



President's Corner by Mary Frink

Happy New Year! Do you make resolutions? I'm not very good at them. It seems that as soon as I call something a "resolution," the first thing I want to do is break it! I do sometimes set goals for the year. This year I want to finish the National Parks and Ice Cream Parlor special programs! I have gone through my Year-Round book and put tabs on all the walks that are good for one or the other. I have to check my Ice Cream Parlor book and make sure I haven't counted the walks already. You can turn in Ice Cream Parlor books until the end of 2020, but if I took that long I think it would look really bad for me since I am the POC.

The big thing for us for 2019 is going to be the AVA convention in Albany! It's hard to believe that the light is at the end of the tunnel. Things are coming together. If you would like to go, the Red Roof Inn nearby has a block of rooms reserved by AVA at the convention price. The registration page for the convention is open on the AVA's website. You have to register online. If you can't be there for the whole convention, you can still come for a walk or two and sign-in at the Start/Finish.

If you are going, would you like to be the Walk 'n Mass delegate? I have done it a few times and found it to be very interesting. It's a good chance to see how AVA works and to meet fellow walkers from all over the country

and even other countries. If you are interested, please let me know before you register for the convention. You need to add some information to your registration if you are a delegate.

One thing Walk 'n Mass has volunteered to do is to make streamers for the convention walks. The Convention Committee wants all the walks to have the same colors for each distance (like how our 10K walks use yellow streamers) to make the walks easier to follow and for the maps to be easier to read. We have to make a LOT of streamers (800 total as of last count) using 3 different colors. So, we are having a streamer making party on Saturday, March 9, starting at 10:00 am at St. Michael's Parish Center in Bedford. If you can come, please let me know so I can get a head count for pizza lunch.

The other convention related thing we need help with right now is ideas for a silent auction donation. Right now the Board is thinking of assorted MA and RI items that would fit into a Boston themed Trader Joe's bag I bought. It would give the winner a convenient way to get everything home! We were mostly thinking food items, but it could also be other local things. I will bring the assembled bag with me to Albany, but we are going to offer to ship it to the winner's home, so please avoid suggesting anything heavy. If you have any ideas, email me at mfwalks2010@verizon.net **Cont. —>**

Come Friends, Let's Walk

- ❖ Saturday, Feb. 2
Group Walk:
Newton Centre
10:00 am
- ❖ Saturday, Feb. 9
Group Walk:
Providence
10:00 am
- ❖ Sunday, Feb. 17
Group Walk:
Sandwich
10:00 am
- ❖ Saturday, Feb. 23
Group Walk:
Lowell (Winterfest)
10:00 am
- ❖ Saturday, March 9
Group Walk:
Hartford, CT
9:00 am (CVVC)
- ❖ Saturday, March 9
Streamer Assembly
Bedford
10:00 am

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. **Winter group walks subject to weather conditions.**

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President's Corner (continued)

by Mary Frink

The convention hands out prizes for publicity clubs have done for their walks. You have probably seen pictures of me in prior *Footnotes* covered in ribbons for all of the good work Monica does on our newsletters, event brochures, and year-round/seasonal booklets. AVA also hands out prizes for photographs taken at walks. Anyone can enter! The deadline is April 15, 2019 and the walk has to have taken place from January 1, 2017 to April 1, 2019. See full rules and entry form at:

http://www.ava.org/checkpoint/2018/Dec/3._Rules_and_Guidelines_2019.pdf

http://www.ava.org/checkpoint/2018/Dec/2._OFFICIAL_ENTRY_FORM_2019.pdf

The convention is going to be a lot of work, but it's going to be a lot of fun as well! If you have any questions at all, please email me.

To end, I'd like to give a big THANK YOU to everyone who helped get everything together for the New Year's Day group walk. The government shutdown threw a big wrench into things, but a lot of people worked together to get everything to the right people. Also a big THANK YOU to Diane Bucher who happened to be doing one of the Boston walks at the moment when the National Park was closing up. She learned that the State Park rangers volunteered to hold the box for us at that same shared National Park/State Park desk.

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December & January Meeting Highlights by Marianne Marshall

Meetings held Monday, December 3, 2018 & Saturday, January 12, 2019

- New patches received for Boston, Bristol, Quincy, Plymouth, and Shelburne Falls.
- Group Walk Schedule to date:
 - Sat., Feb. 2 Newton @ 10:00 am
 - Sat., Feb. 9 Providence @ 10:00 am
 - Sun., Feb. 17 Sandwich @ 10:00 am
 - Sat., Feb. 23 Lowell @ 10:00 am
 - Sun., Oct. 6 Cheshire @ 10:00 am
- **Ice Cream Parlor: 216 books sold; 80 people** have completed the program. Books may be purchased through 12/31/19; books must be completed by 12/31/20.
- **Membership:** 114 singles plus 27 couples and 8 organizations
- **Newsletter:** deadline for March issue is Feb. 21
- **Specialties:** Two *Starting Point 2019* books available for \$25/each
- WnM year-round/seasonal booklets printed and available

2019 Walk Schedule:

- Saturday, March 30—Holliston Soup Walk
- May*—Blackstone
- Tuesday, June 11—Springfield Pre-Convention Walk
- August*—Woodville Club Picnic Walk
- September 14 or 21*—Lowell
- Friday, November 29—OptOutside group walks
- December*—Franklin Cookie Walk
- Research being done for walk starting at new Visitors' Center in Worcester, possibly in July.

* indicates date still uncertain

AVA December & January Checkpoint news & discussion notes:

- Candidates for the 4 national officer positions are all running unopposed. Candidates are: David Bonewitz, President; Nancy Wittenberg, Vice-President; Cecilia Miner, Secretary; Chase Davis, Treasurer.
- WnM will donate \$50 to the Big Give.
- Although event and distance books may now be scanned and submitted (see *December Checkpoint* for details on this procedure), Achievement Record books must still be mailed for processing.
- *The American Wanderer* (TAW) to be cut back from 6/year to 4/year starting in 2019.

Albany Convention 2019 (Empire State Capital Volkssporters host club):

- Convention details and registration form available online but are inconsistent and confusing. Problems reported & being addressed.
- WnM looking for ideas for items from New England to place in bag and donate for Silent Auction.
- If no one else wishes to be the WnM delegate, Mary Frink is willing to serve.
- WnM to make and furnish 800 streamers for Convention walks. The "streamer party" is scheduled for Saturday, March 9 at 10:00 am at St. Michael's Parish Center, Bedford.
- WnM will be looking for volunteers to meet tour buses once schedules are known.



Learn more about the Albany Convention plans at:

www.walkescv.org/ava2019convention/welcome.html

Volunteer to help! Fill out the online form to indicate your available dates and preferred tasks:

<https://my.ava.org/c2019/volunteer.php>

Bulletin Board

The Emerald City Wanderers are sponsoring a **Link Light Rail Challenge** to honor the 10-year anniversary of that Seattle transit system. Several area clubs are hosting events to aid participants, with a 2-day, 2-walk weekend April 13-14 and another event July 4. There are also at least 11 YRE/SE that qualify. This challenge offers a nice way to explore the city of Seattle on foot and rail.

www.emeraldcitywanderers.org/light-rail-walks-challenge

Interested in architecture or needing Wisconsin for your 50-state book? The Madison Area Volkssport Association has a **Frank Lloyd Wright weekend** of walks planned for **June 22-23**. Saturday's walk will be in Richland Center while Sunday will explore Spring Green.

http://clubs.ava.org/gen3/data/event_details.asp?eventid=113514

http://clubs.ava.org/gen3/data/event_details.asp?eventid=113515

Next Club Meeting Monday, March 4

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

*Up the stairs past
Customer Service Desk*

WOW! Since the founding of WnM, the club has held **375** traditional day events. The first was in Concord in November 1985 and #375 was in Attleboro in December 2018.

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: February 21st

Our **February 23 group walk in Lowell** at 10:00 am will offer additional fun at the **Winterfest activities** around the JFK Plaza. Food options include a soup competition and all-you-can-eat chocolate festival, and you can also enjoy ice skating, the carousel, or try street curling.

www.lowellwinterfest.com

Susquehanna Rivertowns Weekend

**Friday, April 26 to Sunday,
April 28, 2019**

Three walks and a bike! This multi-event weekend is a collaboration between three clubs: the York White Rose Wanderers, Susquehanna Rovers, and Penn Dutch Pacers. Walks are in Wrightsville, Marietta, and Columbia, PA. Bike is also in Columbia, PA. All these events available each of the three days.

[www.avaclubs.org/
pdp/brochures/
2019_Rivertowns_
brochure.pdf](http://www.avaclubs.org/pdp/brochures/2019_Rivertowns_brochure.pdf)

Attleboro Thanks

by Margo Craven

It had been two years since the last time we hosted a walk in Attleboro, and the day was a little chilly but the sun was shining on December 1. The 2018 Attleboro walk, the 375th Walk 'n Mass day event held, finally had a chance to change its longstanding routes to include the new Riverfront Park dedicated to the late Mayor Judith Robbins and, for the 10K walkers, the addition of the new boardwalk dedicated to former Mayor Kevin Dumas. A change is good, and the walk participants enjoyed these new sights.

I want to thank the following dedicated volunteers, some of whom have been helping almost since the first Attleboro event. These workers are Verna DeVine at the Start and who had also been co-POC for many years, plus Emilia Goyette and Dolores Vaz at the 10K Finish. These dedicated walkers volunteer every year without question. I hope that dedication continues. I want to thank Joanne Izbicki who volunteered to be co-POC of this

event so that the new routes could be walked and measured with our trail master. A big thank you goes to the following volunteers staffing positions at the Attleboro Industrial Area Museum: Betty Ekstrom, Pat Damiani, Blake Mitchell, Joe LaPointe, and our youngest volunteer little Nick LaPointe, Bea Hait, and Nancy Estrella (Bea and Nancy also did the 5K take down). Thank you to John Ekstrom, Pat Graeben, Karen Plichta, and Ruth Medeiros who staffed the checkpoint at the Capron Park Zoo and Dawn & Keith Harlow along with Bev Lange who did the 10K take down. Thanks to Karen Kolaczyk who sent out the notices to the media and Monica Hait who did the brochure layout. Thank you for all those that made the delicious sweets for our walkers to enjoy at the museum checkpoint. And thank you to all the walkers who made this walk a success.

2019 WnM Meeting Schedule

Club meetings are generally held at 6:30 pm on the first Monday of the month, with the exception of January (After-Holiday Party) and September (Labor Day). No meeting occurs in February or July.

St Michael's in Bedford: *January, April, May, August, and December

Stop & Shop in Franklin: March, June, *September, October, and November

Due to Labor Day, Sept. meeting will possibly be the Tuesday after Labor Day.

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

Please enter parking lot from Liljegren Way

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past Customer Service Desk

Do you have a volksmarching travel story to share?

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

From 401K to Italy, now to Canada!

by Carol Giesecke

Before moving to Cambridge, when I was living in Dover, Delaware in 2017, the regional director, Mike Green mentioned to our club (The First State Webfooters) that AVA was planning to work with other organizations to launch what they called 401K Invest in Your Health. The idea behind this is that many of us have set up 401(k) investment plans at work to improve our financial health. In that case, 401(k) refers to a section of IRS tax code that allows people to make regular tax-sheltered deductions from their paychecks. However, at AVA they thought it would be clever to adopt the phrase "401(k)" to mean walking 401 kilometers to make an investment in one's physical and mental health.

The AVA rolled out their 401K Virtual Online Program through *The American Wanderer* and via various email messages and on their website in January 2018. They included a web address (ava.walkertracker.com) for online enrollment and arranged for the program fee to be paid via PayPal or by mailing a check to AVA. The program cost \$18 last year, which covered administrative expenses and also paid for a T-shirt to be awarded when one completed the 401K. Since many AVA members have a goal to walk at least 5 miles (or about 8K) a day, this program would take about 50 days or maybe 2 months to complete. However, one could take all year to complete the program, if desired. If the program was completed by May 31, one received the T-shirt in July. If one completed the program by December 31, one received the T-shirt in January.

I joined the program in mid-February 2018. Unlike many AVA programs, this one does not require books or stamps and all steps you track are counted, not just those on sanctioned routes. After enrollment, instructions are emailed for setting up a user name and password, downloading an app to a smart phone or computer, as well as how to

sync one's electronic pedometer/fitness tracker to the program, so no steps have to be manually entered. However, if one does not have a compatible smart device, one can manually enter steps or kilometers online. It did not take more than 2 months for many to achieve the 401K distance, so program participants were automatically enrolled in a competition to walk across Italy starting May 1. Every time we reached a particular city, we were sent an email and could learn a bit about that city on the website. We could also view a map of the country with pins marking the location of each person in the program.

Starting in January 2019, AVA is debuting a **Walkin' Canada** competition as this year's Virtual Online Program (VOP). The distance is measured in steps (a bit over 2 million steps) and so far there are 386 people walking. Every time one reaches a milestone, usually a town, an email is sent and one can track progress on a map provided. The program also shows each walker where they are in relation to other participants. This year the cost is \$22 and will again include a T-shirt. Those who enrolled in last year's program have until the end of



Walkin' Canada VOP (continued)

by Carol Giesecke

January to register for this year's competition and still keep all their data from last year online.

I have found it to be quite fun to be involved in the VOP offerings. In addition to letting me know when I have reached a new milestone, the program also sends out weekly updates, letting me know how many steps I walked in the past week and how it compares to my stats for the week before. And if one has friends participating, one can see how their steps compare with those of their friends. It would be so delightful if we had a Walk 'n Mass team or a North East Region team and

could compete with other teams across the country! Or people can post photos of their favorite walks or include insights about walking on a particular day. It's just one more way to provide an incentive to walk some every day.

For information on registering for the Walkin' Canada VOP, visit the AVA website:

www.ava.org/Walking_Canada.php

or the walker tracker website:

<https://ava.walkertracker.com>

Boston New Year's Day Photos

by Bob Marshall



Top left: everyone gathered in the Pru before walking

Top right: group posed on the State House steps

Bottom: admiring the duckling statues with winter accessories

AVA Achievement Awards (compiled from American Wanderer)

Congratulations to the following people on their achievements as shown:

Name	Events	Distance
Carolyn Adams	425	
Roy Damiani	450, 475	5,000 KM
Jack Suchodolski	250, 325	

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

by Beate Hait

Traditional Events in 2019 – Holliston (Sat., March 30), Springfield (Tues., June 11), and Woodville (July or August) are the only events confirmed at this time. It was rather rainy at our picnic walk last year, so we're bringing it back this year in the hope that Mother Nature will cooperate and give more people the opportunity to enjoy that lovely route.

There's plenty of room on the calendar for additional walking events. Please consider offering to do the legwork to plan a new route or resurrect a prior event and secure a start location. Planning needs to start **now** since AVA requires a 90-day lead time to sanction an event. For example, for an event to be held in May, we'd need to have details in place in February. The earlier we start planning, the better. There are club members who can be co-POCs, but we need someone to step up & plan a route.

Year-Round Events – While six events are open now: two in Boston (Freedom Trail, Back Bay), Lowell, Newton, Sandwich, and Providence, until the partial government shutdown is over, the National Park Visitor Centers in Lowell and Providence are closed. The State Park folks are staffing the desk in Faneuil Hall, so the Walk Box for the Boston walks is accessible.

Traditional Events Recap for 2018

2018 Day Events	Credit	Free	TOTAL
Holliston Soup Walk 4/7/18	39	23	62
Springfield 5/12/18	38	6	44
Blackstone 6/16/18	47	14	61
Woodville Club Picnic 8/11/18	30	9	39
Milford 10/20/18	34	13	47
Attleboro 12/1/18	29	12	41

February Group Walks – Meet at the start location 15 minutes prior to the scheduled 10:00 am start of the walk. Newton (Feb. 2), Providence (Feb. 9), and Lowell (Feb. 23). For Providence and Lowell, if shutdown is still in effect, meet the POC, who will have the event stamp and directions, in the respective parking lot. In case of inclement/unsafe snow/ice conditions, check with the POC if the scheduled group walk will take place. Contact info can be found on the club website and on www.ava.org.

Snapshot: After-Holiday Party



Monica Hait

A wonderful time was had at the January 12 party in Bedford. After a tasty lunch of sandwiches and salads, the delicious desserts came out and our re-gifting swap was again underway. Organizing the event masterfully, Chris Lipson (pictured at far left) made sure everyone kept a positive attitude even when gifts were stolen (or not). A pair of decorative snowpeople was unwrapped by Don Bolin and, while not stolen, a trade for the zombie chia pet was negotiated after the official swap ended.