

Co-President's Corner

Did you notice? I didn't. Someone at the soup walk was looking at the mug from the 25th anniversary and did the math. Walk 'n Mass is 30 years old! How time flies.

I joined Walk 'n Mass at that soup walk 5 years ago. I work with Karen Kolaczyk and we were going to the Northwest Regional Conference in Alaska together. She said I didn't have to be a member to go to the conference, but I should try it out and stay for the soup lunch and see what I thought. I remember it was a sunny day and Karen had her dog Kimba with her. We had to make a bypass around a cemetery because dogs weren't allowed. I had started walking a few months before to work up to a 10K, but I remember having a few "are we there yet?" moments and being very tired when we were done. That being said, I was hooked! I bought a new member packet, a cover for my IVV books and a soup mug (which I have brought to the soup walks since)! Do you remember when you joined? Send us your stories!



by Mary Frink

In a few weeks I will be jetting off to Oregon for the AVA Bi-annual Convention. There's a lot that needs to be done this year. There are national officers to elect and 6 (so far!) motions to vote on. Hopefully you have been following along in *The American Wanderer*. If you have any questions or concerns, feel free to email me at mfwalks2010@verizon.com. I'll have access to my email while I'm out there, so contact me at any time. I know people have been following the IVV-Americas vote. That is being done separately from the convention and we should have the results by then. There was so much confusion at the last convention about this that it was decided to do a mail-in vote this year to avoid all of that. I will have a write-up in the next newsletter about all of my adventures!

The Committee charged with proposing updates to the club Constitution has finished their work and it is now YOUR turn. Please review the draft included with this edition of *Footnotes*; language being removed is struck through (~~example~~) while new language is in blue/bold (**example**). Voting on the proposed revisions will take place at the Natick picnic walk/annual meeting on August 22. If you have questions or comments, please contact a Co-President. Our thanks to the committee members for their diligence.

Come Friends, Let's Walk

- ❖ Saturday, May 30
Group Walk:
Providence, RI
10:00 am
- ❖ Saturday, June 6
Group Walk:
Lexington 10:00 am
- ❖ Saturday, June 6
Day Event:
Chatham, NY (ESCV)
- ❖ Saturday, June 13
Group Walk:
Portland, CT
9:00 am (CVVC)
- ❖ Saturday, June 13
Day Event:
Vestal, NY (FLVC)
- ❖ Sunday, June 14
Group Walk: Boston
Freedom Trail
10:00 am
- ❖ Saturday, June 20
Group Walk/Bike:
Cumberland, RI
10:00 am
- ❖ Saturday, June 27
Group Walk:
Wellesley 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.

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Cape Cod Group Walks



The first weekend of May gave us lovely weather for our Cape Cod/ Provincetown events.

Pictured: some of the 16 Sandwich group walk participants (left) and many of the 19 Hyannis group walkers (right) were happy to be enjoying sunshine.

Photos by Jack Suchodolski & Beate Hait

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Provincetown Wrap-Up

The club's first events on the tip of Cape Cod were a great success! Provincetown welcomed 60 walkers and 6 bikers on Saturday, May 2, just as the spring season was getting underway. The cooler weather of the prior week gave way to some perfect morning walking weather, although it was a bit too cool for some of our volunteers sitting at the checkpoints. By early afternoon, the sun was shining, and the town was bustling. While not every shop or restaurant was open, there were plenty of retailers getting an early start on the busy vacation season, and our walkers enjoyed some delicious treats at the Purple Feather and wonderful meals at colorful local spots like The Lobster Pot, The Squealing Pig, and Canteen.

The Provincetown Inn was the perfect host for our first walk at the site of the Pilgrims' first landing. They set up chairs and tables in their rustic lobby where we checked in walkers and a few bikers in front of historic murals depicting Provincetown's rich past. As some of the youngest Walk 'n Mass volunteers on board, Cassie and Amir Cole served as enthusiastic volunteers for the Start Point. (Amir even convinced several participants to purchase B awards.) The Coles were aided by their poppy Todd, and Jane Cauchon, Betty Ekstrom, and Margo Craven also took shifts checking people in. The Finish Point was staffed by Carol Ann Dorer, Nancy Estrella, Jean Jackman, and Miriam Boucher, and Monica and Bea Hait were on hand to cover the specialties table and greet new walkers. After a scrumptious breakfast provided by the Provincetown Inn for overnight guests, Karen and Ann Plichta, and Jan and Bob Varnon set out to mark the trails.

Both the 5km and 10km routes started out walking along the sandy marshes of the inner harbor before the 10km route took a detour through some of the newer (and larger) homes of the West End. The two routes then met up to take walkers through neighborhoods including an eclectic mixture of smaller houses and condos, ranging in style from modern constructions to provincial structures reminiscent of Provincetown's fishing village history. The Provincetown Stop & Shop gave us some space to set up the first checkpoint for both the 5km and 10km routes, and they even donated some fruits for everyone to snack on. The checkpoint was manned first by Ernie and Agnes Laviolette and later by Pat and Roy Damiani.

by Johnny Cole

Both routes wound their way past the centuries old Winthrop Street Cemetery, St. Peter's Church, the Provincetown High School building, and Pilgrims' Monument, before heading through another cemetery dating back to 1812. The 5km route then headed directly to Provincetown's main thoroughfare Commercial Street, while the 10km path toured some of the East End neighborhoods before joining up with the shorter route. On Commercial Street, walkers enjoyed some of the galleries, shops, and eateries, as well as the second



checkpoint at the Provincetown Public Library, where David and Nancy Gundersen, Myrtle Walker, Dolores Vaz, and Emily Goyette, provided walkers some light refreshments and terrific conversation.

The final portion of both walks continued up Commercial Street with a slight detour around the Provincetown Waterfront Memorial Park. The final leg of the event toured some of the most historic homes in Provincetown—ones that were literally floated across the harbor in the 1860s when the Long Point settlement was moved to present-day Provincetown. The sun was shining bright and the day had warmed up considerably when the trail markers were taken down by Keith and Dawn Harlow, Betty Ekstrom, Carol Ann Dorer, Margo Craven, and Nancy Estrella.

The weather also made for perfect bike-riding weather along the Province Lands Bike Path. Some last minute closures on the path didn't hinder the riders from enjoying their trip through the wooded dunes of the Cape Cod National Seashore near Herring Cove and Race Point beaches.

The day was capped off by a perfect buffet dinner at the Provincetown Inn with the setting sun shining through the picturesque windows surrounding the banquet room. There was plenty of food and the comfortable setting and tables set for small groups easily facilitated conversations with old friends and new. The 39 guests so enjoyed the experience that people stayed for a good two and a half hours before the crowd began to dissipate!

Bulletin Board

We are always seeking people who know a great place to walk or want to spearhead revisiting a favorite past trail. If you have an idea, location, or are just interested in learning more on what is involved, contact Bea (beateh1@aol.com or 508-429-3564).

SMVA's Linda Johnson is leading a special downtown Portland walking tour on **Wednesday, June 10**. Meet at Lobsterman Park in front of the Nickelodeon Theater on Temple Street at 6pm to join this fun outing in Portland, Maine. The walking tour will last 60-90 minutes and there are plenty of terrific dining choices to cap off the evening. Contact Linda with any questions: lleejohns@yahoo.com

Notice: there is no club meeting in July. All YRE/SE events are open, go explore!

Next Club Meeting Tuesday, June 2

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Walk & Eat Gang Schedule Thursdays at 10:00 am

- 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

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: June 21st

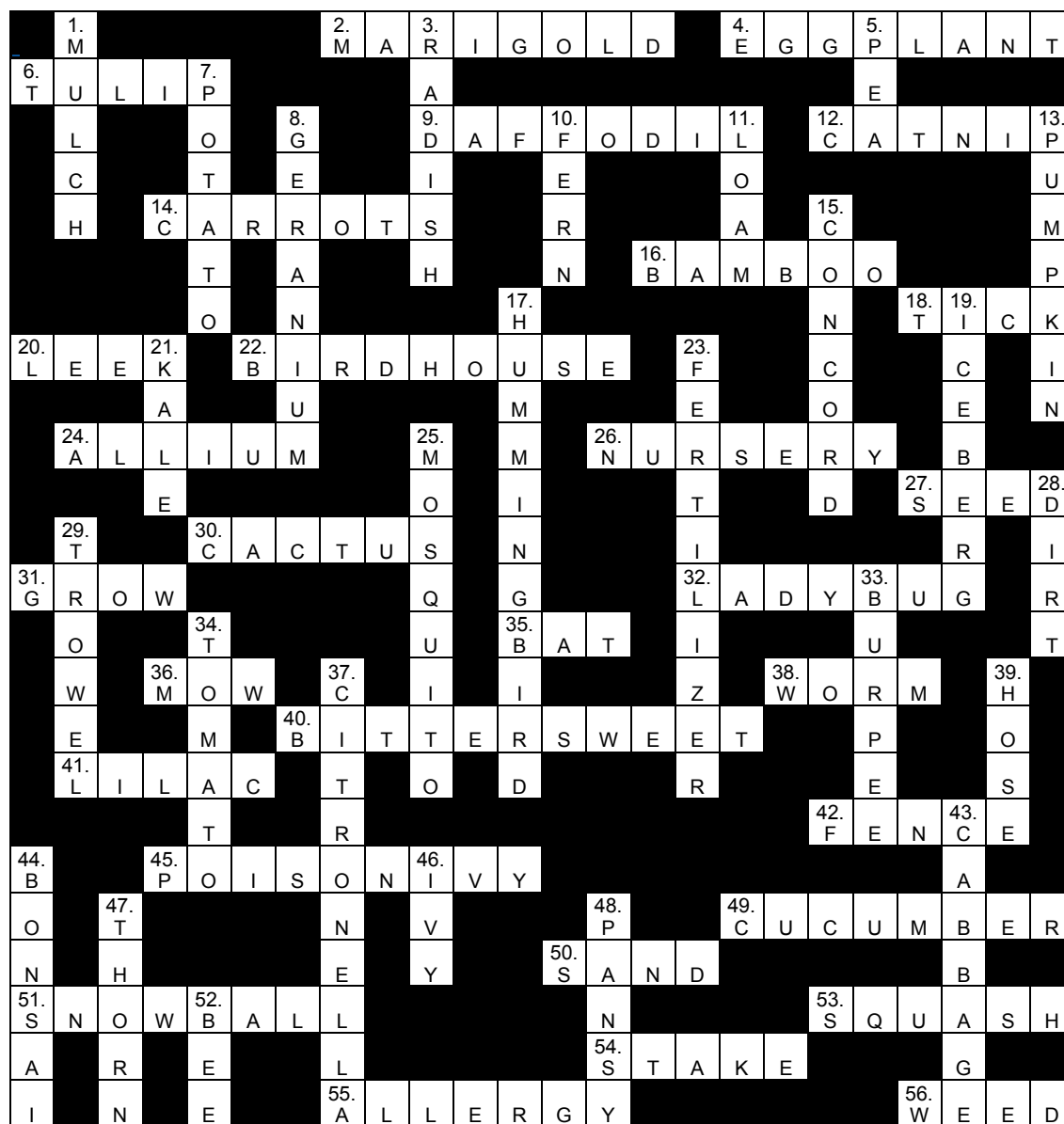
Pennsylvania State Parks Weekend

October 23-25, 2015

Hosted by the Liberty Bell Wanderers

Visit southeastern Pennsylvania this fall and enjoy 4 walks in 4 state parks. A meet & greet dinner is also planned for Sat., Oct. 24 and preregistration for dinner is required.

www.libertybellwanderers.net/DOCS/StateParks.pdf



Where is it?

Newly planted marigolds and salvia in a park along a WnM seasonal route

Last month's photos were from Wellesley on the college campus

May Club Meeting Highlights

by Marianne Marshall

Meeting held May 5, 2015

\$50 sent to The Big Give S.A. for AVA. This amount will be matched by a generous, long-standing volkssporter.

WNM annual meeting and picnic will be at our Natick walk on Saturday, August 22. Voting on changes to the Constitution will be held. **Please review enclosed Constitution with proposed changes.**

Natick picnic walk will start at the Elks Lodge. Award will be the Marathon bookmark designed for the Natick award in 2013.

Jack Suchodolski is doing a wonderful job posting WNM happenings on the AVA Facebook page.

Group Walks

Lexington, Sat., June 6, 10:00 am

Boston Freedom Trail, Sun., June 14, 10:00 am

Cumberland walk/bike, Sat., June 20, 10:00 am

Wellesley, Sat., June 27, 10:00 am

Reminders will be sent in early May to members who have not renewed for 2015. If no response, names will be removed from the membership list by the July newsletter.

New caps and visors (tan with navy lettering) are available at the Specialties Table. Also, Bea will be ordering long-sleeve fleece jackets for sale; quantity will depend on the price break(s).

Bookmarks listing the 2015 WNM events have been printed and will be distributed with the June Newsletter. 2015 bookmarks can also be found in the seasonal walk boxes.

Doug Reynolds, Northeast Regional Director (NERD), sent comments back on WNM's proposed Ice Cream Special Program. In response to his good comments, WNM will better define what qualifies for this program.

The WNM Executive Council voted as follows:

- Donate \$50 to the 2015 Convention for the Silent Auction
- Betty Green approved as NERD
- Voting selections for AVA officers: Dennis Michele as President, Holly Pelking as Vice President, Sam Korff as Secretary, and Lawrence Lehman as Treasurer
- Voting on AVA Bylaw Agenda Items
Approved: changes for AVA to affiliate with organizations consistent with AVA purpose; revise who can call for voice vote; provide for deputies to Regional Directors; clarify Regional Director election procedures; and definition of "mail";
Disapproved: procedure for amending the Bylaws.

Aussie Visitors

by Ann Plichta

As POC of a seasonal walk, I get excited when I see that visitors from other parts of the country such as Texas and California have walked the route. So I was really excited when I found out Fall River and a couple of other Walk 'n Mass routes were expecting Australian visitors in April. Diana Marshall emailed a few of us saying she and her husband, Hayden, were coming to the area from Canberra so he could run the Boston Marathon. Diana is very involved in the Australian walking club, and they wanted to do as many walks as they could while visiting the United States. And walk they did! In less than two weeks, they had 16 walks planned in New York, Maine, Vermont, New Hampshire, and Connecticut, as well as ours. Pat Damiani met Diana in Hyannis the day after the Marathon to walk the 6km while Hayden toured a brewery. The

Marshalls then headed to Fall River where the Plichta girls were waiting. Diana walked the 10km with us while Hayden napped in the car still recovering from his run. The following day, Pat and I met them in Bristol where all four of us walked the 10km. They were so nice, and it was fun to talk to them about our different cultures. Due to Hayden being in the Australian Air Force, they had lived in the United States for a number of years. Diana wished she was involved in walking while living in Dayton, Ohio. Xenia was close by, and she could have had her "X" for Walking A to Z. If your travel plans include Australia, check out the Canberra Walking Festival taking place next year April 1, 2, and 3. If you can't make it then, you can see the complete schedule of Australian walks at www.aussiewalk.com.au

Last Hirosaki Hurrah

by Pam Medolo

On Saturday, 16 May, when it was time for the Hirosaki Two-Day March, we felt like “old hands” as we knew exactly where to find the start point and how to register. The major difference was we stayed overnight instead of commuting each day from Misawa Air Base. We were tickled to discover we were among the walkers pictured on the cover photo of this year's start card/map!

Saturday's 10km trail mainly mirrored previous years – only changing in the middle section when we walked residential streets and saw farmers planting their rice on the west side of the Iwaki River. Despite not seeing Hirosaki Castle's cherry trees bloom (they arrived early in April this year), there were lots of colorful azaleas, lilacs, wisteria, peonies and other blossoms to admire in gardens along the route.

Sunday morning dawned clear, cool and breezy. After checking out of our downtown hotel, we strolled to Otemon Square to join the 20km and 15km walkers in light stretching exercises. We waved the 20km walkers off to the sounds of neputa musicians playing drums, flutes and cymbals then patiently waited for our turn ten minutes later.



Following leaders in blue jackets we left Otemon Square and walked past the business district then along streets through apple orchards outside the city center. Workers in the orchards were thinning fruit by hand leaving only those that will grow into the largest and most beautiful apples. The sky was nearly cloudless providing great views of Mt. Iwaki's three peaks, still capped with snow.



Sanmon (gate of 3 liberations) at Chosho-ji Temple - built in 1629

When we reached Hirosaki Apple Park, the Apple Blossom Festival was in full swing but we only stopped long enough for cold water and a snack before continuing on the trail. Toward the end was Choshoji, the largest of 33 Buddhist temples on Zenringai (Zen Forest St.). It was the temple of the Tsugaru family who ruled the western half of modern Aomori Prefecture in Edo times. When we finally returned to Otemon Square, we got sandwiches from a nearby bakery and joined others picnicking. The final total of walkers was 1,847 (1,272 on Saturday and 575 on Sunday).

国際市民スポーツ連盟公認大会
日本市民スポーツ連盟公認大会
東北マラソンリーグ公式大会
オールジャパンウォーキングカップ認定大会
美しい日本の歩きたくなるみち500選認定大会
スマートライフウォーク47認定大会

第17回 津軽路ロマン国際 ツーデーマーチ

2015年 **5/16** 日・**17** 日

コースマップ&チェックカード

2015 Hirosaki 2-day volksmarch start card / route map

◆主 催 津軽路ロマン国際ツーデーマーチ実行委員会
(構成団体) (一社)日本ウォーキング協会、国際市民スポーツ連盟、日本市民スポーツ連盟、東北マラソンリーグ、青森県ウォーキング協会、青森県、青森県教育委員会、弘前市、弘前市教育委員会、弘前市、弘前市教育委員会、弘前市教育委員会、(公社)弘前観光コンベンション協会、(公社)弘前市物産協会、(公社)弘前市体育協会、弘前市旅館ホテル組合、秋田県日本ツーリスト東北青森支店、弘前歩こさ会、黒石ウォーキングクラブ

Spot any familiar faces? A photo from the 2014 event was used for this year's start card / route map.

Walk Coordinator Speaks

Provincetown, May 2 – A big thank you to Johnny Cole for spearheading the Ptown event and to his family, who provided support at the start table. See Johnny's wrap-up article on page 3. It was a great weekend for walking!

June and July – We have no specific day events in June or July, giving you an opportunity to participate in any of our club's year-round or seasonal events—or those of our sister clubs in ME, NH, VT, CT and NY. It's summertime: play tourist. Many of the walks are "destinations" with lots of interesting sights. Make a day of it and stop along the way to explore something that catches your fancy.

There are several **group walks** scheduled in June (all starting at 10:00 am): Sat., June 6 in Lexington; Sun., June 14 - Boston Freedom Trail; Sat., June 20 in Cumberland, RI (walk or bike); Sat., June 27 in Wellesley. If you have a specific date or location in mind for a group walk in July, please contact Pat Damiani or me. Getting together for lunch afterwards extends the sense of camaraderie. Please join us soon!

Brookline and Natick – Both of these events in August qualify for the club's Marathon Challenge program. This is the second time we are hosting events in these locations, so if you still need either of these cities, plan to attend! And if you'd like to help staff either event, please contact me.

by Beate Hait

30th Anniversary – Walk 'n Mass held its first event on November 2, 1985 in Concord, MA. We'll be celebrating this milestone year at our Club Picnic in Natick on August 22. The Elks Lodge that is serving as our start/finish location can accommodate up to 250 people. The last time we had 200+ people at an event was the Zoar/Shelburne Falls weekend in August 2004. Help us reach that participation level again!

Event dates for 2015

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 Multi-Event Weekend

Sat., **Oct. 10** – Lenox, MA (ESCV)

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

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

Sat., **Oct. 17** – Lexington, MA – Crafty Awards Through the Years

Sat., **Dec. 5** – Attleboro, MA Holiday Walk at La Salette Shrine

Group Walk Pictures:



Plymouth group walk participants (left) and Fall River traffic detour survivors/walkers (right)

Photos by Margo Craven