

Co-President's AVA Convention Review by Mary Frink

I had a blast on the Tater Tours AVA Convention adventure to Oregon & Washington! We did a few walks before the actual convention began and quickly learned that not all ratings are created equal. They have lots of steep hills/mountains! Many thanks to my partners in crime on this trip, Diane Bucher and Pat & Roy Damiani.

Day 1: The first pre-convention walk was in Bend, OR. It went all around the city with some great views of the Sisters mountains. Later, we saw a mama deer nursing 2 babies in someone's front yard! It also went along some trails near the waterways.



Day 2: The next pre-convention walk was in Clear Lake, OR in a very wooded area. We decided to do the 6K seeing as how the 11K was rated a 3C! I don't think we missed anything. It was basically a walk in the woods with more spectacular views of the Sisters and Clear Lake (pictured above). I used my walking poles for the first time! The hardest part was the hill back to the bus!

Day 3: The first of the convention walks was at Silver Falls State Park and we did a 12K loop around the park where we saw 10 waterfalls in all. Some we even got to walk behind! I was very glad for the hiking poles as it was a lot of up and down and some areas were very slippery. Every so often I would look up when we were down at the bottom of



the park and the scale was just amazing. It felt like a very old forest.

Day 4: The first official day of the convention started with a walk in Vancouver, WA (right across the border from

Portland, OR). The start/finish was an old airplane hanger next to an airplane museum. The city loop included an historic district with some big mansions, a huge park and then historic army barracks. The river loop went down by the Columbia River, over the Land Bridge and to Fort Vancouver, a Plimoth Plantation type fort with lots of gardens. In the afternoon, I attended a presentation on the underground history of Salem, OR and Walking Adventures' preview of their upcoming tours. At the Meet & Greet, I wore my new Walk 'n Mass t-shirt with pride!

Day 5: Today's walk was in Eugene, OR. A lot of it was on the University of Oregon campus. The most striking difference between that campus and ones around here (size notwithstanding) was the sign for the Volcanology Department! Not many of those in New England! After the campus, we walked through neighborhoods to a checkpoint in the Magnolia Garden. Unfortunately, most of the flowers had past but we did see a few! The first presentation I went to was by a chiropractor who talked about how to prevent/treat walking injuries. The next presentation was by Dan Friesen of Walking Adventures discussing lessons he's learned by walking the world.

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Come Friends, Let's Walk

- ❖ Saturday, Aug. 1
Group Walk:
Providence 3:00 pm
(Water/Fire)
- ❖ Saturday, Aug. 8
Day Event:
Brookline
- ❖ Sunday, Aug. 16
Group Walk:
Greenfield 1:30 pm
- ❖ Saturday, Aug. 22
Day Event & Picnic:
Natick
- ❖ Sunday, Aug. 30
Day Event: Suffern,
NY (VCWP)
- ❖ Saturday, Sept. 12
Group Walk:
Middletown, CT
9:00 am (CVVC)
- ❖ Sunday, Sept. 13
Group Walk:
Boston & Beyond
9:00 am

See Walk 'n Mass or AVA 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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AVA Convention Voting Results

by Mary Frink

National Office	Elected	Motion	Result
President	Dennis Michele	Articles II and III: Affiliating with Other Organizations	Failed
Vice President	Holly Pelking	Article V: Call for Voice Vote	Passed
Secretary	Sam Korff	Article VI: Deputy Regional Directors	Passed
Treasurer	Lawrence Lehman	Article VI: RD Election Process	Passed
		Article XIII: Modify Vote Required for Amendment of the AVA Bylaws	Failed
		Article XV: Mail Definition	Passed

Co-President

Margo Craven, Attleboro
508-222-1152
magoo249@comcast.net

Co-President

Mary Frink, Everett
617-387-1577
mfwalks2010@verizon.net

Secretary

Marianne Marshall, Waltham
781-899-5975
mrbwalker@verizon.net

Treasurer

Karen Plichta, Fall River
508-673-2374
karenp53@verizon.net

Club Activities

Chris Lipson, Bedford
781-275-0464
c2lipson@msn.com

Email Contact

Paul Graveline, Andover
978-470-1971
k1yub@comcast.net

Group Walk Coordinator

Pat Damiani, Sagamore Beach
508-888-7366
pmdwalks@aol.com

Walk Coordinator

Beate Hait, Holliston
508-429-3564
beateh1@aol.com

Equipment Managers

Keith & Dawn Harlow, Bellingham
dawnvt@yahoo.com

Trailmaster

Ann Plichta, Fall River
508-673-6553
amplic@comcast.net

Assistant Trailmaster

Karen Kolaczyk, Marlborough
508-481-7389
kkolaczyk@comcast.net

Award Designer

Jeannine Girouard, Westminster
978-874-2445

Membership Chairperson

Chuck Lipson, Bedford
781-275-0464
c2lipson@msn.com

Newsletter Circulation

Ernie & Agnes Laviolette, Hudson
978-562-7023
ealavio@verizon.net

Newsletter Editor

Monica Hait, Holliston
footnotes.editor@gmail.com

Publicity Chairperson

Karen Kolaczyk, Marlborough
508-481-7389
kkolaczyk@comcast.net

Specialty Products

Beate Hait, Holliston
508-429-3564
beateh1@aol.com

Sunshine Coordinator

Chris Lipson, Bedford
781-275-0464
c2lipson@msn.com

Historian

Dawn Harlow, Bellingham
dawnvt@yahoo.com

TAW Coordinator

Verna DeVine, Attleboro
508-399-8512
vernadvn@yahoo.com

Volunteer Awards

Marianne Marshall, Waltham
781-899-5975
mrbwalker@verizon.net

Webmaster

Bill Howe, Chelmsford
978-256-7370
bill.howe@bvhowe.com

Trailmaster's Diary: Brookline

by Ann Plichta

It's summertime. A time to relax, go on vacation, and enjoy the beach. Even though Walk 'n Mass didn't have much scheduled for July, maybe you're taking the opportunity to do some of our seasonal walks in the beautiful weather. And be sure to mark your calendars for August. Walk 'n Mass has two traditional events, both of which happen to be on the Boston Marathon route if you're still working on completing your Marathon Challenge book.

The first event is in Brookline on August 8 with 5km and 11km routes. The 5km loop takes walkers around the beautiful Chestnut Hill Reservoir twice—once around the interior, then around the outer path before continuing along a small section of the Boston Marathon route. With its lovely views, including part of Boston College, it's easy to see why the reservoir is a popular place for walkers, joggers, and runners of all ages. After passing by Cleveland Circle, 5km walkers head back to the finish.

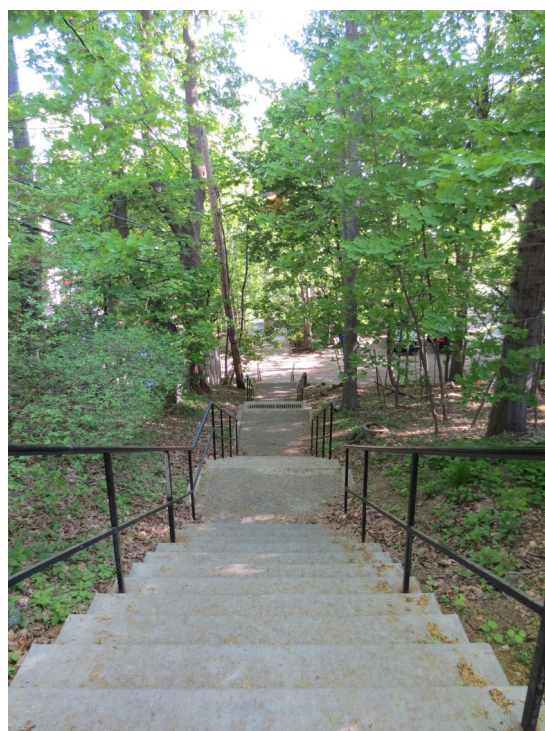
The second loop for 11km walkers continues along Beacon Street, which is the Brookline section of the marathon route. It then heads to the Corey Hilltop area and the Summit Path. The path is one of Brookline's hidden stairways and paths that led from the hilly Brookline neighborhoods to the newly widened Beacon Street in the late 1800s. The Summit Path was constructed by Eben Jordan, Jr., of Jordan Marsh fame, to connect his development on Corey Hill to a streetcar stop. It is a series of paths and stairs taking walkers through lovely residential neighborhoods on the way down to Beacon Street. When I walked this route with POC Mary Frink, I was surprised at how close these quiet, wooded neighborhoods were to such a busy street. All the times I've been in the area, I never knew these paths existed.

The route then continues back along Beacon Street, passing by Jordan's mansion on the way back to the finish at the Waterworks Museum.

While you're there, take some time to explore the Waterworks Museum. It's definitely one of our more unique start points with their exhibits and history relating to one of the country's first metropolitan water systems in Boston.

The 5km loop is mostly flat with some unpaved surfaces, giving it an AVA rating of 1B, suitable for strollers and wheelchairs. The 11km route is paved and mostly flat except for one significant hill leading up to the Corey Hill neighborhood, and the stairs on the Summit Path heading down. Due to this hill, the AVA rating is 3A, unsuitable for strollers and wheelchairs.

Join your fellow walkers with 5km and 11km routes in Brookline. Work on the Walk 'n Mass Marathon Challenge, or just enjoy the great walking routes. Hope to see you on the trail on August 8.



Part of Summit Path

Bulletin Board

The Volkssport Club of West Point has temporarily closed their Fort Montgomery, NY seasonal walk due to ongoing construction on the trail. Once the route is again safe for walking, it will be reopened. Check AVA website or contact Nancy Patrick at 845-446-4709 or email vcwpava@gmail.com to inquire on current status.

www.avaclubs.org/WestPoint/walkhome.html

Reminder: voting on the proposed changes to the WnM Constitution will occur at the Natick picnic on August 22. If you would like a copy of the Constitution showing all the proposed changes, please contact Margo Craven at mago0249@comcast.net

Next Club Meeting Tuesday, August 4

6:30 pm

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

Looking for the **Beachcomber Word Puzzle** answers? They'll be published in the September newsletter.

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Aug. 23rd



Check out the new WnM caps and visors at the Specialties Table. If you still have a coupon awarded for volunteer hours at last year's picnic, be sure to use it in Brookline or Natick. Last chance to redeem those 2014 coupons is at Natick.

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

- Sept. 3 Portsmouth, NH
we2walk@comcast.net
- Sept. 10 Kennebunk, ME
elmcjj@aol.com
- Sept. 17 Beverly, MA
susdave@comcast.net
- Sept. 24 Concord, NH
bfinch38@msn.com
- Oct. 1 York Harbor, ME **
susdave@comcast.net
- Oct. 8 South Portland, ME
elmcjj@aol.com
- Oct. 15 Rye Beach, NH **
we2walk@comcast.net
- Oct. 22 Lexington, MA
c2lipson@msn.com
- Oct. 29 Portsmouth-New Castle, NH **
- Oct. 31 (Sat. 9am) Salem, MA

***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.*

Trailmaster's Diary: Natick

by Ann Plichta

The warm summer months are a great time to be outdoors. Maybe go for a nice walk or have a picnic. Walk 'n Mass invites you to do both with 6km or 10km walks in Natick on August 22, then join your fellow walkers for one of our most popular events...our Club Picnic!

Natick was first settled in 1651 by John Eliot, a Puritan missionary who was commissioned to settle the Massachusetts Indians on both sides of the Charles River. These were called Praying Indians, and Natick was the first praying town. Natick was incorporated in 1781 and became a major shoe manufacturing town by 1880, ranking third in the nation for quantity of shoes produced. Natick was famous for its brogans, worn by Civil War soldiers.

Today, Natick is known for being one of the towns on the Boston Marathon route, among other things. So this walk is another chance for those of you working on the Marathon Challenge. The Boston Marathon route goes right through Natick from miles 8 through 12. Both the 6km and 10km walk routes pass the 9-mile marker on the way to enjoying a walk in the woods along the Middlesex Path. The 6km route then takes walkers to downtown Natick, visiting the library, and passing by the Town Common where a Farmer's Market takes place on summer Saturdays. After passing through residential areas, the route returns to the finish. Time to eat!

The 10km route also takes walkers on natural trails through Tony Anniballi Park along Lake Cochituate's Pegan Cove. Walkers will pass by several docks, cross over wooden bridges, and get a good view of the U.S. Army Soldier Systems Command (Natick Labs) across the lake.

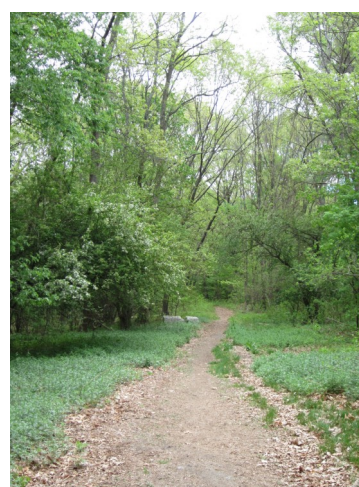
While I was walking the route with Bea and Monica, I enjoyed the peace and quiet off the beaten path. The 10km route then heads to the downtown with its brick buildings built in the 1990s. Walkers will cross a pedestrian bridge and see the mural at the train station, then pass by Casey's Diner, one of the oldest operating 10-stool diners in the U.S. The route then continues through residential areas before heading to the finish and picnic!

Both routes are relatively flat. The 6km route is mostly on paved sidewalks with a short stretch on the natural Middlesex Path. It is rated 1A, suitable for baby strollers, but may be difficult for wheelchairs. The 10km route has sections of natural paths with rocks and roots with an AVA rating of 1C. It is not suited for baby strollers or wheelchairs.

Come join your fellow walkers for 6km and 10km walks in the pretty community of Natick on August 22. Then stay for good food and friendship at the Club Picnic. Hope to see you there!



*Pegan Cove
entrance trail*



*Middlesex
Path*

Picnic at NOON! Join in the festive picnic in Natick and share delicious foods prepared by fellow walk participants. **And a cake celebrating the club's 30th anniversary.** All are welcome!

If you would like to contribute, please bring a main course, salad or dessert to share. Contact Chris Lipson at 781-275-0464 or c2lipson@msn.com to inform her of your contribution. Paper products and drinks will be provided.

Year-Round Event, Japanese-Style

by Pam Medolo

When we knew we were coming to Tokyo, we had Misawa's tour office inquire about any year-rounds. The JVA staff thought one starting at Esport Mizuno was a trail we could do without needing a translator. So, on 04 July, after breakfast, we took the subway to Shin-Ochanomizu Station. Stores here didn't open until 1100, hence we window shopped a bit then parked ourselves at a Krispy Kreme with a donut and iced tea until it was almost opening time. We were surprised to find a line outside Mizuno (turned out to be a 30% off sale, not other walkers).

Inside we were directed to the second floor where a helpful staff member gave us registration forms and trail maps. 10km (blue) or 15km (red) trails are marked on the map. It also notes sites of interest. We were told we had plenty of time as the store didn't close until 2000 and off we "marched."

The map was excellent; we had no trouble following it despite being unable to read the narrative on the reverse. We left the store to walk along commercial streets on the 15km trail toward the Imperial Palace grounds. Once there we followed a street paralleling the moat where a pair of swans regally paddled along. After passing through Wadakura Funsui Park, a plaza with fountains, we turned to walk through Hibiya Park. A pond (formerly part of the moat) is now inhabited by many turtles who were basking on rocks. Hydrangeas and hostas proliferated too. Near a western-style garden with roses, lawn and fountain there was a small flea market.

Continuing on, we walked an area lined with government buildings towards the National Diet (Japanese Congress) building. We were surprised by many police guarding entrances - don't know if there was a big event planned or what, but law enforcement was definitely keeping an eye on things. We cut through the Kokkai Mae Niwa, a charming garden with bridges over the stream and a small waterfall.

Beyond the Diet, we climbed up stairs lined with 90 red torii (gates) to Sanno-hie Shrine. It dates to 830 and is dedicated to successful

marriage, fertility and safe delivery. There was a Shinto wedding procession and numerous parents with babies. Along the next commercial street, we stopped at a McDonald's for lunch.



Torii leading to Sanno-hie Shrine

Refueled, we returned to the trail to walk more commercial/residential streets to the small Shimizu Dani Park where we saw part of the old Edo fresh water infrastructure. As we left this park, it began to sprinkle and the trail went up to Sophia University. We crossed the Kanda River and some railroad tracks several times to the Tokyo Dome area.

Next we walked to Hongou Kyusui Park where more roses were blooming. Two local women came over to chat and snapped our picture in front of a large working globe sculpture. By now, sidewalks were definitely much more crowded as schools were letting out for the day.

Unfortunately it was raining in earnest by the time we got to Kanda Myojin. This huge shrine has many smaller shrines dedicated to all the Tokyo neighborhoods. It was crowded with worshipers and tourists. Luckily it didn't take long to finish the last kilometer or two back to Mizuno, where we paid our registration fee (¥200 each) and got our books stamped.



Part of the Imperial Palace



Mike & Pam at Hongou Kyusui Park

Photos by Mike Medolo

Do you have a volksmarching travel story to share?
Send it to footnotes.editor@gmail.com for publication in a future edition of **Footnotes**.

AVA Convention Review

by Mary Frink (from page 1)

Day 5 (continued): Today was the first general session! The first business was the candidates for the offices. Each candidate was given 2 minutes for a campaign speech. We then voted on the 6 motions that had been presented (results on **page 2**). It was a bit odd. The motions I thought would cause the most argument, no one got up and said anything, and the ones I thought were harmless caused lots (and lots!) of discussion.



Day 6: Today in Lincoln City, OR we spent nearly half the walk on the beach! We've got the Atlantic Ocean, but the huge rocks and shape of the Pacific coast makes it feel pretty different. There were little tide pools and we saw people blowing huge bubbles using gallon jugs of soap and ropes. We made our way back to the start/finish through some neighborhoods and a memorial garden. It was a little unnerving seeing Tsunami Evacuation Route signs posted! In the afternoon I went to a presentation about how AVA HQ operates and then to one about thinking outside the box when putting on a walk. Lots of good info from both! The general session today was very short. I don't think it was even an hour! The only business was the handing out of various IVV and AVA awards. Tonight was the buffet dinner. I met someone in line from Florida who had been a member of Walk 'n Mass! I sat with him and his wife and others from Florida and it turned out everyone had a MA connection in some fashion! It was a lot of fun.

Day 7: Today we toured Salem, OR. We went down by the river and around the grounds of the Capitol. The grounds were beautiful with lots and lots of flowers. From there we went through Willamette University and the grounds of Deepwood Estate. After that we went through Bush's Pasture Park which is what it sounds like. It's old farmland that was made into a park, complete with old farmhouse. Then it was back into the city and back to the hotel. I went to a presentation on Salem's history. We had seen some of the things they talked about on the walk! Then I went to the presentation on California's online start box. Very interesting! I can see how it would be better than a

traditional start box for hard-to-get-to places. Today was the last of the general sessions and publicity contest awards were handed out. Walk 'n Mass won for the YRE/Seasonal booklet! Congratulations to everyone involved and to Monica especially for handling our contest submissions! Next were presentations for the 2017 convention location. After the presentations, they gave us 10 minutes to discuss before taking the vote. Since they were in attendance, I got to talk to Diane, Pat and Roy to get their opinions. Next came the vote for the president. The other offices were uncontested, so those were done by voice vote. The convention and presidency were done by paper, so we had to wait for the results. Billings, Montana won the 2017 bid and Dennis Michele won the presidency! There were a few more presentations and the session was declared closed. The last official event was the farewell dinner. I had a chance to talk to the new NERD, Betty Green, which was great.

Day 8: If you remember the eruption of Mount St. Helens, you have got to see what it looks like now! This was the walk that sold me on going to



the convention and it totally delivered! We did the harder loop first which took us through hummocks which are little hills made by lava flow. It was hard to believe that all of the greenery and life we saw was less than 35 years old. Trees and grass and birds were everywhere. And looming over it all was the volcano. The second loop took us on an out and back around Coldwater Lake. You could still see trees downed by the eruption up on the hillsides. After a picnic lunch, Tater Tours took us to the Johnston Ridge Observatory so we could really see the mountain. Beyond amazing! We headed back to Portland after we were done.

Day 9: The last walk was in beautiful Portland, OR. We went through the loveliest rose garden. It looked like it went on forever! I couldn't tell you how many colors of roses there were never mind the types. We went along the river and through an enormous street fair. The rest of the walk took us around the city. We got turned around once, but Roy got us back on track, no problems. It was a great way to end the trip!

Come to the board meeting on August 4 to see more pictures and hear more stories!

Walk Coordinator Speaks

by Beate Hait

At right are the participation totals of our YREs and SEs for the second quarter and (total year-to-date). With the record snowfall starting in late January, participation was meager for our five year-round events in the first quarter. Nice to see the numbers picking up now. Remember to fill in your purple **All The Old Familiar Places** cards; new cards are available in all WnM Walk Boxes so keep walking and complete multiple cards to increase your odds of winning. Turn in completed cards at upcoming events, including our day events in August.

Event	Q2 Participation (Total 2015)
Bedford (bike)	9
Boston Freedom Trail	36 (38)
Boston Back Bay	12 (42)
Boston & Beyond	8 (8)
Concord	46
Fall River	24
Greenfield	9
Hyannis	35
Lexington	33
Lowell	25
Newton	25 (36)
Plymouth	19
Quincy	10
Sandwich (walk)	18 (25)
Sandwich (bike)	3
Wellesley	25
Bristol	25
Cumberland (walk)	40
Cumberland (bike)	6
Newport	14
Providence	20

Pictures: Where is it?

Scenic trees and tended gardens alongside city streets of a WnM route.

Last month's patriotic photos were from Bristol.

