

President's Corner

I hope you had a great Thanksgiving! We had great weather for the week-end. I hope you had a chance to get out and walk! Did you do one of our group walks on Black Friday or did you do all your walking between the shops? I had to work, so I ended up with the second option. However you fit walking in is great!

Are you ready for December? I can hardly believe it's that time of year again! I've barely made a dent in my gift shopping, but I have gotten all of my baking done. I make over 1,000 cookies this time of year for gifts, gatherings, and parties. Don't forget about the cookie walk on December 2 in Franklin. There should be cookies galore! If you don't get your fill of cookies then, come to the club meeting on December 5 for more cookies (see details on page 2)! I can't make Franklin, so if you want some of my potato chip cookies, you'll have to come to the meeting!

We are getting to the time of year where it will be harder to get out and walk. Too soon we'll be dealing with

by Mary Frink

unplowed and icy sidewalks as well as bone chilling cold. Not very enticing, at least not for me! However, it can be very nice to go out and walk while it's snowing. We do have some walks that are open year-round. Don't forget the New Year's Day walk in Boston! If it's not safe or if you can't get to one of our year-round walks, at least try to walk somewhere. Malls were my saving grace the year of snowmageddon. Miriam Boucher and I met at Burlington Mall almost every weekend before the mall opened and walked until the stores started opening. For some reason, the bike path behind my house is kept plowed down to the pavement. When I start getting cabin fever, I go out and try to walk at least a mile. Sometimes I only make it to the little overpass which can't be more than a quarter mile down the path! Do what you can and keep heart. Spring will be here before we know it!

If I don't see you, have a wonderful holiday season!

Needed: New Group Walk Coordinator by Monica Hait

Walk 'n Mass is seeking a volunteer to fill our Group Walk Coordinator (GWC) position as Pat Damiani is stepping down at the end of 2017. The primary GWC responsibility is to schedule group walks of WnM's Year-Round & Seasonal Events throughout the year.

By working with the various walk POCs, the GWC develops the group walk schedule and distributes it for publicizing via our club's communication channels.

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 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 to get further information, please contact Mary Frink at mfwalks2010@verizon.net or come to a club meeting or walk.

Come Friends, Let's Walk

- ❖ *Saturday, Dec. 2*
Day Event:
Franklin, MA
Cookie Walk
- ❖ *Saturday, Dec. 9*
Group Walk:
Portland, CT
9:00 am (CVVC)
- ❖ *Monday, Jan. 1*
Group Walk:
Boston Back Bay;
meet at 8:30 am
by US Post Office
in Prudential
Center, group
departs at 9:00 am
[Editor: see page 3]
- ❖ *Saturday, Jan. 13*
After-Holiday Party
Bedford, MA
9:30 club meeting
followed by
party at 11:30 am
(Snow Date: Jan. 20)

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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Upcoming (Food) Activities

by Chris Lipson

December 2nd Cookie Walk in Franklin

Join us as we revive the Cookie Walk tradition with our walk in Franklin, MA on Sat., Dec. 2. If you'd like to contribute goodies, just bring a plate of cookies or candies and drop them off when you arrive at the Start (Franklin United Methodist Church).

December 5th Meeting

The club's December meeting will also be a time to welcome the season of holidays. Please join us at 6:30 pm in St. Michael's in Bedford for light snacks, fun, friendship, and games.

Annual Party & Regifting Swap

Please plan on attending our annual After-Holiday Party on January 13, 2018 at St. Michael's parish hall in Bedford. This is a Saturday and the start time for the festivities is 11:30 am. All are welcomed to

attend the general club business meeting at 9:30 am as well. The club will be providing luncheon food, drinks, and paper goods. If you would like to participate in the regifting swap, bring a wrapped gift to exchange. This is a great opportunity if you received something but can't use it, bring it to the regifting swap and maybe you'll find yourself with another treasure. If you are planning to attend, please inform me at 781-275-0464 or c2lipson@msn.com so that enough food will be ordered. Appetizers and desserts are welcomed!

In case of significant inclement weather, the party may be postponed to the following Saturday, January 20. Should the decision to postpone be made, look for an email announcement or check the club website.

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		L						A
W	M							A
A	K				A	W	M	
						S		
	A	N			L	K		
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WnM Sudoku

by Joanne Izbicki

Fill the grid so that every row, column, and 3x3 box contains the letters W, A, L, K, N, M, A, S, and S. (Unlike other Sudokus, this puzzle repeats the letters A and S two times in each row, column, and 3x3 box.)

New Year's Day in Boston

by Monica Hait

The Walk 'n Mass tradition to kick off the year in style continues in 2018. We will gather as a group to enjoy the **Back Bay walk on January 1, beginning at the Prudential Center**. We are again meeting near Crazy Dough's Pizza & the US Post Office in the Pru's Belvidere Arcade seating area (overlooking the South Garden, see star on map). Please join us at 8:30 to sign-in and we'll begin to

walk at 9:00.

If you haven't been to Boston on New Year's before, you really should come. Street parking is free and spaces are usually available around the Pru when we meet. The **T** is also a good transit choice if you don't like to drive into Boston.

Remember: First Night has expanded to First Night First Day and special events are planned for January 1 as well. Copley Plaza will offer family activities from noon to 4 pm. See firstnightboston.org for more on the free activities for both Night and Day.



Bulletin Board

Join the First Coast Trail Forgers for 5 walks in the **Golden Isles area of Georgia** from **January 12-15**. Explore beaches & subtropical islands with events on Jekyll Island (2 walks, host hotel), Darien, Brunswick, and St. Simons Island. Optional Meet & Greet (Friday), lunch (Saturday), and trolley tour of St. Simons (Sunday). For further details & preregistration form: www.firstcoasttrailforgerswalkingclub.org



Next Club Meetings

Tuesday, Dec. 5

6:30 pm

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

**Saturday, Jan. 13
(Snow Date Jan. 20)**

9:30 am

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

Texas Trail Roundup 2018

February 23-25 in San Antonio, TX

Three days of glorious walking, from the dense urban core of the 7th largest city in the USA to nearby quiet trails that will make you think you have drifted back 300 years in time.

<http://texastrailroundup.org/>

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: January 21st

Next *Footnotes* is combined January/February issue

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

Penn Dutch Pacers host a Fire & Ice Festival Walk in Lititz, PA on February 17

Voted America's coolest small town, the Fire & Ice Festival offers a prime opportunity to experience Lititz. By starting outside of downtown and walking into the Festival area, parking is readily available. Walkers will see the fantastic **ice sculpture displays** as well as the glorious downtown. Past years have featured a **chili cookoff** (admission fee) where you can refuel. Watch the candy makers and try a sample at the **Wilbur Chocolate Store**. Or go to **Julius Sturgis Pretzel Bakery**, America's first commercial pretzel bakery, to try your hand at twisting dough.

www.avaclubs.org/pdp/ www.lititzpa.com

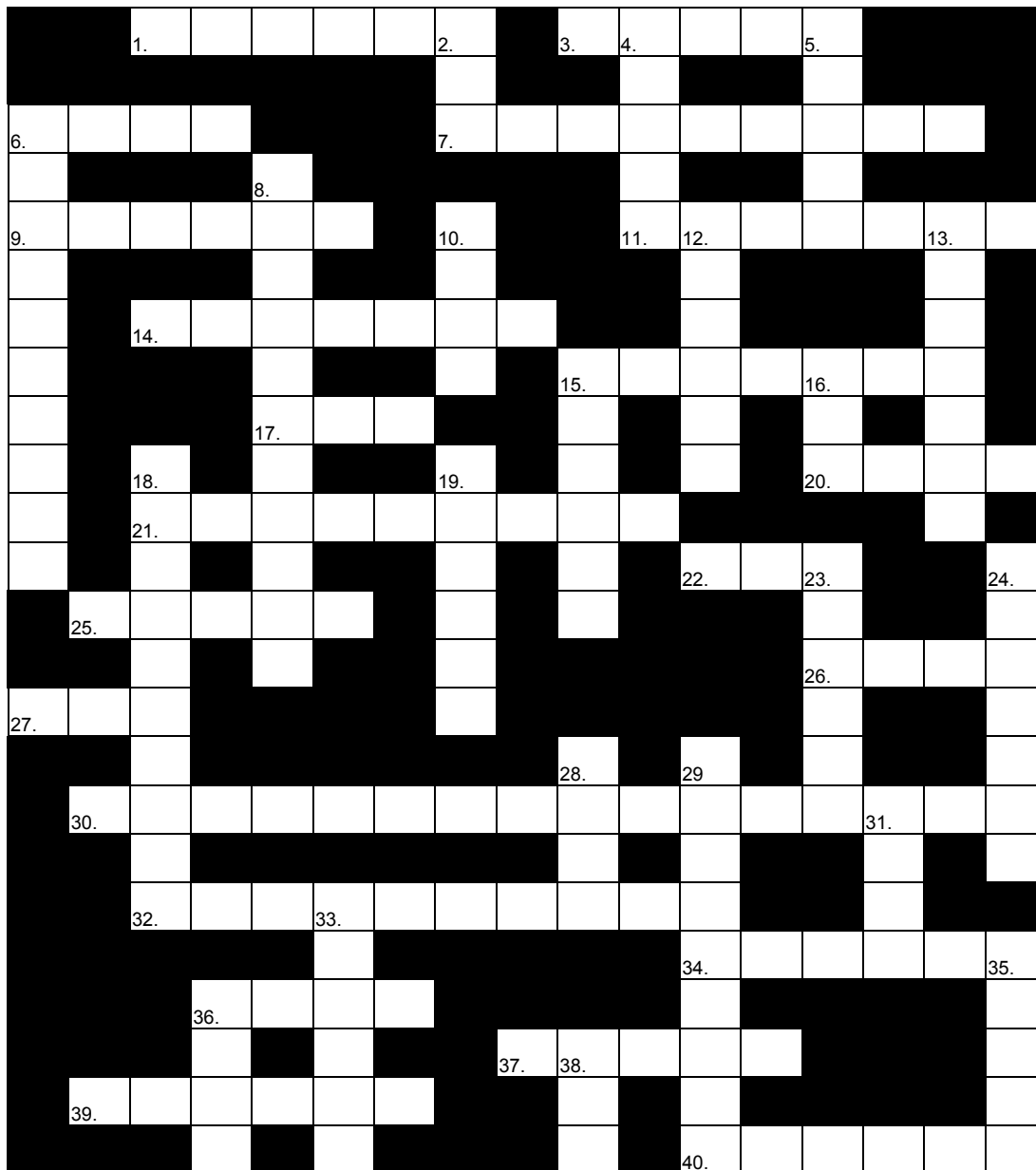
#OptOutside Attendance

Concord had 10 walkers on Friday, November 24 (pictured at top) while 8 people and 3 dogs enjoyed the **Fall River** route.

Thanks to all who came!

Wintry Word Puzzle

by Monica Hait



Across

1. Small light source with a wick or battery
3. Cold weather covering for your neck
6. Mallard or teal
7. Colorful bursts in the sky, often on Dec. 31
9. Hub's large green space, est. 1634
11. Cold weather wear for hands
14. Jan. 1 or Thanksgiving for example
15. Group walk route that starts the year
17. An evergreen tree variety
20. Prepare presents
21. To honor or observe a 14 Across
22. Another evergreen tree variety
25. Doughnut coating similar to icing
26. Nickname for 15 Down "___ Town"
27. Put one on your head to keep warm
30. Meeting locale for Jan. 1 group walk

32. Some are fluffy, others wet, but no two identical
34. Small feline
36. Classic, curved candy version is red and white
37. Sleeveless garments, often fleece or puffy
39. Alternatives to 11 Across
40. Synonym for ghost; visitor of Ebenezer

Down

2. North Pole helper
4. Ice ___ Parlors
5. "___ Night"
6. A garland or 19 Down for example
8. Display area for 18 Down near BPL

10. Wool or down outergear
12. Clear pinnacle formed from melting
13. 2018 is the next one
15. Hub; host of 5 Down
16. Present topper
18. Artistic endeavors of ice
19. Circular door hanging
23. Often used to create 16 Down
24. Month to start year
28. Ambulate, traipse
29. Equipment needed for Frog Pond
31. Horse's gait; former Red Sox ___ Nixon
33. Season of cold
35. Best time for 7 Across
36. Make food
38. Precedes muffs

Walk Coordinator Speaks

Milford – A quick thank you to Blake Mitchell who helped staff the Finish Table in Milford on Oct. 14 and was unintentionally not included in last month's write-up.

Plymouth – What a great turnout for the group walk in Plymouth on Nov. 18! There were about 16 people who registered at the meeting point, and then folks went off in small groups. We timed it well with walking and watching the parade for a bit before meeting at the Lobster Hut for lunch. This group walk happens the Saturday before Thanksgiving to coincide with the Thanksgiving Parade, which features lots of floats, marching bands, the National Lancers, Clydesdales, antique cars and community groups (and NO loud sirens from fire trucks), and, of course, Santa. If you hang around the viewing stand erected near Plymouth Rock there are singers and dancers who entertain the audience while waiting for the parade to reach that point.



Monica Hait

by Beate Hait

Walks in 2018 – As I write this, we still have no firm dates or locations for any day events next year. Several folks mentioned to me they're "thinking about doing one in XX." You know who you are. I look forward to hearing from you SOON to get those events on the calendar. And for those of you who have a suggestion for a location but did not yet mention it to me, now's the time to do so.

Right: National Lancers seen on bike path, heading to parade route

Below right: fabulous turkey float



Beate Hait



Beate Hait

Far left: Jenney Grist Mill decorated with pumpkins

November Meeting Highlights

Meeting held November 7, 2017

- AVA required Annual Financial Statement and 900 report to IRS submitted
- **Thank you notes** received from AVA for \$50 donations to 2017 Convention & Big Give
- **December 5** meeting will include cookies and holiday games; **January 13** after-holiday party will include regifting exchange & meal from Peppers
- **Ice Cream Parlor: 186 books** sold; **32 people** have completed the program
- All press releases for **Franklin** sent out
- **Sunshine:** Get well cards sent to Joe LaPointe, Polly Meltzer, and Dolores Vaz; thank you notes received from Dolores & Karen Kolaczyk
- Need **volunteer** to take over as **Group Walk Coordinator** starting January 2018

Walk Coordinator:

- Monica working on **year-round/seasonal book** and will contact POCs for updates
- Need POCs to establish and chair **day events in 2018** (events need start/finish, bathroom, parking, and 10km (& shorter distance) route)
- **Milford** attendance 60
- WnM still does not have a start point for **2019 convention walk** in Northampton; may need to

by Marianne Marshall

consider another location. Forest Park in Springfield suggested as alternative.

AVA October & November Checkpoint news:

- Release of Liability form for participants under age 18 must be completed, signed, and kept in club's files for 7 years.
- AVA photo disclosure gives AVA and its clubs permission to use photos taken at any AVA public event for promotional purposes.
- AVA's 401K "Invest in Your Health" program is an internet-based program to track your kilometers, steps, walk history, photos, etc. Cost is \$18/year per participant and planned to start in Jan. 2018.

NY Convention survey results:

- Commemorative souvenir items and awards should be elective costs
- Main financial objective of convention is to have enough money to support costs
- Traditionally, AVA selects benefactor for AVA non-profit donation not to exceed \$1,000
- Clubs indicated \$100 - \$440 as reasonable New York Convention Full Registration cost
- Henry Rosales, AVA Executive Director, anticipating up-front costs to build capacity and infrastructure will make this the 3rd and final year of running at a loss