

Co-President's Corner

by Margo Craven

Well, it's Saturday night after the Natick walk and the event, along with the club meeting/picnic, went off splendidly. No rain came down but the humidity was apparent. Many compliments were heard at the finish on how much people enjoyed the walk.

Before we ate our picnic lunch, club awards were presented to walkers achieving volunteer hour milestones for help at past walks [see below]. Co-Pres Mary Frink also brought back AVA awards for our members from the convention in Oregon and these were distributed [see page 3]. Special thanks to Marianne Marshall for all her diligence tracking the many volunteer hours of our Walk 'n Mass staffers. Every little bit of help makes the work much lighter for everyone.

Bea was a bit late for the presentations because she was checking on the final

walkers on the trail and wanted to make sure they were safe. When she did come back, she got a standing ovation from the walkers for the great job she did in creating this walk. I would like to say, Bea deserves many thanks for all the jobs she does for Walk 'n Mass!!!

Thanks, also, go to Chris and Chuck Lipson for heading up the array of delicious foods that many walkers brought to share. When dessert time came, again, there were many sweet treats to choose from. The cake donated by Karen Plichta to help celebrate our club's 30th anniversary was awesome (thanks Karen!). Yes, **30 years** is quite an accomplishment! Everyone should be proud.

And a shoutout to Mary Frink and Karen Kolaczyk for another great walk in Brookline earlier in the month. It was a nice day which many walkers enjoyed.

Come Friends, Let's Walk

- ❖ *Saturday, Sept. 12
Group Walk:
Middletown, CT
9:00 am (CVVC)*
- ❖ *Sunday, Sept. 13
Group Walk:
Boston & Beyond
9:00 am*
- ❖ *Saturday, Sept. 19
Group Walk:
Quincy 10:00 am*
- ❖ *Sunday, Sept. 29
Day Event:
Annandale-on-
Hudson, NY
(VCWP)*
- ❖ *Saturday, Oct. 3
Day Event:
Hadley, NY
Oktoberfest
(ESCV)*

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



WnM Club Volunteer Awards

by Marianne Marshall

Every year, Walk 'n Mass honors those people who reach or exceed the number of hours that result in Club recognition. Many others have volunteered throughout the year for which the Club is deeply appreciative; however, the following people received awards for attaining or surpassing 10, 50, 100, 200, etc. hours.

Individuals either accepted their awards at the Club picnic in Natick on August 22 or will have them mailed to them. Awards are one coupon (worth \$5 towards the purchase of IVV Achievement Books or any items from the Specialties Table) for those earning up to 300 volunteer hours; two coupons for those reaching anywhere from 400 through 900 volunteer hours; and two coupons plus lifetime membership for 1,000 volunteer hours or more.

Thanks to all those who so willingly volunteer enabling the Club to continue holding events for all to enjoy.

Congratulations to:

- 10 Hours — Johnny Cole, Betty Ekstrom, Jack Suchodolski
- 50 Hours — Miriam Boucher
- 100 Hours — Jack Allen
- 200 Hours — Joanne Izbicki
- 300 Hours — Mary Frink
- 400 Hours — Ann Plichta, Karen Plichta
- 500 Hours — Patricia Damiani, Monica Hait
- 600 Hours — Patricia Damiani
- 800 Hours — Agnes Laviolette, Ernie Laviolette
- 1,200 Hours — Marianne Marshall
- 1,300 Hours — Beate Hait
- 1,500 Hours — Margo Craven

Issue Highlights:

August Meeting Highlights – 2
AVA Service Awards 2015 – 3
Bulletin Board – 4

Brookline Review – 5
AVA Achievement Awards – 6
Flushgate NYC – 6

Beachcomber Puzzle Answers – 7
Where is it? – 7
Walk Coordinator Speaks – 8

August Club Meeting Highlights

by Marianne Marshall

Meeting held August 4, 2015

Group walks report:

- Boston & Beyond, Sunday, Sept. 13 @ 9:00 am
- Quincy, Saturday, Sept. 19 @ 10:00 am
- Newport, Sunday, Nov. 8 @ 12:00 pm
- Plymouth (parade), Sat., Nov. 21 @ 9:30 am (time tentative)

Specialties

- Pens w/logos received; will be distributed at Lexington walk and put in year-round/seasonal walk boxes
- Fleece jackets are in & available at Specialties table
- Advise Bea Hait if you want to order Starting Point 2016

Sunshine

Get-well cards sent to Barbara Piffat and Bonnie Moulton; wedding congratulations to Theresa Hait upon the occasion of her marriage to Ewing Fox on July 18

Walk Coordinator

- Brochure for Northeast Regional Columbus Day weekend will be sent out as soon as it is received so people can make plans for this 3-day event in Lenox on Sat., Oct. 10, sponsored by the Empire State Capital Volkssporters; in Shelburne Falls on Sun., Oct. 11, sponsored by Walk 'n Mass Volkssport Club; and Bennington, VT, on Mon., Oct. 12, sponsored by the Twin State Volkssport Association.
- Volunteers will be sent a reminder re the workers' walk a few days before it is to take place

Domain name [walknmass.org] has been renewed; web host established with Arvix for two years

Mary Frink provided a thorough and interesting report on the 2015 AVA Convention. Of note:

- Vote to join IVV Americas failed almost two to one at the Convention
- 2017 Convention will be held in Montana

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At the AVA Convention this past June in Salem, Oregon, Walk 'n Mass members, organizations that enable Walk 'n Mass to have events, and the Club itself won many awards as recorded in the 2013–2015 AVA Recognition Award booklet. To appreciate what others do to support Walk 'n Mass, please read on.

Meritorious Service Awards

Meritorious Service Awards recognize individuals who have given at least five years of outstanding service to the AVA.

Patricia Damiani — Thanks to Pat, walkers get to enjoy Cape Cod due to her seasonal events in Sandwich and Hyannis as well as walks she has held in Vineyard Haven, Onset Village, and Buzzards Bay. She is also the dynamic force behind approximately 20 group walks a year. Way to go, Pat!

Emilia Goyette — In addition to serving as Chair/Co-Chair of our popular seasonal walk in Bristol, Rhode Island, Emilia has volunteered at over 50 events as well as been an integral member of the team for 15 years in ensuring the success of our Attleboro event. Thank YOU, Emilia, for your enthusiastic support.

Beate Hait — Whether it is as President, Walk Coordinator, Event POC, Specialties Chair, or serving in any of numerous positions to ensure a successful walk, Beate does it well! She is an invaluable source of ideas and well-thought-out recommendations to promote Club viability. Thank YOU, Beate, for all you do!

Monica Hait — Not to worry with Monica at the helm. Whether serving at the Start/Finish, greeting newcomers, editing the Newsletter, or designing the brochure, Monica brings expertise and in-depth knowledge of AVA requirements to each and every job. She always goes the extra kilometer!

Dolores Vaz — Volunteers like Dolores are the best! She has served as Co-Chair of our seasonal events in Providence and Bristol, Rhode Island, plus volunteered for all the various tasks necessary to ensure successful walks in over 50 Walk 'n Mass events. Thanks for your dedication & ready support.

Also listed in the 2015 AVA Recognition Award Book are our 2013 winners who received their certificates previously but did not get listed until this year. They are:

Margo Craven	Verna DeVine
Jeannete Dose	Betty Foley
Karen Kolaczyk	Agnes Laviolette
Ernest Laviolette	Chris Lipson
Chuck Lipson	

Certificate of Service Awards

Certificate of Service Awards recognize individuals who have given at least three years of significant service to the AVA.

Charlie Conway — With experience as co-chairman of two walks as well as trail marking, greeter, and check point volunteer, Charlie's co-chairmanship of the Walk 'n Mass event as part of the Tri-State program was, as anticipated, A-plus. His contributions help ensure the Club's success in holding enjoyable walks.

Mary Frink — With just over four years as a member, Mary has taken on some of the more difficult jobs-- Co-President and Secretary--as well as represented our Club at AVA conventions, worked numerous positions at our events, and created new awards and centerpieces with existing inventory. Mary-- volunteer extraordinaire!

Bonnie Neggars — Distance doesn't stop Bonnie from orchestrating outstanding events. Her efforts have provided the Club with 5 unforgettable walks in the western, northern, and eastern parts of Massachusetts. Her willingness to help others at their events has also ensured successful events. Thank YOU, Bonnie.

Mary Suchodolski — Thanks to Mary, Walk 'n Mass Volkssport Club has had not only walks but bike routes in Cumberland, Rhode Island, as either day or seasonal events since 2011. Her running these events in Rhode Island and providing help on walks in Massachusetts are instrumental in keeping volksmarching opportunities available in two states.

Certificate of Appreciation Awards

Certificate of Appreciation Awards recognize individuals, organizations, and businesses for service to AVA on a regional, state, or club level.

Ginger Betty's Bakery Quincy, MA

With appreciation and thanks to Ginger Betty's Bakery for their support to the Walk 'n Mass Volkssport Club by serving as a checkpoint since the inception of its seasonal walk in Quincy in 2003. The ever-present warm hospitality, friendliness, and delicious baked items make this a much enjoyed checkpoint.

Also, awarded in 2013 but not listed until this year were Battleship Cove Gift Shop, Heritage House Hotel, Lighthouse Fitness Center, Quincy Visitor Center, and Wellesley Free Library.

YRE/Seasonal Event Brochure: 1st Place

Walk 'n Mass Volkssport Club YRE/SE Booklet 2014

This award is due to the hard work, attention to detail, and artistic eye provided by Monica Hait when she prepares our informative and accurate listing of all our year-round and seasonal events.

Bulletin Board

An exciting IML achievement by Jack & Mary Suchodolski. On July 24, 2015 they finished the 4-day, 72 mile (120 km) course in Nijmegen, Netherlands. Way to go!!!



New at the Specialties table! Just in time for autumn, long-sleeved fleece jackets in a stunning electric blue, cost \$40. Check them out at the club's October events in Shelburne Falls or Lexington.

Pre-order your 2016 copy of *Starting Point* today. Again this year, AVA has set an early deadline (**Sept. 14**) to place orders and there is no option to reorder later. Cost is \$25.

If interested, contact Bea ASAP at beateh1@aol.com or 508-429-3564.

The revised club **Constitution** was **approved** by a vote at the Annual Club Meeting & Picnic in Natick. The new, finalized Constitution will be available soon to club members.

Next Club Meeting Tuesday, Sept. 1

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Saturday, September 26 is Smithsonian Magazine's **Free Museum Day!** Many participating museums are convenient to WnM trails, including: Sandwich Glass Museum, Concord Museum & Old Manse, Battleship Cove, Mary Baker Eddy Library/Mapparium, and American Textile History Museum.

Plan a walk/museum combo to suit your interests! View the full museum list at www.smithsonianmag.com/museumday

Congratulations to our new **Marathon Challenge finishers!** Between the Brookline and Natick walks, 4 more members completed the 8 walks needed.

Claudia Cauchon

Ernie Laviolette

Sue Robertson

Mary Suchodolski



Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Sept. 21st

Brookline Review

by Karen Kolaczyk

I guess my retirement has really set in because Mary caught a goof I made picking up equipment for Brookline. The inflection in her voice went up and probably her blood pressure too when she saw the streamers. I got red and yellow combo ones instead of just yellow, but nobody got lost. Monica was on top of that at the Start table! My cousins from Belarus were visiting and I had been on the go for three weeks as a chauffeur. So part of my brain was still on Cape Cod when I picked up supplies from Keith and Dawn's house. I even asked them about charging a cell phone for the walk and completely forgot that we don't do that anymore and POCs use their own cell phones.



The Kalachyks (spelled differently; pictured above) were coming with me to the Brookline walk as they wanted to visit Harvard University. It was a dilemma as to how I was going to get them to the walk with all the supplies but luckily enough Mary had a solution. We transferred most of the supplies into her car the night before and I was able to fit everyone in mine. They helped unload my car and set up some of our equipment before setting off on their own walk to Harvard University. They've been visiting the U.S. for 3 weeks now and walked 22km every day! And they are not even members of a walking club!

We had a perfect day for the Brookline event. Temps were in the mid 70s, with low humidity. Great for walking! I heard a lot of compliments on the new route through Brookline. I guess those secret stairways are not so secret anymore! Mary had an alternate adjusted route, in case it was as hot as last year, so people could avoid the hill if necessary.



In taking down trail markers with her crew of relatives, Margo called Mary Frink to ask her to hand off a bottle of water when she came around the Chestnut Hill Reservoir loop so she wouldn't get off her pace. Bet you didn't know we had a relay team!?!



This Olympic training moment was clearly a trial run to qualify for the baton relay in the 2016 Summer Olympics in Brazil. You may see this Craven-Frink team there! Results are still being tabulated.



The Brookline walk was a success thanks to all our volunteers: Miriam Boucher, Eric Craven, Margo Craven, Melissa Craven, Mike Craven, Verna DeVine, Betty Ekstrom, John Ekstrom, Bea Hait, Monica Hait, Dawn Harlow, Keith Harlow, Barbara Holt, Johanna Henning, Joanne Izbicki, Agnes Laviolette, Ernie Laviolette, Chuck Lipson, Marianne Marshall, Jean Morrissey, Shelton Nalley, Ann Plichta, Karen Plichta, Jack Suchodolski and Mary Suchodolski. There has been talk about rekindling this walk again next year. Mary and I will have to explore another segment of the Secret Stairways of Brookline!

*A busy Start/Finish table,
what a glorious sight!*

AVA Achievement Awards (compiled from American Wanderer)

Congratulations to the following people on their achievements as shown:

Name	Events	Distance	Name	Events	Distance
Amir Cole	30		Diane Bucher	475, 500	5,000 KM
Cassie Cole	30		Verna DeVine	475, 500	
Johnny Cole	125		Monica Hait	500	
Jack Suchodolski	125		Betty Green		5,000 KM
Mary Suchodolski	200		Michael Green		5,000 KM
Emily Strack	200		Sheila McClellan		5,000 KM
Valerie Kirley		2,300 KM	Elaine Johnson	550	
Joanne Izbicki	300, 325, 350	3,500 KM	John McClellan	600	
Andrew Schmidt	400, 425	4,500 KM	James Guido	1,400	
Nell Graham	450		Tom Mongeon		11,000 KM
Kathy Piffat	450				

Did I overlook either your event or distance award? Please let me know so I can include it in the next issue of *Footnotes*.

-Marianne Marshall, mrbwalker@verizon.net

Flushgate: NYC Travels

My friend Beth and I decided to vacation in New York City this past July. Our goal was to do a couple of Volksmarches in Manhattan. I did these several years ago with my cousin but you never know what you'll see walking the streets of New York. So on the first day we walked from our hotel on 80th and Riverside to 42nd Street to pick up our walking directions. We had a very nice walk in Central Park that evening. It's amazing how the greenery in the park cuts out all the noise of the city. We ate at the Brooklyn Diner on 57th Street in Manhattan. What a misnomer that was; they had diner food but Manhattan prices.

The next day took us to Lower Manhattan. What a great walk we were having until I decided it was pit stop time. Never to pass up a clean, respectable facility, I decided to avail myself and Beth thought she'd do the same this time. Well once we finished our business, she realized she'd lost the directions. We went outside to check if they were on the ground but they weren't. She went back into the stall to see if they were there. And they sure were!!!! They fell into the toilet bowl from her pocket. So, never one to shirk from getting my hands dirty...I pulled the papers out of the toilet and put them on a stainless steel table to dry. She was so embarrassed and I thought it was so funny. Whenever I walk with my cousin we never take an extra set because she has the eyes to read the directions and I'm there to ask her where do we go next all the time!!! Standard procedure.

by Karen Plichta

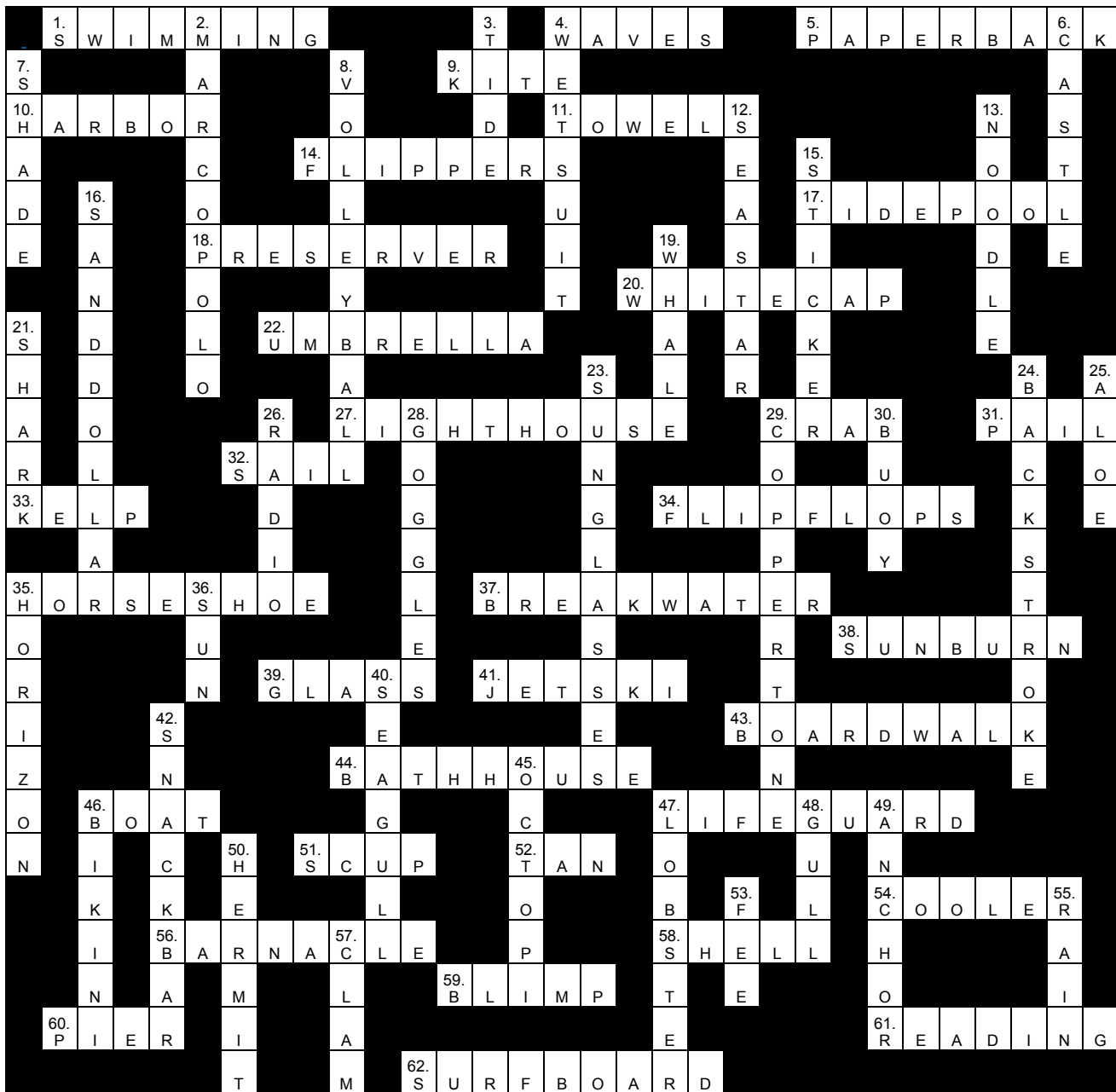
We tried to dry the papers and Beth got the great idea to take a picture of them with her smartphone. She did but didn't start with a plan and took them portrait versus landscape. Once they showed up on her phone we had to piece them together and we just couldn't seem to get them right. So we went off anyway to see the Bull on Wall Street. While I took in the Smithsonian Museum of the American Indian she sat in the lobby trying to figure out how to read the directions on her phone. Did we ever spend a lot of time trying. After about 20 minutes she said to me, "Don't you have the map in your bag?" DUH!!!! Of course I did and it was mighty dry. So I pulled it out and we continued our walk.

Of course, we had no idea what the checkpoints were, but that was immaterial now that we had a map to follow. So we continued on and just at the end of the walk we're required to cross the Brooklyn Bridge to the second tower for the last checkpoint. I remembered walking that with my cousin almost 8 years ago. However, when we were in the middle of the bridge God decided to drop a whole bucket of water on us. It wasn't heavy rain drops it was a bucket of water. So we turned around...what wimps, huh? And went back to Manhattan to finish the walk.

All in all we logged 45 miles during our 3-day stay in New York City, at least according to Beth's Fitbit. She also indulged me by going to Times Square to take in American capitalism at it's finest. Times Square can't be beat.

Beachcomber Word Puzzle Answers

by Karen Kolaczyk



Where is it?

Garden featuring cornstalks, a statue, and a cemetery on a WnM route.

Last month's urban greenery scenes were from the Boston Back Bay trail.



Walk Coordinator Speaks

by Beate Hait

Walk with bus tour from Canada - Lionel and Lily Conrod from Dartmouth, Nova Scotia invite our members to join the bus visitors when they walk the Boston Freedom Trail on Tuesday, 9/22 and/or Newport, RI on Wednesday, 9/23. Please contact Lionel at the Comfort Inn in Danvers at 978-777-1700 or his cell 902-466-4421 to find out the time and let them know to expect you at the start point.

Walk with Tater Tours - Mary Ptacek's "Big White Bus" is coming to the Northeast in October. They will be walking Boston on Friday, 10/16 and Newport on Saturday, 10/17. Mary invites local "Tater Tots" and club members to walk with them. Contact Mary on her cell 702-523-4920 to let her know to expect you.

Staffing for two October events - If you are able to work a 2-hour shift at Start/Finish or Checkpoint, or mark a trail (1 hour prior to start time), take down the trail (1/2 hour after end of start time) for either **Shelburne Falls on Sunday, 10/11/15** or **Lexington on Saturday, 10/17/15**, please contact Bea at beateh1@aol.com or 508-429-3564.

Shelburne Falls walk Sunday, 10/11/15 - This event is part of the Northeast Regional Columbus Day Weekend of events in Lenox, MA (Empire State Volkssport Club) on Saturday, 10/10/15 and Bennington, VT (Twin State Volkssport Association) on Monday, 10/12/15. The brochure was mailed/ emailed to members and is also available on the club website. Pre-registration is due by Oct. 3.

Walk 'n Mass is still finalizing some details regarding a potential group walk of Greenfield on Saturday afternoon (after walking in Lenox in the morning) and a spot to meet for dinner.

SPECIALTIES

Order deadline for *Starting Point 2016* is Sept. 14; contact Bea today to reserve your copy at \$25. This book is a great resource for planning your next volkswalk-based adventure throughout the US.

Natick, MA Walk and Club Picnic on 8/22/15 - Under overcast skies (but NO rain) and humid weather, 66 hearty souls [with 132 soles] representing the states of ME (3), NH (3), VT (1), TX (1), RI (4) and MA (54) walked the 10K or 6K routes.

The routes combined walking along the Marathon route (Route 135), a nature trail (the 10K included additional wooded trails along Lake Cochituate), checkpoint at the library, Farmers' Market on the Common and residential areas before returning to the finish. The 10K walkers were resilient in navigating a muddy area, trees that had come down across the trail in rain storms the previous night, and then through a road/sewer construction project. The construction crew was very helpful in steering our walkers in the right direction! Some things are beyond our control, and we just have to make the best of it.

The revised club constitution was approved by a vote of hands and then co-presidents Mary Frink and Margo Craven distributed club volunteer awards as well as AVA Recognition Awards [see names on pages 1 & 3].

Heard over and over: these walkers know how to cook! The variety included cheese and crackers, fruit, salads, baked beans, pulled pork, kielbasa, Jello molds and deviled eggs, various desserts and a cake to commemorate Walk 'n Mass's 30th Anniversary.

Special thanks go to those who worked on this event: Chris and Chuck Lipson, Sue and Dave Robertson, Joan and Roland Melcher, Mary Frink, Karen Kolaczyk, Monica Hait, Paul Kelly, Linda Perrotto, Verna DeVine, Jean Morrissey, Carol Ann Dorer, Jean Jackman, Mary and Jack Suchodolski, Diane Bucher, Joanne Izbicki, Marianne Marshall, Margo Craven, Nancy Estrella, Ann Plichta, Karen Plichta, Ruth Medeiros, Keith and Dawn Harlow.

Natick Pictures:

Scenes from the trail and picnic, including the special cake. Monica & Leo Bourque enjoyed chatting at the Finish.

