

## Co-President's Corner

by Mary Frink

Poor Thanksgiving. Every year, it seems to get pushed more behind the scenes as Halloween and Christmas become bigger spectacles. I like Thanksgiving (and not just for the food!). This year I have a lot to be thankful for. I got to go to Oregon and Washington for the AVA Convention and the memories of such spectacular sights and joy in meeting other walkers from all over will last for a very long time. I adopted a kitten over the summer as well. She's a little furry bundle of energy and a big part of the family already. What are you thankful for this year?

If you're looking for something to put you in the holiday mood, we have a few spirited upcoming activities. On December 1, the monthly board meeting is going to include a cookie party! Bring some cookies to share and be prepared to take an assortment home! Holiday sweaters are always welcome to brighten the atmosphere [Editor: see **page 4**]. A few days later, there's the Attleboro walk on December 5! Two years ago my choral schedule finally did not coincide and I

was able to do the Attleboro walk so many people had told me about. And it was outstanding! I went through the zoo and saw some of the Christmas parade. I stayed after the walk to watch the lights being turned on at LaSalette Shrine. It was an extraordinary sight.

The fun continues in January starting with our New Year's Day Boston group walk [Editor: see **page 4**]. It's a great way to start the new year off on the right foot (pun intended). Then the annual after the holidays holiday party will be Saturday, January 9 [Editor: see **page 4**]. Hopefully we won't get snowed out this year! A new year also means new walk events! Walk plans are in the works, but we can always use new ideas. If you have somewhere interesting to walk or know someplace willing to be a start point, please let me know ([mfwalks2010@verizon.net](mailto:mfwalks2010@verizon.net)).

Please take the time to really enjoy Thanksgiving and reflect on the good things in your life, & Happy Holidays!



## Answer to November's Where is it?

The calming water scenes were found on the Plymouth trail.

### Come Friends, Let's Walk

- ❖ *Saturday, Dec. 5  
Day Event:  
Attleboro*
- ❖ *Saturday, Dec. 12  
Group Walk:  
Hartford, CT (park)  
9:00 am (CVVC)*
- ❖ *Friday, Jan. 1  
Group Walk:  
Boston Back Bay;  
**meet at 8:30 am  
by US Post Office  
in Prudential  
Center, group  
departs at 9:00 am***
- ❖ *Saturday, Jan. 9  
After-Holiday Party  
Bedford, MA  
9:30 meeting  
followed by  
party at noon*

See AVA or 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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# November Club Meeting Highlights by Marianne Marshall

## Meeting held November 3, 2015

**Activities:** Post-Holiday party will be at St. Michael's Church on Saturday, January 9, 2016

**Group walk:** Boston Back Bay, Fri., January 1 @ 8:30 am

### Walk event attendance:

Shelburne Falls—87 walkers  
Lexington—66 walkers

## Proposed 2016 day events:

- Ashland
- Hopkinton or, possibly, Norwood
- Framingham
- New Bedford
- Milford
- Barre Falls
- Attleboro
- Sudbury

## Other topics:

- Year round/seasonal walks for 2015 overall show a net profit
- AVA Club Survey completed

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# Trail Master's Diary: Attleboro

by Ann Plichta

I don't know about you, but every year the holidays seem to come faster and faster. Already the stores are decorated, and I'm hearing Christmas music on the radio. As I write this it's still one week until Thanksgiving, and on my neighborhood walks there are homes already decked out. Holiday time also means it's time for the Walk 'n Mass 5km and 10km walks in Attleboro on December 5. After a year off, this traditional walk is back at its usual starting point, the beautiful LaSalette Shrine. During the holiday season, LaSalette shines brightly with over 300,000 lights covering over 10 acres, making it the largest religious light display on the East Coast. It is truly spectacular! Take a walk around and enjoy the display. The grounds also feature over 100 crèches from all over the world, a church, and a gift shop.

The 10km route begins at LaSalette, and takes walkers through a conservation area before going through neighborhoods to Capron Park and its zoo. The zoo covers approximately 8 acres and has over 100 animals from 44 different species. Admission to the zoo is free for walkers on the day of the event when you present your start card. From the zoo, walkers traverse residential areas to downtown

Attleboro before heading to the Attleboro Veterans Common and the Industrial Museum. Take some time to explore the museum's various exhibits relating to industry in the Attleboro area through the years. From there, walkers return to LaSalette, passing by the famous Bliss Dairy on the way if you want to stop and get a bite to eat!

5km walkers will drive to their start at the Attleboro Industrial Museum **after** signing in at LaSalette. The shorter route takes walkers through residential areas to Capron Park and zoo before visiting downtown Attleboro and returning to the museum.

Due to the conservation area path and a small dirt path toward the end, the AVA rating for the 10km route is 1B, suitable for strollers, but not doable for wheelchairs. The 5km route is mostly flat, giving it an AVA rating of 1A, suitable for both strollers and wheelchairs.

Get in the holiday spirit with Walk 'n Mass and a 5km or 10km walk through Attleboro on December 5. Enjoy the Capron Park Zoo, have a snack at Bliss Dairy, and take in the spectacular lights at LaSalette Shrine. It's a great way to enjoy some holiday cheer. Hope to see you there!

## AVA Achievement Awards (compiled from *American Wanderer*)

Congratulations to the following people on their achievements as shown:

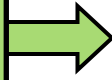
Name	Events	Distance
Jack Allen	100	
Mary Frink	100	1,000
Jack Suchodolski	150	1,500
Mary Suchodolski	225	2,500
Jean Jackman	275	
Sheila McClellan	450	
Jacqueline Reynolds	700, 750	7,000
Doug Reynolds	750	7,500

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](mailto:mrbwalker@verizon.net)

# Bulletin Board

**Reminder:** at December's meeting we will be sharing holiday snacks and playing games complete with prizes for the winners. You don't want to miss it!



## Next Club Meeting Tuesday, Dec. 1

6:30 pm

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

Another Marathon  
Challenge finisher to  
celebrate: congrats to  
Beverly Bogert!

## After-Holiday Party!!!

Save the date - **January 9th** for our annual Holiday lunch and re-gifting swap at St. Michael's in Bedford. As in years past the club will provide lunch & drinks and welcomes your offerings of snacks & desserts. Members are asked to bring a wrapped gift if they want to participate in the swap - participation is not mandatory - all are welcome for lunch starting **at noon**. If you plan on attending please let Chris know so that she can order enough food. Chris can be reached at: 781-275-0464 or c2lipson@msn.com

## Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: January 15th

Next Footnotes is combined January/February issue

## Prudential Center Map



## New Year's Day in Boston

Again this year, we will be meeting as a group to enjoy the Back Bay walk on Jan. 1. With the closure of the Pru's Food Court, we have chosen a new meeting location at the seating area near the US Post Office in the Pru's Belvidere Arcade (hallway between the Hynes and P.F. Chang's). Please join us at 8:30 to sign-in and we'll begin the walk at 9:00.

New in 2016, First Night is expanding to First Night First Day so special events will be happening January 1 as well. Perhaps some will intersect with our walk!

See [firstnightboston.org](http://firstnightboston.org) for more on the free activities in this 40th annual celebration.

# Volksmarching in the City of Trees

by Pam Medolo

We've commuted to volksmarches via auto, bus, plane and subway; this was our first time going by train. The "Hayabusa" shinkansen (bullet train) makes several journeys each day



between Aomori City and Tokyo. On 06 Nov, we boarded it in Shichinohe and

rode as far as Sendai. Going up to 186 MPH, the journey took just over an hour and a half (vs. 4 hrs by car on the expressway). Our hotel was only a ten-minute walk from the station.

While not our first visit to Sendai, it was our first time to do their two-day march and only the third year it's been held. Sendai is the largest city in the Tohoku region, a port on the east coast. It is nicknamed "City of Trees" because during the Edo period its feudal lords encouraged planting trees. The tradition continues and in November most trees were dressed vividly in autumn colors.

Having reconnoitered and picked up our registration packets on Friday afternoon, we took our time strolling to Tsutsujigaoka Park on Saturday morning; arriving in time to wave goodbye to the 20km walkers.

Next the 13km walkers gathered. A couple with a quartet of white Scottie dogs got a lot of attention - each dog had its own bib and start card. There were the usual speeches by a DV/sponsors and a review of the route then we spread out for our light warm up exercises. We were astonished when the music recording included exercise directions in English! Since we were next to the stamp tables, we were perfectly placed to be toward the head of the pack when we left the start at 0910 and marched around the park sports field behind the flag-carrying leaders.

Leaving the park, the trail followed sidewalks requiring frequent stops to wait for traffic signals to change. After a couple of kilometers, the flag bearers left us on our own to follow printed arrow signs and chalk arrows on the ground. Where turns might be confusing, an actual person holding an arrow pointed the way. Such was the case when we reached Ohashi Bridge where instead of crossing we were directed to a walkway under the bridge and along the Hirose River. The hillsides between the river and Aoba Castle site were turning lovely colors and we could see Lord Date Masamune's statue against the skyline. We also saw some snowy egrets along the water's edge. Soon we were back on sidewalks near the city center with some 20km walkers finishing the trail and collecting our stamps and certificates at the end. We spent the afternoon doing touristy things.



One volksmarching Scottie

Unfortunately Sunday's weather wasn't nearly as pleasant; it rained all day. The 11km trail followed a different route through downtown and included a longer stretch along the Hirose River where we were thrilled to see about 30 egrets, a dozen cormorants plus ducks and loons all

enjoying the rainy day more than we did. Other than passing the local pro baseball team's stadium (Rakuten Eagles), can't say



Egrets in the rain

we saw much of note as we kept hunkered down beneath our umbrellas to the finish back in Tsutsujigaoka Park.

Photos by Mike Medolo

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

# Walk Coordinator Speaks

by Beate Hait

**YREs/SEs:** While three of our events have closed for the year (Lexington, Quincy and Sandwich Bike), the Hyannis walk was extended until the end of December, which is also the closing date for the 17 others. All except the Cumberland Walk and Bike have been renewed for 2016. With the mild weather we've been enjoying lately, please plan to get out and participate in these events to boost our annual participation.

Participation numbers at the end of the third quarter are as follows:

Bedford Bike	21
Boston Freedom Trail	116
Boston Back Bay	58
Boston & Beyond	15
Concord	65
Fall River	38
Greenfield	30
Hyannis	50
Lexington (final)	74
Lowell	41
Newton Centre	43
Plymouth	38
Quincy (final)	27
Sandwich Walk	34
Sandwich Bike (final)	8
Wellesley	37
Bristol, RI	25
Cumberland, RI Walk	55
Cumberland, RI Bike	13
Newport, RI	71
Providence, RI	49

**Early 2016:** From January through March, all three Boston routes, Lowell, Newton, Sandwich and Providence will be available for your walking pleasure. The 2016 YRE/SE booklet will be mailed toward the end of December.

Don't forget the group walk of the Back Bay route on January 1 to ring in the New Year and enjoy seeing the ice sculptures that will still be on display from First Night. Since the usual start point will be closed on this day, we will meet at 8:30 am by the chairs near the US Post Office in the Prudential Center. Note: this is a (slightly) new location from prior years!

**Specialties:** If you'd like to gift yourself a new electric blue fleece jacket or new neon green t-shirt with navy imprint, see me at the checkpoint in the Industrial Museum in Attleboro. There are also a select number of discontinued t-shirts on sale for \$5. What a deal!

As this newsletter goes to print, the 2016 Starting Point books have not been delivered. I'll notify those who ordered them when they arrive.

If you need IVV books at any time, you may contact me, and I'll mail them to you.

## Picture Time!

*Hyannis group walkers enjoyed bits of sunshine, sea breezes & some still blooming roses and other flora despite the chilly temperature on Nov. 14.*

*L-R: Bea Hait, Diane Bucher, Pat Damiani, Ann Plichta and Joanne Izbicki.*



Photo by Monica Hait