

Co-President's Corner

It's August and they say August is the hottest month; let's pray it isn't true this year after going through the hot days in July. We've just had our annual club picnic at the beautiful Barre Falls Dam recreation area. Many walkers stayed away and we believe that to be because of the heat; and I have to say it was extremely hot when we did the take down. The picnic went off very well and WnM's volunteer awards were passed out to members who well deserved them. No one went home hungry as there was plenty of delicious food thanks to all the generous walkers. Thank you, Nancy and David Gundersen, for an enjoyable walk.

Staying indoors in the cool comfort of air conditioning sure would feel better, but we're a walking club and walking outdoors is what we do. Here are some reminders about walking in the heat.

- Walk in the early morning hours as that's the coolest time to walk.
- Drink plenty of water while walking. Take at least one full large bottle of water with you. The Verywell.com website states that if you walk for an hour you need 14 to 38 ounces of water to stay hydrated; double that for a 2-hour walk. And in the heat you'll probably lose even more water through perspiration, so you need to replace it as you walk.
- Wear loose cotton clothing.

by Margo Craven

- Wear sunglasses with UV protection, sunscreen, and a hat. If you find yourself feeling too hot, pour water on your hat, wring it out, and put it back on.
- Put some cool water on your wrists to get some instant cooling relief. It's an old wives' tale, but it works for some people.
- Walk a bit more slowly. Our walks are non-competitive, so adjusting your pace to the weather conditions is a wise thing to do.
- Take breaks. Stop in some shops along your route, if available, and take advantage of their air conditioning.
- Stop when you've had enough (or, better yet, before you've had enough!). If you typically do a 10km, consider doing a 5km.
- Carry your cell phone, tell someone you're going walking (and where), and that you'll call them when you've completed your walk. Just in case...
- If the weather people say that the heat index or level of humidity is dangerous, don't walk at all; wait until the weather conditions are safe to be outdoors.

Don't forget we have the Providence Water/Fire, Greenfield, and Shelburne Falls group walks coming up in August along with the New Bedford day event. Try to keep some of these walking-in-the-heat reminders in mind as you go out.

Come Friends, Let's Walk

- ❖ *Saturday, Aug. 6*
Group Walk:
Providence, RI
(Water/Fire)
3:00 pm
- ❖ *Saturday, Aug. 20*
Two Group Walks:
Shelburne Falls, MA 10:00 am &
Greenfield, MA
12:30/1:00 pm
- ❖ *Saturday, Aug. 27*
Day Event:
New Bedford, MA
- ❖ *Saturday, Sept. 10*
Group Walk:
Wallingford, CT
9:00 am (CVVC)
- ❖ *Saturday, Sept. 24*
Guided Walk:
New London, NH
10:00 am (TSVA)

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.



Issue Highlights:

Annual Club Awards – 2

Trail Master's Diary: New Bedford – 3

Bulletin Board – 4

Club Picnic Photos – 5

Walk Coordinator Speaks – 6

Bristol Pictures – 6

Annual Walk 'n Mass Club Awards by Marianne Marshall

Every year, Walk 'n Mass honors those people who reach or exceed the number of volunteer hours that result in Club recognition. There are many others who volunteered throughout the year for which the Club is deeply appreciative; however, the following people received awards because they attained or surpassed 10, 50, 100, 200, etc., hours.

Those earning 10 to 300 volunteer hours, earn one \$5 coupon to be used towards the cost of IVV Books or any item at the Specialty Table.

10 Hours—David Byers, John Ekstrom, Ellen Fernandes, Susie King, Bev Lange, Jean Morrissey, Ginnie Stowell

100 Hours—Miriam Boucher, Nancy Estrella, Keith Harlow, Bill Howe

200 Hours—Sandy Hall

Those earning 400 to 900 volunteer hours, earn two \$5 coupons to be used towards the cost of IVV Books or any item at the Specialty Table.

400 Hours—Mary Frink

500 Hours—Karen Kolaczyk, Dolores Vaz

600 Hours—Chuck Lipson

Those reaching 1,000 or more volunteer hours, earn two \$5 coupons to be used towards the cost of IVV Books or any item at the Specialty Table plus lifetime club membership.

1,200 Hours—Verna DeVine

1,300 Hours—Marianne Marshall

1,400 Hours—Beate Hait

1,600 Hours—Margo Craven

THANKS to all who support the club by volunteering!

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Trail Master's Diary: New Bedford

by Ann Plichta

The National Park Service is having a birthday in August...the big 1-0-0! Walk 'n Mass Volkssport Club invites you to celebrate the big day on August 27 with 5km and 10km walks in Historic New Bedford, including the New Bedford Whaling National Historical Park. New Bedford and whaling go hand in hand, as the city was once the whaling capital of the world through the 1850s. The industry slowly declined in the second half of the 1800s, before dying out altogether in the early 1900s. But New Bedford is still a prominent fishing port, consistently rated as one of the top ports in the country due to its valuable catch of scallops.

Both the 5km and 10km routes visit the 13-block Waterfront Historic District that makes up the national park. Walkers will see buildings important to the whaling industry, including those visited by perhaps the most famous whaler...Herman Melville, who based *Moby Dick* on his adventures. Both routes pass by the oldest continuously operating Custom House in the country, as well as the Mariners' Home and the Seaman's Bethel, made famous by Melville. The New Bedford Whaling Museum features the "Lagoda," a half scale replica of a square-rigged whaling bark, as well as five whale skeletons, in addition to scrimshaw, paintings, log books, and other items related to the whaling industry.

From the national park, walkers head along New Bedford's still active waterfront for an up close look at the working fishing fleet. The routes then head through historic neighborhoods, going by the first Cape Verdean Catholic Church in the country, as well as the homes of many active abolitionists. New Bedford played an important role in the Underground Railroad with close to 700 fugitive slaves living there in the mid 1860s.

Walkers will pass by the house powerful abolitionist Frederick Douglass once lived in before heading back to the finish for 5km walkers, and the checkpoint for the 10km.

The second loop, which completes the 10km route, takes walkers to the New Bedford Free Public Library with the Whaleman Statue, featured on our National Park Service patch. It then heads to the architecturally important area known as West of County. Walkers will pass



Rotch-Jones-Duff House

by many historic homes built by prominent, wealthy New Bedford residents in the 1800s. There are a variety of architectural styles on display, including Italianate, Queen Anne, Shingle, and Greek Revival, as well as a stunning



Gothic Cottage

Gothic Cottage which is listed as a National Historic Landmark. Walkers then head back by New Bedford's beautiful Post Office on the way to the finish.

Both routes are on mostly paved surfaces. There are a couple of gradual hills, giving them an AVA rating of 2A. They are doable for strollers, but difficult for wheelchairs due to the lack of curb cuts.

Celebrate the National Park Centennial with 5km and 10km walks in historic New Bedford on August 27. Hope to see you on the trail!



Black Whale restaurant's Big Chair

Bulletin Board

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: August 29th

Walk Around Florida

Nov. 4-6 in Tampa

Multi-event weekend of walking in sunny Florida with the Happy Wanderers. **Tampa Trails & Havana Nights** is the theme so fun should be in abundance. See website for walk details & host hotel discount.

www.happywanderersfl.org

Next Club Meetings:

Tuesday, August 2

6:30 pm

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

Tuesday, Sept. 2

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Olympia's Capitol Volkssport Club invites everyone to the biennial **Seabreeze Walking Festival in Ocean Shores, Washington from February 18-20, 2017**. AVA Executive Director Henry Rosales will be in attendance and a roundtable is likely on Saturday afternoon for HQ news updates and some Q&A.

Once again there will be 6 trails through town, along the beach, in state parks, and up the coast of North Beach. A bike route is also available as well as 2 YREs within Ocean Shores and more on the drive.

Make your hotel registrations early for this Presidents' Day weekend festival and enjoy the trails and social activities (like the ever popular Italian dinner buffet).

More info at:
www.capitolvolkssportclub.org
& www.oceanshores.org

Our friends in the Volkssport Club of West Point are pleased to announce the **reopening of their Highland Falls and West Point, NY events**, with **NEW SECURITY PROCEDURES** for entry. A Visitor's Badge must be issued at the Visitor Control Center where each person must present government-issued ID and a required form to obtain a Visitor's Badge and this process takes time to complete. Once issued, your Visitor's Badge is good for 1 year!

www.usma.edu/visiting
www.avaclubs.org/westpoint

Do you have a volksmarching travel story to share?

Send it to footnotes.editor@gmail.com for publication in a future edition of **Footnotes**.

Club Picnic Photos by Joanne Izbicki & Beate Hait



Working (L-R): Monica Hait keeps an eye on sales; Roy Damiani rests as Miriam Boucher checks him in at the finish; Beate Hait & Bev Lange wrap-up the start table



Walking (L-R): Terrific trail scenes; watching for finishers; more paths surrounded by green



Chatting (L-R): Sid Walker regales Joy Peach, Myrtle Walker & friends; trio of green with Margo Craven, Nancy Estrella, Pat Damiani; Chuck Lipson & Dave Robertson enjoy picnic time



Giving (L-R): Mary Frink & Margo Craven hand out honors; Beate Hait accepts her award; Dave Gundersen shares directions to a local ice cream place just down the road

Walk Coordinator Speaks

by Beate Hait

Hubbardston, MA – Barre Falls Dam

It was a sunny and WARM day on Saturday, July 23 with 40 hearty souls in attendance for the walk and club picnic. There was a lovely breeze wafting through the tree-shaded, covered pavilion area that was a welcome relief to those finishing the walk routes. While it was pleasant walking through the woods, heard comments that the trees blocked the breeze that was so prevalent in the picnic area.

What a smorgasbord for the picnic lunch: grapes, melons and pineapple, three-bean salad, potato salad, a variety of pasta salads, savory watermelon salad, deviled eggs, turkey breast, ham, coconut-breaded chicken drumsticks, kielbasa, baked beans and corn bread. While usually we also have plenty of desserts, Chris Lipson mused that the heat must have influenced folks more toward making salads than baking desserts. Still, there was pie and cookies to satisfy a sweet tooth, and Dave Gundersen provided directions to delicious ice cream at Carter & Steven's Farm on West Street in nearby Barre.

Volunteer awards were given by co-presidents Mary Frink and Margo Craven to those who attained volunteer milestone hours. See names on page 2.

We thank co-POCs David and Nancy Gundersen for spearheading the walk, and Chuck and Chris Lipson for orchestrating the food component of this event along with Susan and Dave Robertson. Many thanks also to club members who staffed this event: Joan and Bob Armeay, Bev Lange, Mary Frink, Miriam Boucher, Karen Kolaczyk, Leo Bourque, Johanna Henning, Jean Morrissey, John Christiansen, Verna DeVine, Charlie Conway, Joanne Izbicki, Jack and Ellen Fernandes, Ann Plichta, Karen Plichta, Dawn and Keith Harlow, Margo Craven, Nancy Estrella.

Year-Year YRE/SE Q2

Following is a participation comparison of our YREs and SEs through June. Overall total is 9.4% down from last year at this time. Please do your part to walk these routes and get the participation numbers up! Do you have a favorite route? Is there one you haven't walked before? Quick reminder: the Boston & Beyond route can be done in three segments if you're not up to doing the entire route in one day.

	2015	2016
Bedford (bike)	9	5
Boston Freedom Trail	38	26
Boston Back Bay	42	41
Boston & Beyond	8	3
Concord	46	28
Fall River	24	16
Greenfield	9	13
Hyannis	35	20
Lexington	33	22
Lowell	25	44
Newton	36	31
Plymouth	19	22
Quincy	10	11
Sandwich (walk)	25	27
Sandwich (bike)	3	8
Wellesley	25	11
Bristol	25	26
Newport	14	10
Providence	20	40
TOTAL (Jan-Jun)	446	404

Pictures:



Bristol Group
Walk on June 26;
sunshine & smiles!

