

## Co-President's Corner

by Mary Frink

Happy Spring! I hope you are all out enjoying the nice weather! I saw some greenery trying to poke its head out of the ground. My kitten has been having great fun running from one open window to another watching all the birds. The only thing I don't like is the time change. It takes me forever to get used to it. I like the daylight being later, but I miss that hour of sleep!

Spring also means the return of the soup walk! This year it is in Norwood on Saturday, April 16 and is being run by Margo Craven. The soup walk was my very first walk with Walk 'n Mass. Karen Kolaczyk talked me into it. I managed to do the whole 10K with her and her dog, Kimba. I think it was even in Norwood! It was the year of the 25<sup>th</sup> anniversary of Walk 'n Mass. I signed up to be a member as soon as we got back from the walk and bought a blue soup mug which I still bring to soup walks. The rest is history! If you would like to bring something for the lunch (like soup!), please contact Sue Robertson at [susdave@comcast.net](mailto:susdave@comcast.net). She is in charge of the eating portion of the soup walk this year. If you would like to help out with the walk part, please contact Margo Craven at [magoo249@comcast.net](mailto:magoo249@comcast.net).

As I said in the last newsletter, Walk 'n Mass is sponsoring a new AVA Special Program with a theme of Ice Cream Parlors. The program doesn't start until 2017, but I will have books available for sale at the soup walk. The cost is \$10 and that includes the book and the patch when you complete the program. If it's too early for you to be



thinking of 2017, you can get a book by mailing me a check for \$10 anytime this year and I will send out your book. The books won't normally be for sale at walks.

Our seasonal walks are opening on April 1. Time to revisit your favorites! I'm on track to fill a YRE/Seasonal walk challenge card this year. This is the third year of the challenge and I still haven't managed to fill a card. How are you doing? The group walk schedule will be posted soon [Editor: see page 5]. Group walks are a good motivator to walk especially if you prefer to walk with other people. There's always someone to talk to!

There will be lots of information coming about other day event walks we are having this year. Do you have somewhere you like to walk that would make a good day event walk? We are always looking for new places to walk/explore. If you have somewhere in mind or have heard of somewhere we should check out, please let me know at [mfwalks2010@verizon.net](mailto:mfwalks2010@verizon.net) or talk to me at any walk. One of the best things about walking with Walk 'n Mass is all the places you get to explore that you may not do on your own.

### Come Friends, Let's Walk

- ❖ April 1—April 3  
SMVA Walking Fools Events, see page 4
- ❖ Saturday, April 9  
Group Walk:  
Lexington  
10:00 am  
Park Opening Day
- ❖ Saturday, April 16  
Day Event:  
Norwood, MA  
Soup Social
- ❖ Monday, April 18  
Group Walk:  
Concord 8:00 am  
Patriot's Day Parade
- ❖ Saturday, April 30  
Group Walk:  
Fall River 10:00 am

See Walk 'n Mass 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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# Membership Renewal Time!

by Chuck Lipson

This is a reminder that our new membership year starts 1 April. A membership renewal form was included with this month's *Footnotes*. Completing the form and sending it in with payment will ensure your membership in Walk 'n Mass continues for the 2016/2017 season. Remember that club dues are \$15 per year for which there are many benefits in addition to walking with a great group of people -- the holiday party, soup walk, and picnics. Please renew now so that you're not removed from the membership distribution of *Footnotes* or from the email notification list.



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As I'm writing this, March is half over. That means spring is just around the corner. Actually, it officially begins on March 20. That doesn't mean it's the end of the cold, snowy weather, but it's getting there! And even though this winter was much better than last year (it had to be!), I'm still looking forward to spring. One sure sign of spring is the Walk 'n Mass Volkssport Club's annual Soup Social, kicking off the walking season. Join your fellow walkers in Norwood on April 16 for 5 and 10km routes, and stay for some delicious soup when you finish.

The first 5km loop heads to Highland Cemetery. Along the way, walkers will pass by Oak View, the former home of Governor Frank G. Allen. In its time, it hosted Presidents William Howard Taft and Calvin Coolidge, artist John Singer Sargent, and other luminaries. It is now the Oak View Dollhouse Museum. The route also passes by the new Norwood High School, opened in 2011, and goes through residential areas before heading to the cemetery. Highland Cemetery was established in 1880 and is known for its beauty and grace. Make sure you note the Neo-Gothic chapel of St. Gabriel located in the middle of the cemetery as you pass by. Walkers pass through several sections, including the Norwood Fire Fighters' memorial, before heading back through residential areas to the finish and soup for the 5km walkers and a checkpoint for the 10km walkers.

The second loop, or final half of the 10km walk goes through the town of Norwood. Walkers will pass by shops, restaurants, and Norwood Hospital before heading to the Town Square with several veterans' memorials and a gazebo. That impressive building across from the square is the Gothic style town hall with its 50 bell carillon tower, the seventh largest in the United States. The route continues by St. Catherine of Siena Church, established in 1890, as well as several residential areas. Walkers then return to the finish for soup!

Both the 5km and 10km routes are on mostly flat, paved surfaces with a small, gradual hill on the first loop. They have an AVA rating of 1B, suitable for baby strollers, but difficult for wheelchairs.

Walk 'n Mass Volkssport Club invites you to kick off spring with 5km and 10km routes in Norwood on April 16. Come and enjoy the walks, and stay for good soup and excellent company! Hope to see you on the trail.

*Norwood Soup Social at Noon!*

*Please contact Sue Robertson  
([susdave@comcast.net](mailto:susdave@comcast.net) or 978-774-6449)  
to indicate what you are planning to bring. Soups, breads, appetizers, and desserts welcomed. Beverages and paper goods will be provided, but please bring a spoon and bowl/mug.*

# Bulletin Board

Oops! Total participation for Bristol in 2015 was incorrectly reported in the March *Footnotes*.

The correct 2015 Bristol participation total is 63. I thank Co-POC Dolores Vaz for alerting me to the error. --- Beate Hait

To celebrate the opening of their seasonal events, **Southern Maine** has a walking fools weekend of group walks.

Friday, Apr. 1 3:30 pm South Portland, ME

Saturday, Apr. 2 2:00 pm Kennebunk, ME

Sunday, Apr. 3 10:00 am Brunswick, ME

Get start location details at [ava.org](http://ava.org)

## Mark Your Calendars!

The Connecticut Valley Volkssport Club has guided walk events planned for May 21 (Guilford, CT) and Oct. 22 (Tariffville, CT). Sign-in at 9:00 and walks depart at 9:30 am.

## Next Club Meeting Tuesday, April 5

6:30 pm

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

Our dedicated volksmarching friends, and former correspondents in Japan, have received their next assignment and it is stateside --- in Anchorage, Alaska!!!

During the too short interlude between leaving Japan and heading to Alaska, the Medolos squeezed in a trip to Lowell to enjoy the YRE trail.

We look forward to reading about Pam & Mike's adventures in "The Last Frontier" and wish them the best in settling in to their new home.

## Newsletter Submissions to:

[footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com)

Deadline for next issue: April 21st

Fellow walker Nancy Patrick enjoyed reading the Diamond Head excursion Paul Kelly & Linda Perrotto shared in the Jan/Feb 2016 *Footnotes*, and wanted to clarify that there is indeed an AVA sanctioned **Diamond Head** trail available sponsored by the Menehune Marchers. Find info at [ava.org](http://ava.org)  
Thanks for the correction, Nancy!



# WnM Spring Group Walk Schedule

by Pat Damiani

Saturday, Apr. 9	10:00 am	Lexington, MA (Park opening day festivities)
Monday, Apr. 18	8:00 am	Concord, MA (Patriot's Day parade)
Saturday, Apr. 30	10:00 am	Fall River, MA
Saturday, May 7	10:30 am	Hyannis, MA
Sunday, May 15	10:00 am	Plymouth, MA
Saturday, May 28	10:00 am	Quincy, MA
Sunday, Jun. 5	1:00 pm	Wellesley, MA
Sunday, Jun. 26	10:00 am	Bristol, RI

As always for group walks, please aim to arrive 15 minutes earlier to sign-in. Starting location details and driving directions available in the blue YRE/SE booklet, as well as on the WnM and AVA websites.

[www.walknmass.org](http://www.walknmass.org)

[www.ava.org](http://www.ava.org)

## March Meeting Highlights

by Marianne Marshall

### **Meeting held March 1, 2016**

**Group walks:** See elsewhere [above] to find the April-June schedule for group walks.

**Sandwich walk** now offers an alternative for those who do not want to use the boardwalk.

AVA has approved WnM's **Ice Cream Parlors** as a Special Program starting in 2017.

**Sunshine:** Cards sent to Clara Petrosky for her 80th birthday, Jean Jackman for her birthday and get well, and Moultons in sympathy for the loss of their daughter.

**Walk Coordinator:** Dave Byers, POC and National Park Ranger in Lowell, has suggested a day event in Lowell with a different route than the yearly one. Details being checked to see if it might be possible to hold our potluck in conjunction with this event which will be in September-October timeframe.

### **Day Events:**

- June 11—Ashland (40th Anniversary AVA patch to be A Award)
- July 23—Barre Falls (picnic)
- New Bedford

- Lowell
- December 3—Attleboro
- Framingham a possibility

### **Other regional/national topics:**

- With POC Bill Kennedy moving from Danbury, NH to Claremont, NH it is not clear whether the New Hampshire Patriot Pathfinders Club will close or continue in the new location.
- In the future, AVA Special Programs will be limited to 12/year.
- Since initial testing has been successful, the online start box test will now expand to Washington, Texas, Florida, and 4 NYC walks.
- It has been determined that AVA should not join IVV Americas due to tax implications but it is alright for individuals and clubs.
- Potential Memorandum of Understanding to be developed with Navigators USA (Navigator scouts) similar to the current AVA "Walk Together" with the Girl Scouts.

# Walk Coordinator Speaks

by Beate Hait

**Seasonal Events** – In April, our 10 seasonal walks and 2 seasonal bikes join the 7 YREs available for your enjoyment. Remember to note the events you do on those electric blue All the Old Familiar Places cards. Additional cards are available in the Walk Boxes or on the last page of the 2016 event booklet.

**Day Events** – The schedule for 2016 is almost complete. Still need to finalize some start point details but mark your calendars now!

**Day events for 2016 (to date)**

Sat. **April 16** – Norwood, MA

*Walk and Soup Social*

Sat. **June 11** – Ashland, MA

*AVA's 40<sup>th</sup> Anniversary & Marathon Challenge*

Sat. **July 23** – Hubbardston, MA

*Barre Falls Dam, Walk & Club Picnic*

Sat. **Aug. 27** – New Bedford, MA

*National Parks Centennial*

Sat. **Oct. 1** – Lowell, MA

*National Parks Centennial*

Sat. **Oct. 29** – Milford, MA

**Nov.** – Hopkinton or Framingham

*Marathon Challenge*

Sat. **Dec. 3** – Attleboro, MA

*Holiday Walk*

**What does it take to be POC of a day event?**

The Walk Coordinator (me at this time) provides guidance on the process, determining a date and getting staffing for the event. I look to the POC to secure a start point (ideally under cover with access to bathrooms and parking), lay out the route, write the walk directions (the Trail Master will

walk and measure the route with the POC), and provide information for the brochure. About one or two weeks prior to the event, the Workers' Walk provides the opportunity to check the walk directions and conditions. Has construction materialized that impacts the planned route or should that be a LEFT instead of a RIGHT in the written directions? The Workers' Walk also allows those staffing the event to walk & enjoy the route ahead of time.

Arrangements are made to get the supplies to the start point. Most often the POC picks them up from the Equipment Coordinator a day or so ahead and then brings them to the start point to meet with the trail marking crew and get them on the way. After setting up the start/finish with help from those scheduled for that early shift, the POC helps greet walkers and is available for anything else that needs to be done. After the event, the After-Acton Report gets filled out, the stamp gets mailed back to AVA, and the POC relishes in a sense of satisfaction for having spearheaded this event for the enjoyment of fellow volkssporters.

We are a WALKING club. Without walk events we would have no purpose to exist. **We need club members to be willing to be POCs.** After 30 years we have hundreds of walk routes in our archives, and if you would like to resurrect a prior event rather than forging a new trail in a new location, we can help make that happen. It's not too early to start thinking about locations for 2017.

## Pictures:



*Right: Boston Freedom Trail group walkers enjoyed the sunny weather on March 13.*



*Left: new sights along the 2016 Sandwich trail include the reengineered sand dunes along the beach and the fish hatchery with various types of trout.*

