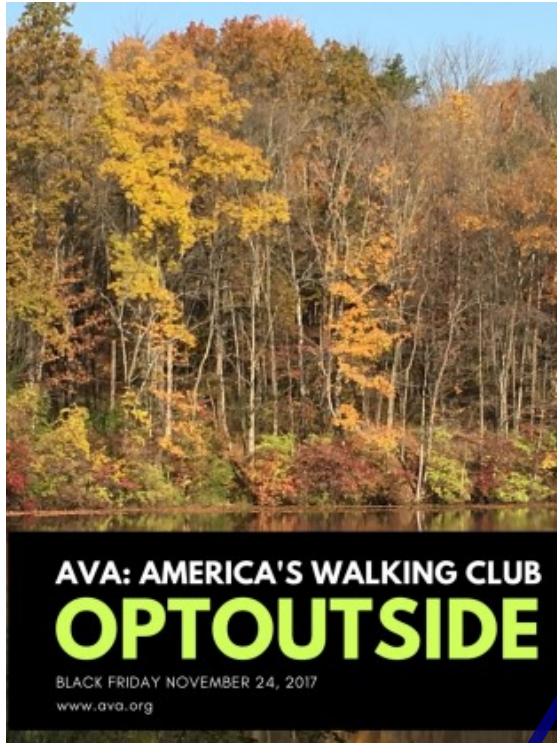


President's Corner

by Mary Frink

I'm back! Vacation was wonderful! I was in England for 2 weeks, mostly in and around London. It never occurred to me that there would be fall colors there as well! One of the places we went was to Kew Gardens which is a 365-acre botanical garden. Some trees were just starting to turn and some were in full fall color. It made it easier to not be here for all of the fall festivities that happen in New England at the beginning of October. Unfortunately, I came back with a bad cold, so I've been laid up for a while. I'm sorry I missed Milford! I hope you all had a wonderful walk! I promise I'll have more to say next month when I'm back on my feet! Hope everyone has a great Thanksgiving, and don't forget about our #OptOutside walks on Black Friday. See page 4 for details!



Come Friends, Let's Walk

- ❖ Sunday, Oct. 29
Group Bike/Walk:
Bedford 10:00 am
- ❖ Sunday, Nov. 5
Group Walk:
Newport, RI
12:00 pm
- ❖ Saturday, Nov. 11
Group Walk:
Guilford, CT
9:00 am (CVVC)
- ❖ Saturday, Nov. 18
Group Walk:
Plymouth (Parade)
10:00 am
- ❖ Friday, Nov. 24
#OptOutside Group
Walks: Concord &
Fall River 10:00 am
[see page 4]
- ❖ Saturday, Dec. 2
Day Event:
Franklin Cookie
Walk

Plymouth Thanksgiving Parade Directions

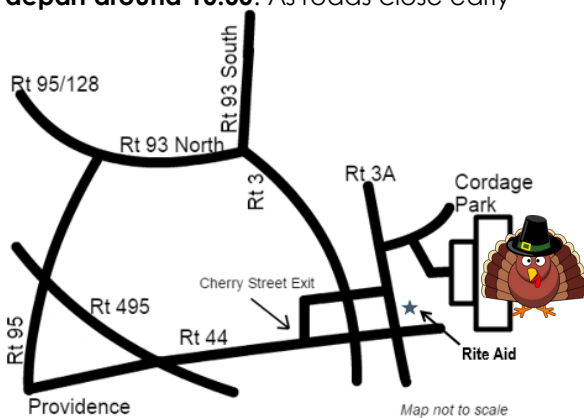
Please meet at **Cordage Park** (old start point rather than Rite Aid) for the **Nov. 18 group walk** & Thanksgiving parade in Plymouth. We plan to **sign-in at 9:45** and **depart around 10:00**. As roads close early

downtown for the parade, please **use Route 44 East to Cherry Street exit to get to Cordage Park.**

From Route 3 South, exit 6 for Rt 44 East.

From Route 495 to Rt 44 East.

From Route 44 East, exit for MA-80/Cherry Street. LEFT at top of ramp to end at Nicks Rock Road. RIGHT on Nicks Rock Road which becomes Cherry Street to end. LEFT on Court St./MA-3A. RIGHT on Cordage Park at light to immediate RIGHT at Cordage Park Circle. LEFT into parking area. **Meet inside 10 Cordage Park Circle building in central seating area.**



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.



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Volunteer to be our New GWC

by Monica Hait

Walk 'n Mass is seeking a volunteer to fill our Group Walk Coordinator (GWC) position as Pat Damiani has decided to step down at the end of the year. Pat has done an admirable job since taking on this role when it was introduced in October 2010.

So what does the Group Walk Coordinator do? Per the WnM Constitution: "The Group Walk Coordinator shall schedule group walks of WnM's Year-Round and Seasonal Events with the goal of holding at least one group walk per year for each of these events."

By working with the various walk POCs, the GWC develops the group walk schedule and communicates it for publicizing throughout the year via our club's newsletter, website, and email reminders.

Keeping statistics on attendees and reporting those to the Walk Coordinator & board is another GWC function; typically we get 3-15 attendees at a group walk.

While the GWC is not required to attend every single group walk, they should ensure a leader (walk POC or other club member) is present to help streamline sign-in if the GWC is not available to attend.

If you enjoy our group walks, and want to have a large impact on the club's activity calendar, this may be the role for you. To express interest in this position, or get further information, please contact Mary Frink at mfwalks2010@verizon.net or come to a club meeting or walk.

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Trail Master's Diary: Franklin

by Ann Plichta



I don't know about you, but when I think about holiday food, I think of cookies. Lots of us have favorite cookie recipes that we break out once a year to enjoy during the holidays. What does this have to do with walking? Because Walk 'n Mass Volkssport Club invites you to

get the holiday season off to a delicious start with a Cookie Walk in Franklin on December 2. The Cookie Walk consists of 5km and 10km routes made up of short loops, so you can keep returning to the Start/Checkpoint area and sample some tasty cookies and a hot beverage to ward off the chill. The former Seacoast Striders from New Hampshire hosted this tradition for years, and Walk 'n Mass is happy to revive it. After all, it combines two of our favorite activities: walking and eating!

Franklin was first settled in 1660 by Europeans, and was incorporated as a town during the American Revolution. It is the first town in the United States to be named after Benjamin Franklin, and is home to the country's first public library, established in 1790 with books donated by Franklin. It is also the birthplace of the father of public education, Horace Mann, and is home to the largest Catholic parish in the Boston Archdiocese, St. Mary's, with



St. Mary's Catholic Church

around 15,000 parishioners.

The 5km route is made up of two loops which take walkers through

the town. The first loop winds through the campus of Dean College, including Dean Hall, the main building. Walkers then pass by the Franklin Public Library with its statue of Benjamin Franklin. The route continues along the Franklin Town Common, consisting of four acres of lawn, shade trees, and a gazebo, bordered by historic homes. The beautiful St. Mary's Church is located at one end. After returning to the Checkpoint for cookies, the second loop heads through the pretty downtown with shops and eateries before heading back for more cookies.

Two more loops comprise the remainder of the 10km route. One loop takes walkers through a residential area. After enjoying some more cookies, the final loop heads out past historic Union Street Cemetery, where the first burial took place in 1725, St. Mary's Cemetery, and the Franklin Senior Center. It continues through more residential areas before heading back to the Finish for cookies! (Are you noticing a theme here?)

Get into the holiday spirit with a 5km or 10km Cookie Walk in Franklin on December 2. Walk as many loops as you like. It's up to you. Both walk routes are mostly on sidewalks and generally flat with some small inclines. They have an AVA rating of 1A, suitable for baby strollers and wheelchairs. Enjoy delicious holiday treats, and if you have favorite cookies that you'd like to share, bring them along. Hope to see you on the trail!



Top: Dean College campus

Above: Dean Hall entrance

We invite you to bring a plate of cookies to share. Just drop them off when you arrive at the Start. We look forward to tasting them and trying to pick just one favorite from the assortment!



Not a baker? Well, if you have leftover Halloween candy, that'd be OK to bring and share too.

Franklin Photos
by Monica Hait

Bulletin Board

GROUP WALKS ON BLACK FRIDAY: NOVEMBER 24, 2017

Traditionally, Black Friday is tagged as a day for great shopping deals. This year we continue the tradition of AVA: America's Walking Club and REI's #OptOutside campaign. Enjoy this great fall weather and get some exercise with family and friends on November 24!

We are offering guided group walks (5K and 10K distances) in Concord and Fall River, Massachusetts. Meet at 9:45 to register; walk starts at 10:00 am.

If you have questions, please contact the respective POC: Miriam Boucher for Concord and Ann Plichta for Fall River.

Please note: The parking lot of our start point in Concord (Rite Aid) is undergoing construction. Please meet in the parking lot on Keyes Road behind the Visitor Center. Follow directions in brochure; parking lot is immediately on the right after turning on Keyes Road.

Mark Your Calendars!

The **Dec. 5** club meeting in Bedford will feature fun, food, and games courtesy of Activities Coordinator Chris Lipson. All are welcome.

Our **After-Holiday Party** luncheon is planned for **Saturday, January 13, 2018** with a snow date the following Saturday. The party will be at St. Michael's Parish Center of Bedford. More details to come!

Next Club Meetings Tuesday, Nov. 7

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Tuesday, Dec. 5

6:30 pm

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

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Nov. 27th

Do you have a volksmarching travel story to share?

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

October Meeting Highlights

Meeting held October 3, 2017

- **Upcoming Group Walks:**
Bedford Bike, Sun., Oct. 29 at 10:00 am
Newport, Sun., Nov. 5 at 12:00 pm
Plymouth (walk/parade), Sat., Nov. 18 at 10:00 am (sign-in at 9:45 am)
- **Ice Cream Parlor: 181** books sold. **26 people** have completed the program.
- AVA required **Annual Financial Statement** ready for mailing
- New **Group Walk Coordinator needed** for 2018 [Editor: see page 2]

by Marianne Marshall

Walk Coordinator:

- Need POCs to establish and chair **day events in 2018**
- Group walks will be held at **10:00 am** on **Friday, Nov. 24**, at WnM seasonal events in **Fall River** and **Concord** as part of AVA's **#OptOutside** initiative
- **Online Start Box** club account for the 2018 **Appalachian Trail** event established with Mary Frink and Mary Suchodolski as managers; directions need to be completed and entered.

Pedestrian Etiquette

Call me a curmudgeon, but have you noticed that some pedestrians are, well, inconsiderate? If it's not someone whose eyes are glued to his smartphone heading right toward me, it's folks who walk four abreast and expect me to leap into the gutter or onto a lawn so that I don't impinge on their togetherness and force them to break rank. Grrrr.

Occasionally, I myself could have better pedestrian manners. I'm no saint. So, after combing the Internet, here is a refresher for all of us on pedestrian etiquette.

- Where there is no sidewalk, walk facing the traffic. If you're on a bike path, follow the posted rules.
- Don't stop suddenly. If you must stop, move out of the way first.
- Don't fill the width of the path when walking in groups.
- Don't step on people's heels. (Why are you walking so closely behind someone anyway? Say "excuse me" at least three steps behind a slower walker and then pass him.)
- Pay attention to your surroundings; no multi-tasking (for example, no simultaneous texting and walking).
- Keep Fido close to you. Wandering pets and extended leashes are hazardous. And always clean up after your pet.

by Joanne Izbicki

- Don't be an obstacle in the path. Move out of the path to take a picture or use your phone.
- Don't spit on the walkway. (Yuck! Who does this!!??)
- Look both ways before stepping onto a path.
- Use crosswalks. Follow the timed crosswalk walk/don't walk indicators. And remember that three seconds on the clock isn't enough time to cross major streets.
- Don't weave from side to side.
- Keep your ears open. Sound cues are as important as visual ones for walking safely.
- Keep up a good speed. If you're walking slowly, stick to the margins of the path.
- Look behind you from time to time to make sure you're not in the way of someone who is walking at a faster pace.
- If you're walking with an open umbrella, be prepared to move it up, down, or sideways to accommodate others on the path. If your umbrella is closed, aim it at the ground.

Of course, we can only modify our own behaviors. Groups might still run us off a pathway. Leading by example may be our only option.



AVA Achievement Awards (compiled from American Wanderer)

Congratulations to the following people on their achievements as shown:

Name	Events	Distance
Margo Craven	425, 450, 475, 500	4,500 KM & 5,000 KM
Patricia Damiani	750	
Roy Damiani		4,500 KM
Carol Ann Dorer	30, 50	
Monica Hait	575	
Emily Hofmann	10	
Joanne Izbicki	400, 425, 450, 475	4,500 KM & 5,000 KM
Joseph LaPointe	10	
Linda Lunt	125	1,000 KM
Blake Mitchell	10	
Barbara Piffat	1,700	
Joseph Piffat	1,700	
Jack Suchodolski	200	
Mary Suchodolski	275	
Janet Varnon		9,000 KM

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,
mrwalker@verizon.net

Walk Coordinator Speaks

Milford, MA on 10/14/17 – Sixty folks walked in sunshine and on-again-off-again warm drizzle in downtown Milford and the Upper Charles River Rail Trail. Thanks to POC Keith Harlow for organizing this walk with staffing assistance from Dawn Harlow, Joanne Izbicki, Marianne Marshall, Beate Hait, Monica Hait, Jean Morrissey, Bev Lange, Susan & Joel Weddig, Betty Ekstrom, Diane Peterson, Jack & Ellen Fernandes, Diane Bucher, Pat Damiani, Agnes & Ernie Laviolette, Grace Mahoney, John Christiansen, Ann Plichta, Karen Plichta, and Beth Unklesbay.

by Beate Hait

For Safety's Sake – Recently someone asked if we knew who to notify (after calling 911) if a walker was injured or needed emergency care. Answer was no. While many of us “know one another,” we don't have emergency contact info for our members. To remedy that, you are encouraged to (1) fill out the card below, (2) cut it out in one piece along the top, (3) fold it in half so you have a back-to-back card, and (4) use clear shipping tape or similar to “laminare” that card. Stick it in your wallet or with your walk books and be comforted in the knowledge that should your emergency contact need to be notified, someone would be able to do so.



EMERGENCY CONTACT CARD

My Name: _____

Address: _____

In Case of Emergency, Please Contact:

Name: _____ Relation: _____

Tel: _____ Tel: _____

Address: _____

EMERGENCY CONTACT CARD Last updated:

My Doctor: _____ Tel: _____

My Doctor: _____ Tel: _____

Special Conditions/Remarks (e.g. medications, allergies):

