

President's Corner by Mary Frink

I'm one of those people who needs incentives to do certain things. For me, the big one is exercise.

Walking with Walk 'n Mass is a lot of fun and I enjoy it, and it is exercise.

Before I joined, I tried all kinds of things as incentives. I tried putting stickers on a calendar for every day I exercised so I could see my progress. All the big empty calendar told me was how much I don't like it. I tried putting dollars in a jar so I could have money to spend on something when I met my exercise goal and had pretty much the same result. I really just don't like it. When I joined Walk 'n Mass, Karen Kolaczyk told me about getting the credits for the walks through AVA. Another incentive attempt! But that's not the reason I walk. I like the company and seeing different places. However, the stamp in the book, for me, is like the stickers on the calendar. A visual reminder of what I've accomplished.

I bring this up because I have recently reached a milestone... 1500 kilometers! I need to celebrate the little victories, so here is a little bit of what 1500 kilometers represents:

- 1500 kilometers is roughly 932 miles.
- That's running the Boston Marathon 35.5 times
- That's the distance from Boston to Ontario, Canada
- That's more than the distance from Boston to Bermuda (775 miles) which is a very long swim
- That's just over halfway from Boston to Key West, FL (1655 miles)
- That's walking from one end of Massachusetts to the other almost 8 times
- Near as I can tell the only state that has a length or width greater than 932 miles is Alaska
- If you watched the Tour de France, 1500 kilometers is just under half the length of the race (3540 km)

How far have you walked? Did you ever think about it in this way? It's great to see just what you can accomplish! Okay, maybe not all at the same time...but still, what a feat of feet!

Come Friends, Let's Walk

- ❖ *Saturday, Aug. 5*
Day Event:
Rockport, MA
(TTWC)
- ❖ *Sunday, Aug. 13*
Day Event:
West Point, NY
(VCWP) [see pg 4]
- ❖ *Saturday, Aug. 19*
Day Event & Ice
Cream Social:
Sudbury, MA
- ❖ *Saturday, Sept. 9*
Group Walk:
Hartford, CT
9:00am (CVVC)
- ❖ *Sunday, Sept. 10*
Group Walk:
Albany, NY capital
1:30 pm (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.



Issue Highlights:

Colt State Park Picnic Fun – 2

Trail Master's Diary: Sudbury – 3

Bulletin Board – 4

Annual Club Volunteer Awards – 5

AVA Service Awards – 5

Brookline: The Hard Part – 6

Word Puzzle – 7

European Walker Achievement – 7

Walk Coordinator Speaks – 8

Colt State Park Picnic Fun

by Monica Hait

Cool walking weather prevailed on July 29 for the participants of the club picnic walk at Colt State Park in Bristol, RI. All enjoyed the park pathways, with lovely trees and water views where various birds were seen. The picnic in Shelter #2 offered a wide assortment of delicious dishes and sweet temptations. Our thanks to Margo Craven & Joanne Izbicki for organizing the walk event and special acknowledgement to Carol Ann Dorer for stepping in to oversee the food/picnic.

Photos by Beate Hait (bottom left & right), Mary Frink (top right), & Monica Hait (bottom center)



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

Trail Master's Diary: Sudbury

by Ann Plichta

Did you know that the New England states are among the tops in the country in terms of ice cream consumption? I know I certainly do my part! That means Walk 'n Mass needs to have plenty on hand at the Don Meltzer Memorial Walk and Ice Cream Social in Sudbury on August 19. Join Walk 'n Mass for a 5km or 10km walk, then stay for an ice cream cone or sundae with your fellow walkers. The walks are dedicated to Don, a vital Walk 'n Mass volunteer and longtime Sudbury resident. He and his wife, Polly, enjoyed introducing fellow volksmarchers to the town. [Polly will be at this event so come say hello.]

Sudbury was incorporated in 1639, and still retains much of its rural charm. The Sudbury Center Historic District has remained relatively unchanged since 1800. The walk routes begin at the **Presbyterian Church**



and continue to the Town Common, passing Sudbury Town Hall along the way. Both walk routes travel through three small, connected local cemeteries before heading to the historic town center. They continue to Grinnell Park, featuring a World War I monument to the one Sudbury man who died in the conflict, and honoring the 31 others who fought in the war. Walkers will pass the historic Hosmer House before continuing into Heritage Park with a pretty pond and 9/11 Memorial commemorating the 3 Sudbury residents who died that day.

The 10km route continues on through the Gray Reservation, managed by the Sudbury Valley Trustees. It follows the Glacial Features natural trail which takes walkers through white pine and mixed woods, past drumlins, streams, and manmade ponds. Look for glacial eskers and large boulders that were deposited when the ice sheets retreated.



Town Common's Revolutionary marker with Grange Hall and Town Hall in background

Both routes then head to St. Elizabeth's Chapel, designed and built by Ralph Adams Cram, a prolific architect specializing in Gothic Revival and Collegiate Gothic in particular. He is most famous for designing the Cathedral of Saint John the Divine in New York City, although his buildings are found all over. He built the chapel for friends and family to worship. Next door, you can still see the house he restored as a retreat as a getaway from his primary residence in Boston.

The 5km route is on paved sidewalks and well-groomed paths, and has an AVA rating of 1A, suitable for baby joggers, but difficult for wheelchairs. The 10km route has an AVA rating of 2C due to the stretch of the 10km through the Gray Reservation with roots and rocks as well as hills.

Join Walk 'n Mass for the Don Meltzer Memorial Walk with 5km & 10km routes in Sudbury on August 19, followed by the Ice Cream Social. Be sure to bring your appetite! Hope to see you on the trail.



Heritage Park

Photos by Monica Hait

Bulletin Board

Autumn Weekends in Pennsylvania

If you haven't walked in PA before, these events just may inspire you to trek down!

October 20, 21, & 22

State Parks Weekend featuring 4 walks in 4 fabulous state parks

Pre-registration for Saturday Meet & Greet required

<http://libertybellwanderers.net>

November 10, 11, & 12

Haunted Gettysburg Weekend

has 4 walks and 1 swim in and around the historic battlefield, plus more area YREs available to enjoy

Pre-registration for Saturday night dinner required

<http://sites.google.com/site/yorkwhiterosewanderers>

November 24 & 25

Hershey Walkfest with 2 walks in a town that smells like chocolate

www.avaclubs.org/SRVC

Sunday, August 13 West Point, NY walk along the Storm King Trail

Registration 8-9 AM, finish no later than 11 AM. The 5km route is rated 1A, the 10km route is 2A.

Trail is an out and back on Route 218, providing spectacular views of mountains and Hudson River. Mostly shaded area bordering US Military Academy property. Road is not normally open to pedestrians, but it will be closed to car traffic during this event.

http://clubs.ava.org/gen3/data/event_details.asp?eventid=108034

Next Club Meetings

Tuesday, August 1

6:30 pm

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

Tuesday, Sept. 5

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Aug. 22nd



We are saddened to learn of the death of Carroll Tiernan, president of Southern Maine Volkssport Association, on July 27. Carroll was active in volkssporting for over 25 years and held many leadership roles within SMVA. A POC of several events, a highlight was the enjoyable "Chocolate and Jewelry Walk" at Gilsland

Farm Audubon Center in Falmouth, ME where Carroll worked. In recent years, she often brought her grandchildren on volksmarches.

Photo, courtesy of SMVA March 2017 newsletter, from 2017 New Year's Day walk in Portland, ME.

AVA Service Awards were announced at the Club Picnic at Colt State Park.

Recipients present were Joanne Izbicki, Margo Craven, Bea Hait, and Beverly Lange.



Monica Hoff

Annual Walk 'n Mass Club Awards

by Marianne Marshall

Walk 'n Mass is fortunate to have people willing to volunteer so that our Club can continue to hold day, seasonal, and year-round events. To put on 9 traditional day events this award year and continue providing 13 seasonal and 7 yearly events requires a lot of effort by many people. If we didn't realize it any other way, we would fast recognize the truth of this statement by the number of people who reach or exceed the number of volunteer hours that result in WnM recognition. WnM award winners this year are as follows:

10 hours

Bob Armey, Joan Armey, Ruth Medeiros

50 hours

Dave Gundersen, Bev Lange,
Janet Varnon, Bob Varnon

100 hours

John Christiansen

200 hours

Jack Allen

300 hours

Joanne Izbicki, Helen Tolbert

500 hours

Ann Plichta, Karen Plichta

600 hours

Monica Hait

700 hours

Pat Damiani, Chris Lipson

900 hours

Agnes Laviolette, Ernie Laviolette

1,300 hours

Verna Devine

1,400 hours

Marianne Marshall

1,500 hours

Beate Hait, Marianne Marshall

1,700 hours

Margo Craven

Thank you to our award winners and all the others who are accumulating volunteer hours and either have or will achieve award status. Your commitment enables our club to continue to hold multiple interesting and fun events.

AVA Service Awards

by Marianne Marshall

WnM has many people who generously volunteer their time to help put on events and keep the club active and in compliance with AVA by filling positions on the Executive Board and Executive Council. To recognize people for their dedication to our club and, thus, volkssporting, AVA has concurred with our recommendations and awarded WnM people as follows:

Meritorious Service Award—recognizes individuals who have given at least five years of outstanding service to the AVA

Miriam Boucher

Margo Craven

Bea Hait

Joanne Izbicki

Commendable Service—recognizes individuals who have given a significant amount of service, regardless of the amount of time they have been a member

David Byers

Beverly Lange

WnM is indeed fortunate to have these members in the club. Thanks for all you do!

Congratulations!!!

Brookline Volkswalk: The Hard Part

by Paul Kelly

"Do you want to walk the hard part first?"

From the start point at the Brookline Waterworks on June 24, I looked across the reservoir to the bank of trees lining the opposite shore and at the flat sandy path that led round to them. How hard could it be?

"Oh, sure," I said. "We'll do the hard part first."

Monica handed us our instructions. "Would you like a protector to keep the instructions dry?"

Linda said we would, a good decision. Once we started, she pointed out: "These instructions send us east into Brookline. Aren't there hills in Brookline?"

My guess: "Mmm, might be."

There are hills in Brookline, we realized soon enough, and the hard part goes up and down them, by way of steep and narrow steps that offer a challenge to those of us who don't "do up," as Linda likes to say.

We set out at a vigorous pace, and before long we caught up to John Christiansen and Joanne Izbicki marking the trail at the foot of the first bank of stairs, the so-called Winthrop Path, which stands in relation to a path as an elephant does to a mammal. As the four of us were admiring the ascent, another walker, Linda Kipnes, joined us and we all groaned in unison. Undeterred, up we went, sharing our grunts.

John and Joanne told us we could go ahead without the trail markers, as the instructions were clear enough. True, lack of trail markers was not a problem.

We got damp from light showers that increased the degree of difficulty on the steps. The route leads through attractive neighborhoods with well-kept lawns and bright gardens that relieved our exhaustion some. Still, it seemed that every time we congratulated ourselves with reaching a landing, a new obstacle mounted before us, wet and towering, a little above our heads. Eventually Brookline ran out of stairways, and we found ourselves in tidy Schick Park, a green gem.

The second half of the 10km walk does indeed circuit the reservoir in two easy loops except for avoiding the geese and their decorations on the pathway. However, the rain had stopped, so that with the avian exception, this part was easy to savor. Half-way through the first, inside loop, we could see back across the reservoir the waterworks, the imposing Victorian design of a practical installation.

Every walk offers its own challenges and delights to those who are open to them. Linda and I are glad to have ventured to the Brookline walk on a day with little promise and, as it turned out, with great reward and companionship.

Group Walk Pictures:

On June 25, lovely weather greeted walkers at the group walk of our Bristol seasonal.

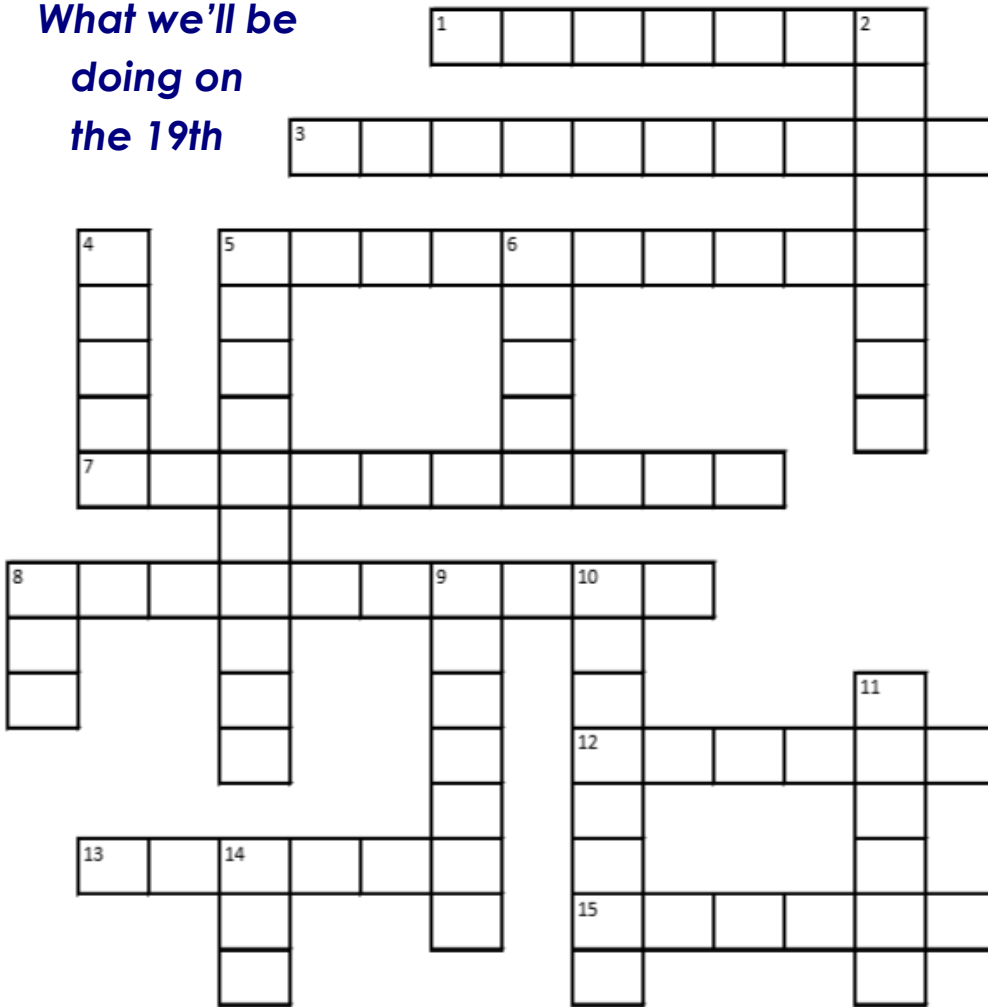


Monica Hoff

Word Puzzle

by Monica Hait

**What we'll be
doing on
the 19th**



Across

1. One of AVA's "F" pillars
3. Water station on route
5. People's walk
7. Memorial honoree
8. Another AVA "F" pillar
12. What \$3 gets you
13. Season of year
15. Month

Down

2. Weather hope
4. Commemorative item
5. Event staff
6. Between 9 & 12
8. Another AVA "F" pillar
9. Locale
10. Cooling treat
11. Do this by 3
14. Route diagram

New European Walker in Our Midst

Over the past few years, **Mary Suchodolski** has been racking up the miles, in air travel and on foot. In Ireland on July 2, she earned the distinction of European Walker by participating in 8 different Europe IML events. Her qualifying events included:

- Castlebar, Ireland
- Barcelona, Spain
- Diekirch, Luxembourg
- Brno, Czech Republic
- Seefeld, Austria
- Nijmegen, Netherlands
- Fulda, Germany
- Gilboa, Israel



To learn more about IML events, talk to Mary or visit www.imlwalking.org



Photos courtesy of Mary Suchodolski via Facebook

Walk Coordinator Speaks

by Beate Hait

Brookline – Scattered showers and high humidity greeted our walk participants on June 24, which most likely were main factors that kept the attendance total to 35. Showers ended before noon, and then the sun came out. We thank POCs Mary Frink and Karen Kolaczyk along with Miriam Boucher, Joanne Izbicki, John Christiansen, Janet Razulis, Barbara Denton, Sharon Stumpf, Marianne Marshall, Nelly Millarengo, Bonnie Neggers, Arlene Girouard, Monica Hait, Mary Saratora, Jean Morrissey, Paul Kelly, Linda Perrotto, Keith and Dawn Harlow, Karen Plichta, Ann Plichta, Margo Craven and Nancy Estrella for staffing this event.

Appalachian Trail – AVA Program – Thanks to Mary and Jack Suchodolski, Karen Plichta, Ann Plichta, Keith and Dawn Harlow and Bev Lange who ventured out to Cheshire, MA on July 15 we are on our way to gathering the info needed to submit a sanction request. While all agreed that this was a challenging uphill route, the view from “the Cobbles” (the turn-around point for the 5km) was well worth the effort. And the ice cream parlor in town was also appreciated by all! Our AT seasonal event will start in April 2018.

Remaining Walk 'n Mass Events in 2017

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

Sat., Oct. 14 – Milford, MA

Walks Around New England

Two Town Event:

Sat., Aug. 5 – Rockport, MA

Southern Maine Event:

Sun., Oct. 1 – Yarmouth, ME

Twin State Event:

Sat., Oct. 7 – Woodstock, VT cookout and walk with group walks of YREs Stowe, VT on 10/8 and Montpelier, VT on 10/9

YREs/SEs – In submitting the Q2 participation totals to AVA, I noticed that some events had quite a few more participants than others, which is to be expected, but one stood out. When I asked POC Jack Allen if a tour bus had done the Freedom Trail walk, he replied, “No. That route goes right by my apartment and I’ve been walking it frequently to reach my goal of completing 100 events this year.” I’d say he’s well on his way! More power to you, Jack.

The participation numbers below are the totals for Q1 and Q2. There are five events in single digits and five in the teens. Can you do your part to increase these numbers this quarter when the weather and some free hours in your schedule align?

EVENT	TOTAL
Bedford - Bike	12
Boston-Back Bay	35
Boston-Freedom Trail	76
Boston and Beyond	9
Bristol	24
Concord	28
Fall River	15
Greenfield	22
Hyannis	6
Lexington	26
Lowell	22
Newport	6
Newton	31
Plymouth	15
Providence	27
Quincy	3
Sandwich - Bike	6
Sandwich - Walk	17
Shelburne Falls	22
Wellesley	15