

President's Corner: Convention Recap by Mary Frink

Here is my summary of the Billings, MT AVA convention and its walks, held June 5-11. If you want more information & pictures, come to my presentation at the August 1 meeting in Bedford! [Editor: meeting time/address on page 4.]

Day 1: Pre-convention Walk – Buffalo, WY

Buffalo is about a 2 ½ hour drive from Billings. I quickly discovered the downside of renting a car rather than being a bus trip passenger is that you have to drive instead of gawk at the scenery which was absolutely breathtaking! The walk on the Clear Creek Trail was supposed to be a quiet, wooded trail near the bottom of a ridge. However, all of the snow melt turned the creek into a raging river! Some of the trail flooded and we had to work our way around. I ran into Diane Bucher while she did the "back" of the "out and back" for the 10 km. She was there with Tater Tours. Great to see a familiar face!

Day 2: Pre-convention Walk – Little Bighorn Battlefield National Monument, MT



The most surprising thing about Little Bighorn is how big it is! You hear about Custer's Last Stand and you only think of the hill. The battle took place over this huge amount of land. The walk went through only a small section of the

battlefield. Scattered all over the area are these white marble markers denoting where a soldier fell. It's a little eerie when you come upon them and realize what they stand for. There are some red marble markers for prominent Native Americans who fell as well. There is also a veterans' cemetery like Arlington National Cemetery. It was an amazing place to walk. The visitor's center had tons of information & park rangers giving presentations all day.

Day 3: Convention – Billings, MT



The first day of actual convention business! We started off with a walk from the convention center along the Yellowstone River. The Weather Channel reported flood watches on parts of the river and you could really see why! The river was very swollen. The walk followed the river and branched off to a small lake, circled the lake, then went back to the convention center. I ran into Pat and Roy Damiani as I was doing the "back" of the "out and back"! They were on a tour with Walking Adventures. It's nice to have some other club members around!

[Continued on page 6]

Come Friends, Let's Walk

- ❖ *Saturday, July 29
Day Event & Club
Picnic: Colt State
Park, Bristol, RI*
- ❖ *Saturday, Aug. 5
Day Event:
Rockport, MA
(TTWC)*
- ❖ *Saturday, Aug. 19
Day Event & Ice
Cream Social:
Sudbury, MA*
- ❖ *If traveling to the
Cape this summer,
remember our
walks in Sandwich
& Hyannis which
offer fun diversions
to explore along
the way!*
- ❖ *Or plan a day-
cation along the
lovely, coastal
routes in Newport
or Bristol, RI*

*See club or AVA
website for starting
location details on
these events.*



Issue Highlights:

AVA Achievements – 2

Trail Master's Diary: Colt State Park – 3

Bulletin Board – 4

Alaska's Kincaid Park – 5

AVA Convention Recap Cont. – 6

June Meeting Highlights – 7

Walk Coordinator Speaks – 8

Group Walk Pictures – 8

AVA Achievement Awards (compiled from *American Wanderer*)

Congratulations to the following people on their achievements as shown:

Name	Events	Distance
Karen Campbell	225	
Betty Green	700	6,500 KM
Michael Green	700	6,500 KM
Charlotte Phillips	1500, 1550	

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

President

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

Vice President

Keith Harlow, Blackstone
508-353-3336
krhguy13@yahoo.com

Secretary

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

Treasurer

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

Activities Chairperson

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

Email Contact

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

Membership Chairperson

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

Walk Coordinator

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

Group Walk Coordinator

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

Equipment Managers

Keith & Dawn Harlow, Blackstone
krhguy13@yahoo.com

Trail Master

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

Assistant Trail Master

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

Print Newsletter Circulation

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

E-Newsletter Distribution

Margo Craven, Attleboro
magoo249@comcast.net

Newsletter Editor

Monica Hait, Holliston
footnotes.editor@gmail.com

Publicity Chairperson

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

Specialties Chairperson

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

Sunshine Coordinator

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

Historian

Dawn Harlow, Blackstone
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

Facebook POC

Jack Suchodolski, Cumberland
suchodolskijack@yahoo.com

Webmaster

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

Summer is officially here! Time for our favorite activities...trips to the beach, cookouts, walks, and picnics in the park. Walk 'n Mass Volkssport Club invites you to combine two of those fun things with 5km and 10km walk routes and our club picnic in a beautiful park...Colt State Park in Bristol, RI on July 29.

Colt State Park is referred to as the "gem" of the Rhode Island State Parks system. It features 464 acres of manicured lawns, flowering bushes, and fruit trees. The western border of the park features a spectacular shoreline along Narragansett Bay. It was originally the farm of Samuel P. Colt, a member of the Colt arms family and also of the wealthy DeWolf family of Rhode Island. Colt has an impressive resume, including terms as a state representative and Attorney General of Rhode Island. He also founded the Industrial Trust Company which later merged with Bank of America, and served as president of Uniroyal, the largest producer of rubber goods in the world. In 1905, he built a summer house on his farm, and a stone barn for his prized herd of Jersey cattle. The house was demolished in the 1960s, but the stone barn remains. The farm lands fell into disrepair after his death in 1921, until they were purchased by the State of Rhode Island in 1965 and dedicated as Colt State Park in 1968. As you drive in, note the statues of the bulls alongside the entrance. In all the years that I have visited the park, I never knew they are named Pomeroy and Conrad. Don't ask me which is which.

Both the 5km and 10km walk routes explore the beautiful shoreline, part of the four miles of bicycle trails that wind through the park, and one of my favorites, the picturesque Old Stone Bridge. The routes begin near the popular Chapel-By-The-Sea, before heading to a path alongside Narragansett Bay. Walkers will also pass by Colt's stone barn and over the bridge. Be sure to watch for wildlife near the bridge. I've spotted several egrets around there. The 5km route then returns back through the park to the finish and picnic. The 10km route continues along bicycle paths with spectacular views of Bristol Harbor. It then heads to the park's main road before going through the historic North Burial Ground with a tranquil cremation garden and large veteran's memorial. Walkers then head back to the main road and continue through the park before heading to the finish and food.

Both routes are flat and on mostly paved surfaces with some uneven areas. They have an AVA rating of 1B, doable for baby joggers, but difficult for wheelchairs. After you walk, join Walk 'n Mass for a picnic prepared by your fellow walkers & bring your favorite picnic food to share. Come to Colt State Park for beautiful 5km and 10km walks, stay to mingle, and enjoy some delicious food. Hope to see you on the trail on July 29!



Margo Craven

Reminders!

- Our club picnic is a **potluck** and we invite you to 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.
Picnic begins at noon.
- These **walk routes are entirely within Colt State Park and do not duplicate our seasonal Bristol walk routes.** You are welcome to enjoy the Bristol seasonal walk after replenishing your energy at the picnic, as the seasonal start point is just down the road from Colt State Park.

Bulletin Board

AVA's Collection of Personal Information Policy

In June 2016, the NEC approved the creation of a Privacy Policy. This Policy allows AVA to send name, address, telephone number, and email address for AVA Associate and Lifetime members to club presidents, state association presidents, and Regional Directors for dissemination of AVA related information. AVA members may opt out of having their information shared by notifying Karen Winkle at AVA by mail to 1001 Pat Booker Road, Suite 101, Universal City, TX 78148-4147, or email optout@ava.org. Individual AVA members should have received Policy details by mail recently.

Ice Cream Parlor Program Update

We've had our first finisher for the Ice Cream Parlors Special Program! **Congratulations to Ethel Guerrero** who completed the program on May 1. So far, we've sold 171 books and **12 people have finished**. Summer is here which is a great time to walk and eat ice cream! If you need a book, Mary Frink will have them for sale at the Bristol and Sudbury walks.

Next Club Meeting Tuesday, August 1

6:30 pm

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

Empire State Capital Volkssporters

Guided Wednesday Walks

Summer Schedule

6:45 am, 9:00 am, & 6:00 pm each week

Wed., July 5	Schenectady River
Wed., July 12	Round Lake
Wed., July 19	Ballston Spa
Wed., July 26	Ballston Lake Rail Trail
Wed., Aug. 2	Albany Wash. Park
Wed., Aug. 9	Saratoga Springs East
Wed., Aug. 16	Malta
Wed., Aug. 23	Troy

Learn more about these
NY group guided walks:
www.walkescv.org

Where is it? — Answer

Last month's photo featuring a distinctly accented parking sign was seen in Wellesley. So please take the advice and keep cars off their curbs!

Newsletter Submissions to:
footnotes.editor@gmail.com
Deadline for next issue: July 29th

Great Aloha Run Piggyback Event Honolulu, HI on February 19, 2018

13km route and, based on 2017 pictures, no physical piggybacking necessary. Preregistration required by Feb. 10th, see details:

http://clubs.ava.org/gen3/data/event_details.asp?eventid=108009

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

The Anchorage Volkssport Club held a group walk on May 21 at Kincaid Park, a magnet for all sorts of sport activities year-round with several permanent trails. After signing in, the six hardy folk who came out on a wet spring afternoon started together. Both the 6 km and 10 km trails follow Margaux's Loop. Leaving the chalet car park, we crossed a footbridge and walked to Margaux Menaker Memorial Garden then followed the natural path trail winding up and down hills through woodland (white birch, cottonwood, and spruce). Just past the 5 km mark, Mike and Pam split from the group to continue on the 10 km.

We made our way to the Mize Loop. Before long we reached Viola Swamp where part of the trail was flooded. As recommended by the instructions, we bushwhacked our way to find a section of the trail above water. Luckily, we found a narrow animal track that led back to the Mize Loop just on the other side of the flooded section.

We didn't see much wildlife until we got to disc golf hole #11 where a trio of yearling moose was hanging out munching away on fresh greens. They seemed unconcerned about people or even the St. Bernard being walked nearby. Our next encounter, however, wasn't as benign. Just as we passed the Pia Margarethe Overlook, a moose cow crossed the trail ahead and went into the bushes. Presuming she was no threat, we continued walking a few more steps until she emerged on the trail about ten feet in front of us. We immediately stopped. Then her hackles went up and her ears laid back. Oh, crap.



Contentedly Chewing Trio of Moose Yearlings

Moose charged; Mike lowered his yellow Walk 'n Mass golf umbrella and yelled. She stopped, glared at us and returned to the shrubs but stayed there looking out at us. Mike used his signal whistle to try to frighten her off; no dice. Moving a step closer, he saw why... she was guarding a very small calf. We retreated, backtracked and cut across the disc golf course where we interrupted a trio of humans playing through. We warned them about the aggressive mama and we completed the rest of the trail without incident.

Warning Sign not seen until after the encounter

Photos by Mike Medolo



Hat Tip to Pam & Mike Medolo whose Eagle River, AK article was featured in our June 2016 newsletter, which won a blue ribbon at the 2017 AVA convention!



President's Corner: AVA Convention Recap [Continued]

The only business for the day was the General Meeting. The convention was called to order and some agenda changes were made. Then the national officer candidates were allowed to make 5-minute presentations on why we should vote for them. We also voted on the motions for changes to the bylaws. This is the part I like the least about the conventions because it can get contentious. Fortunately, that didn't happen this time! The voting went smoothly. See the end of the article for the results of all the voting. This was the night of the Meet & Greet cookout and I enjoyed sitting at a table getting to know people I hadn't met before. You can always find something besides walking to talk about!

Day 4: Convention – Billings, MT

The schedule today was different! The walk was at night and the workshops were in the morning. I really liked that format, especially since it turned out to be 95 degrees during the day! I went to one workshop on self-defense, but it wasn't really what I was expecting. The other 2 workshops I went to were fantastic. They were given by people from the Western Heritage Center and were all about the history of Billings. The first one had to do with the influence of the railroad and the second concentrated on notable women of Billings through history. The General Meeting was mostly the handing out of



awards. Walk 'n Mass won first place for Newsletter (June 2016), Brochure (Brookline 2015) and YRE Booklet (2016)! Congratulations to Monica Hait for all of her hard work! When people congratulated me, I told them it was all Monica! One of the folks who did the history workshop gave a talk about Swords Rimrock Park which was where we would be walking the next day. After the meeting, it was time for the walk! We had been joking, calling the walk a pub crawl, but they did bus us to the downtown section where all the breweries were! They had lots of

outdoor seating and there was a street concert going on so it was all abuzz with activity. I chose to spend my calories on ice cream instead of beer! We walked through most of the downtown. It was great to see some the places I had heard about in the morning workshops. The walk ended by going through a neighborhood which offered us a really good look at where we would be walking the next morning.

Day 5: Convention – Billings, MT



Back to the regular schedule! The walk was in the morning at Swords Rimrock Park. Rimrocks are these cliffs that go around most of Billings. We got fantastic views of the city and some distant snowcapped mountains. Getting up to the top wasn't as bad as I thought it would be and the views more than made up for it. It was neat to be looking down on where we walked the day before! The General Session today had a full agenda. A long distance runner who had started a charity run called Montana Warrior Run was our featured speaker. The Warrior Run takes place on the rimrocks to raise money for veterans' charities. Then was the presentation for where the next convention was going to be. I won't make you look to the end...it's going to be in Albany, NY in June 2019! I will keep you posted with what we as a club are going to be doing as part of the convention as lots of help will be needed! Next was the election of officers. See results at the end of the article. The vote for treasurer was separated by only 2 votes! After the meeting was the farewell dinner. I sat at the NERD table with Betty Green, our prior NERD before she moved to PA. It was also nice to chat with people from other clubs in the region that I don't get to see that often.

[Continued on next page]

President's Corner [Continued]

by Mary Frink

Day 6: Post-convention Walk – Red Lodge, MT

The way to Red Lodge is near the snowcapped mountains I had seen the day before, which were more amazing the closer I got. The walk started at a high school. I don't think I would get any studying done! I'd be sitting there staring at the mountains all day! We walked along the bottom of a ridge, keeping an eye out for moose. Then we went across the main road to the other side of town and up another ridge to the top! There was a little airport there and a big rodeo fairground! We walked all around the edge and then back down through the town to the high school. There were beautiful flowers everywhere. Of course I stopped in some of the little shops along the way back! I managed to resist the call of the ice cream shop.

Day 7: Post-convention Walk – Cody, WY



The last official walk of the convention! We started through a neighborhood

with a water stop at a canal. Sitting in the grass at the canal were 2 young male deer! They just sat there as we all snapped pictures. You could almost hear them saying "Look at all those crazy people." Then it was back through the

neighborhood and UP a hill to a reservoir. There was a lot of "up" on this trip. In the middle of the hill was a road called Huff n Puff Avenue! Very fitting. I couldn't figure out if it really was the name of the road or if someone had put it there as a joke. It looked like a new street created as part of a development. We walked all the way around the reservoir and then back down and through the neighborhood to the start. A great end to the convention!

VOTING RESULTS

Bylaws:

Motion 1 – Change name of NEC to Board of Directors – **passed**

Motion 2 – Change evaluation of candidates for NEC – **failed**

Motion 3 – Separate national and regional responsibilities of Regional Directors – **failed**

Motion 4 – Changes to standing committees – **failed**

Mascot: None of the [submitted choices]

2019 Convention Location: Albany, NY

NEC Officers:

President: David Bonewitz

Vice President: Nancy Wittenberg

Treasurer: Bob Morrison

Secretary: Sam Korff

June Meeting Highlights

Meeting held June 6, 2017

• Upcoming Group Walks:

None currently planned for July or August. Providence group walk coinciding with Water/Fire TBA.

- **168 Ice Cream Parlor** special program books sold. **Six people have completed books.**
- **Trail Master** measured Sudbury route; trail for Bristol day event will be measured June 8.
- **Milford event in October** will have limited number of AVA Volkssport Month patches as the A Award.
- **Sudbury:** meeting attendees voted to contribute \$50 to the Presbyterian Church (Start/Finish location for Don Meltzer Memorial Walk & Ice Cream Social).

by Marianne Marshall

National/Regional Topics

- **Convention** just underway in Billings, Montana.
- AVA thanked WnM for its donation to the **Big Give**.
- WnM has received the requested **AVA awards** to present at WnM annual picnic.
- Small group formed to plan and scout out event on Mass. portion of **Appalachian Trail** as required by AVA.

No board meeting in July (summer break!); we next meet on Aug. 1 in Bedford [Editor: see page 4].

Walk Coordinator Speaks

by Beate Hait

Plymouth Seasonal Event Update – The new start point for this year is Rite Aid Pharmacy at 179 Court Street (just down the road from the prior start point in Cordage Park) and the walk box is now available there. After registering at Rite Aid, drive to Cordage Park to begin the 10km walk or to downtown for the 5km route. Also, envelopes will be provided for submitting your start cards – and fee if walking for credit. Thanks to Margo Craven & John Christiansen for their diligence in securing a new start point. For complete directions, see info on our club's walkmass.org webpage or search at ava.org > Events > Search Events.

Appalachian Trail – AVA Program – I am delighted to report that we are making progress with identifying which portion(s) of the AT that runs through Massachusetts would be suitable for a volkswalk. Monica Hait did preliminary research and identified several interesting out-and-back routes that matched the desired volkswalk distances, and I received other suggestions from several WnM members. A group of about eight people reviewed the information, and this scouting group will be heading to western Mass. in mid-July to walk and evaluate some sections of the AT.

Cookie Walk in December? – Since we have decided that the LaSalette Shrine walk in Attleboro will be held every other year, how about having a Cookie Walk in those other years? “Old timers” in volkssporting in the Northeast will fondly remember the Seacoast Striders' Cookie Walks: plates of home-baked cookies (and chocolate from Bill Jenkins) at the start/finish area with short walk loops circling back to a checkpoint (visited multiple times) at the start/finish, giving participants a chance to sample a few cookies (and coffee/hot chocolate/cider) before heading out again for another walk segment. **We need a location and someone to spearhead securing a start point to make this happen this year.** And we need that info NOW to comply with the minimum 90-day-prior-to-event-day window to sanction this event. If you have never planned a walk, rest assured you will have assistance from other club members – but without someone to get that start point and plan the route, there will be no December walk.

Remaining Walk 'n Mass Day Events in 2017

Sat. **July 29** – Colt State Park, Bristol, RI – Walk & Club Picnic

Sat. **Aug. 19** – Sudbury, MA – Don Meltzer Memorial Walk & Ice Cream Social

Sat. **Oct. 14** – Milford, MA

Two Town Walking Club Day Event:

Sat. **Aug. 5** – Rockport, MA

Group Walk Pictures:



Beate Hait

Left: Lexington on June 4

Below left: June 10 in Plymouth



Right: A few examples of painted lobster art in Plymouth



Monica Hait