert-dweller
31. To become larger
32. Insect with round red back and dark spots

35. Eats insects at night or a baseball hitting tool
36. To cut, often grass
38. Early bird gets the ____.
40. Woody vine that chokes trees
41. Spring blooming bush with fragrant purple or white flowers
42. Barrier surrounding a yard
45. Plant causing itchy rash
49. Vegetable used to make pickles
50. Fine grainy stone
51. Type of hydrangea
53. Yellow, spaghetti or butternut
54. Used to prop up a plant
55. Condition causing sneezing, itching and watery eyes
56. To cull people/things from a group

DOWN

1. Soil cover; used for decoration or moisture retention
3. Small, round vegetable of red or white and eaten raw in salads
5. Grows in a pod
7. Vegetable with eyes

8. Commonly potted summer flower; often found on porches or cemeteries
10. Plant with large delicate leaves and no flowers
11. Type of soil good for growing
13. Carved at Halloween
15. Type of grape
17. Small bird with fast beating wings
19. Type of lettuce
21. Cabbage kin with wrinkled leaves
23. Substance to increase growth
25. An insect that sucks blood
28. 'Don't track ____ into the house!'
29. Small tool used for digging holes
33. A gardener's delight catalog
34. Red succulent fruit; heirloom, cherry or beefsteak varieties
37. An oil which keeps bugs away
39. Used to water plants
43. Slang for money or cash
44. Miniature Japanese plant
46. Climbs up chimneys
47. Careful of this on a rose
48. Flower with a face
52. A pollinator

Holliston Photos

by Beate Hait

Top: Barbara Piffat's shortbread bunnies

Middle (L-R): Dawn Harlow gets an early peek at the soups; Dave Robertson, Roland Melcher and Chuck Lipson man the kitchen; Volunteers at Holliston's 'business' tables before the crowd returns for lunch



Bottom (L-R): David Gundersen and Myrtle Walker out amid some snowflakes on the trail; Jack and Mary Suchodolski trek through the flurry



Provincetown Preview

by Monica Hait

Sunshine greeted those of us on the Provincetown Workers' Walk and the route includes many highs of the historic and scenic variety to enjoy along the way. We expect the trail to be well marked on May 2, but be sure to refer to the excellent local notes incorporated into the written directions to truly appreciate all the sights.

The Provincetown Inn & Scenic Conference Center (pictured at right) is ready to welcome our walkers & bikers on May 2! It is sure to be a memorable event and we hope to see you there!

Below (L-R): Pilgrim Monument offers spectacular views both near and from afar; Commercial Street with its bevy of restaurants, bakeries, candy and ice cream shops to tempt your stomachs; the Octagon House built in 1850 with the hope its shape would deflect powerful storms seems to be embodying that hope



Walk Coordinator Speaks

by Beate Hait

Walk and Soup Social in Holliston 3/28/15 –

The 56 walkers at this year's event that starts our walking season very much appreciated warming their stomachs with some of the 15 varieties of soups after walking amidst snow flurries in brisk temperatures. We congratulated Myrtle Walker who achieved her goal of "still walking" as she begins her 90th year of life. I thank the following volkssporters who assisted me, the POC, in staging this event: Miriam Boucher, Diane Bucher, John Christiansen, Pat Cook, Margo Craven, Verna DeVine, Carol Ann Dorer, Nancy Estrella, Mary Frink, Monica Hait, Dawn and Keith Harlow, Joanne Izbicki, Jean Jackman, Karen Kolaczyk, Bev Lange, Chris and Chuck Lipson, Terry Maloney, Marianne Marshall, Joan and Roland Melcher, Jean Morrissey, Barbara, Joe and Kathryn Piffat, Ann Plichta, Sue and Dave Robertson, Jack and Mary Suchodolski, and Jeanne Twedt.

Provincetown, May 2 – Having participated in the Workers' Walk on April 19, I can tell you that you're in for a real treat on this walk route in Ptown. POC Johnny Cole has planned a route that starts off with viewing the plaque commemorating the Pilgrim's first landing (before they headed to Plymouth), views of sand dunes and the sea, and then into residential areas, the Pilgrim Monument and the downtown area with a plethora of restaurants and shops and views of the harbor. Johnny also included interesting bits of history (in italicized text in the walk directions) and, as you follow the ribbon-marked 10K and 5K routes, I encourage you to slow your steps to read this information.

The bike route is on a paved bike path within the Cape Cod National Seashore and cyclists are encouraged to go slowly and enjoy the views of the dunes and forest areas.

The walls of the main corridors in the Provincetown Inn are covered with colorful murals depicting scenes in Ptown from bygone days. There are 37 of us who signed up for the buffet meet 'n greet dinner on Saturday night, and I'm sure we'll have a great time.



Group Walk Pictures

Left: Johnny Kelley statue carrying Easter baskets in Newton

Right: The Concord walkers and Patriots' Day parade watchers

For those contemplating making a day trip to Provincetown but wondering about the distance and traffic, I want you to know that those attending the workers' walk encountered no traffic, and it was smooth sailing for the length of Route 6 that leads right into the parking lot of our start point. The Sagamore Bridge painting project is ongoing, and there MIGHT be slight delays at that point in the route due to lane restrictions. Check www.facebook.com/CorpsNewEngland for updates. Those using the Bourne Bridge should not encounter delays.

Group Walks – Dates for group walks of YREs and SEs in May are listed on page one. For advance planning, dates in June (all starting at 10:00 am) are as follow: Sat., June 6 in Lexington; Sun., June 14 - Boston Freedom Trail; Sat., June 20 in Cumberland (walk or bike); Sat., June 27 in Wellesley.

All the Old Familiar Places cards – A quick reminder that as you complete one card, you may take another. They are available in all of our club's Walk Boxes. The more cards you submit, the greater your chance of winning!

Event dates for 2015

Sat., May 2 Provincetown, MA – Walk and Bike on the Tip of Cape Cod

June 13-22 **AVA Convention in Salem, OR**

Sat., Aug. 8 Brookline, MA – Marathon Challenge event

Sat., Aug. 22 Natick, MA – Marathon Challenge event and Club Picnic

Columbus Day Weekend: multiple events with other Northeast clubs

Sat., Oct. 10 Lenox, MA (ESCV)

Sun., Oct. 11 Shelburne Falls, MA (WnM)

Mon., Oct. 12 Bennington, VT (TSVA)

Sat., Oct. 17 Lexington, MA – Celebrating WnM's 30th Anniversary

Sat., Dec. 5 Attleboro, MA – Holiday Walk

