

President's Corner by Mary Frink

I realized recently that next year will be Walk 'n Mass' 35th anniversary! That means I will have been a member for 10 years. And it's all Karen Kolaczyk's fault.

Karen and I used to work together (before the lucky duck retired). In 2010, the Northwest region was having a conference in Alaska and she asked me if I'd like to go. We'd traveled together before and I knew we would have fun, so I said yes! She told me we would be walking 10K walks every day. We registered in early winter and the conference was in August, so I started "training." We have a large atrium in our office and I started walking laps 3 times a week after work. I knew how many laps made a mile, so I kept upping the number of laps every week. I was doing pretty well by the time of the 2010 soup walk, so Karen said I should go and give it a try.

I was hooked! I did the walk with Karen and her dog Kimba and then stayed for the soup lunch. Do you remember the blue soup mugs from the club's 25th anniversary? I bought one, a membership packet, even an AVA cover for my achievement books! I kept walking at work and managed to get up to 5.5 miles.

Karen and I also did the Tuesday night walks that year whenever we could make them after work. I was feeling ready!

For the regional conference in Alaska, Karen K., Karen Plichta, and I were roommates. We had a fantastic time! There was only one walk where the weather was brutal and Karen P. encouraged me not to give up after the 5K and to do the whole 10K. I learned all about the club and AVA while we walked and chatted. By the time we got back to MA, Karen K. had convinced Karen P. to run for Treasurer, and me to run for Secretary! The rest, as they say, is history.

We are thinking about doing some sort of club challenge next year to mark the anniversary. Something along the lines of earning points by doing walks and attending club events and getting a prize at the end of the year. What do you think? Do you have any ideas of things we can do or what prize(s) to offer? The 30th anniversary occurred while we were in the middle of our club's Marathon Challenge, so we ended up not doing much to celebrate. I'd like to do something to mark the 35th milestone!

Come Friends, Let's Walk

- ❖ *Saturday, August 3
Group Walk:
Concord, MA
10:00 am*
- ❖ *Saturday, August 10
Group Walk:
Litchfield, CT
9:00 am (CVVC)*
- ❖ *Saturday, August 17
Day Event:
Scarborough, ME
(SMVA)*
- ❖ *Friday, August 23
Group Walk:
Kennebunk, ME
10:00 am (SMVA)*
- ❖ *Saturday, Sept. 7
Group Walk:
Portland, CT
9:00 am (CVVC)*
- ❖ *Saturday, Sept. 14
Day Event:
Lowell, MA*

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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Blackstone in Pictures

by Monica Hait

We had a lovely day for our walk in Blackstone on June 29. Helen Tolbert and her pal Lucky enjoyed finding the memorial bricks for POCs Dawn & Keith Harlow and their fathers at the new Veterans' Memorial, while Joanne Izbicki marveled at the oversize sculpture found there. The gorge was glorious and brought President Mary Frink's parents up from Rhode Island for a look. We thank all our volunteers for their help, even if Joanne captured a relaxed moment at the Start/Finish tables.



Helen Tolbert



Joanne Izbicki



Helen Tolbert

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2019 AVA Recognition Awards

by Marianne Marshall

In conjunction with the 2019 AVA convention held in Albany, New York, this past June, we are pleased to announce that the following Walk 'n Mass Volkssport Club members and friends received a **COMMENDABLE SERVICE AWARD**.

This award is for individuals with significant service to the AVA at the regional, state, or club level. Without question, these people deserve this AVA recognition.

JACK ALLEN
MIRIAM BOUCHER
MARGO CRAVEN
PAT DAMIANI
VERNA DEVINE
EMILY GOYETTE
JOANNE IZBICKI
AGNES LAVIOLETTE
ERNIE LAVIOLETTE
MARIANNE MARSHALL
ANN PLICHTA
MARY SUCHODOLSKI
HELEN TOLBERT
JAN VARNON
BOB VARNON

Congratulations!!!



WnM Volunteer Awardees

by Marianne Marshall

On behalf of the WnM Volkssport Club, I would like to thank our volunteers who enable our Club to host walk events for all to enjoy. This award year—July 1, 2018 through June 30, 2019—our Club had six day events and twenty year-round/seasonal events. There are many who volunteered their time this past year and other years. Volunteers who reached award levels during this award year of 10, 50, 100, or a multiple of 100 points are listed at right.

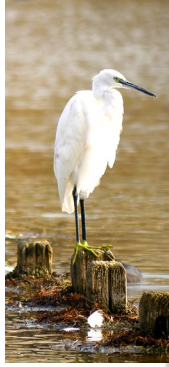
It is only with the help of ALL our many volunteers that WnM is able to continue a successful program. **THANK YOU!!!**

Points	Name
50	Robert Marshall
100	Miriam Boucher
300	Dawn Harlow, Keith Harlow
500	Joanne Izbicki
600	Karen Kolaczyk, Dolores Vaz
700	Karen Plichta
800	Monica Hait
900	Pat Damiani
1,000	Ernie Laviolette
1,700	Marianne Marshall
1,800	Beate Hait

Thank You

Bulletin Board

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



Southern Maine Volkssport Association is celebrating **Snowy Egret Day** with a walk in **Scarborough, ME** on **Saturday, August 17**. A group walk of the 5K route begins at 10 am but you may start anytime between 9 and noon, finish by 3 pm. **START ADDRESS:** Scarborough Marsh Audubon Nature Center, 92 Pine Point Road (Route 9), Scarborough, ME. Full event brochure on their website: smva.mysite.com

Newsletter Submissions to:
footnotes.editor@gmail.com
 Deadline for next issue: Aug. 23rd

Remember: the **August 5 club meeting in Bedford** will include a presentation on the AVA Convention in Albany from our club's delegate, Mary Frink.

Discounted Park Passes for Seniors

Deb Redfield shared this info for others to benefit from. If you like visiting our state or national parks, check out the **lifetime senior discount pass options**.

www.mass.gov/guides/parking-at-massachusetts-state-parks

www.nps.gov/planyourvisit/passes.htm

Next Club Meetings

Monday, August 5

6:30 pm

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

Bedford, MA

Tuesday, Sept. 3

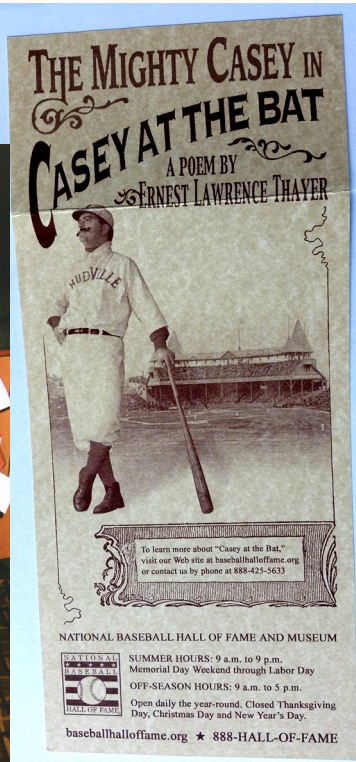
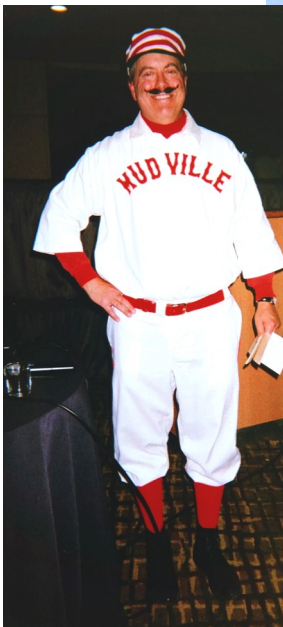
6:30 pm

Stop & Shop
 40 Franklin Village Drive
 Franklin, MA 02038

Up the stairs past
 Customer Service Desk

Albany Convention Memories

Diane Bucher



Among the historic presentation workshops was a fabulous session on *Casey at the Bat* presented by Tim Wiles. Diane Bucher was one of the baseball fans who enjoyed the live rendition of the famous poem and other cultural baseball history. And yes, he named Holliston's Mudville as the one referenced in the poem.

Carol West of Connecticut, along with her husband Lee, caught up with Monica & Bea Hait, and Carol also snagged a photo with Sal the Mule, the convention's mascot.



Carol West



Walk & Picnic in Woodville

by Bev Lange

The day of our picnic walk, July 27, started out lovely. When I checked the course prior to the start time, I noticed how beautiful Lake Whitehall looked. What a great day for a walk – or at least it was, until we completed setting up the checkpoints. Then thunder started which was followed by an unexpected 20-minute rain storm (this was not in the weather forecast!!). At this point, I started having flashbacks to the workers' walk last year – thunder and lightning, tornado warnings, flash floods – oh my! Fortunately many walkers already on the route were able to find shelter with Agnes and Ernie at the first checkpoint (see photos).

Once the rain stopped, the sky turned blue again and our walkers continued on their way; although, the temperature had increased a bit making for a much warmer walk. Nonetheless, our hardy walkers continued on and were able to complete their routes. Did I forget to mention that two weeks prior to our event, a large tree had fallen on part of the trail on the 10K section and we had to come up with an alternate route? I hope our 10K walkers enjoyed this new route. Needless to say, the rain made for very wet grass at the Lake Whitehall checkpoint – alas, young Nicholson no longer had a dry place to crawl so he and dad gave up their checkpoint duties and returned to the Rod & Gun Club to entertain everyone there.

The walk was followed by a lovely meal and great company. We thank Kim and the Rod & Gun Club, our Start/Finish location. Also, thanks to all our wonderful volunteers – Leo Bourque, Miriam Boucher, John Christiansen, Verna DeVine, Mary Frink, Dawn Harlow, Keith Harlow, Monica Hait, Joanne Izbicki, Karen Kolaczyk, Agnes Laviolette, Ernie Laviolette, Grace Mahoney, Marianne Marshall, Ruth Medeiros, Jean Morrissey, Ann Plichta, Karen Plichta, Deb Redfield; our party planners – Chris and Chuck Lipson, along with their helpers David and Sue Robertson; as well as, Nick and Joe LaPointe for providing a morale booster. A special thank you to my co-POC, Bea Hait for all the guidance and support she always provides to me. Also, welcome to our new club members Lisa and Amanda – we hope to see you on many more of our walks.

Far left: Wil Tolbert with his sister Helen's dog, Lucky.

Immediate left: Don Bolin at first checkpoint, before the rain.

Photos courtesy of Beate Hait



Left and below: walkers waiting out the downpour at checkpoint #1 staffed by the Laviolettes

Photos courtesy of Beate Hait



Clockwise at Left starting at **12 position**: volunteers at Start/Finish courtesy of Joanne Izbicki; **3 position**: intense Scrabble game at the Finish courtesy of Beate Hait; **6 and 9 positions**: announcements before picnic time courtesy of Monica Hait



Walk Coordinator Speaks

Blackstone & Woodville in review – On pages 2 and 5 are articles recapping these two events. Thanks to Dawn Harlow and Bev Lange for leading the charge on these walks! While it's essential that there is a POC (point of contact) who takes the lead in planning the route and securing a start point, we are also dependent on volunteers for staffing and on walkers to participate in our events. The participant total in Blackstone was 48; in Woodville it was 36.

While we are grateful for those who attended, and those who came had an enjoyable time, these participation totals are rather disappointing—especially for the club picnic in Woodville. Last year in Woodville when it was a miserable, rainy day, the total was 39. We decided to repeat the event, hopeful for better weather, so more folks could enjoy walking this route.

In recent years, participation at events with a food component typically ranges from 60 to 100. What is happening? Why are numbers tumbling when the weather is cooperative? Did the heat keep people away? Is it the location? Something else? What can we do to entice club members to attend events? Undoubtedly conflicts occur and health issues surface so it is unrealistic to expect a club member to attend every walk. I would hope, though, that attendance at a walk would be “up there” in priority—for your own benefit as well as for the club.

Planning for next year's Walk & Soup Social –

What has become our traditional step-off for the walking season involves three additional challenges to securing a Start location with adequate parking and bathrooms: a location that has a kitchen and a hall for seating,

Providence Photos:

Group walk July 20 coinciding with the 50th anniversary of the Moon Landing offered a lovely night for a special Water/Fire in Providence.



by Beate Hait

inexpensive rental rate, and a walk route with surfaces that would be shoveled/plowed in case of snow cover for this March/early April event. If you can suggest such a place, please contact me.

AVA Special Programs – Three new themes have been introduced for 2020. To purchase the books to track your progress in these or other AVA Special Programs, see ava.org then click on Events > Special Programs > Future Programs or Current Programs

Airports: Celebrating American Flight—1/2020 to 12/2022—The walk route must be near enough to see airport operations and needs to be along a roadway or pathway adjacent to or abutting the airport property line.

Mayflower 400th Anniversary—1/2020 to 12/2022—While any walk in Massachusetts qualifies (because the state is named for an Algonquian tribe), walkers are encouraged to walk a Plymouth (in any state). Other qualifiers: an Indian museum or statue (any tribe) along the route; streets or buildings bearing the surname of any Mayflower passenger (a full list of surnames (e.g., Brewster, Rogers, & many more), is included with the booklet). Passing a Mayflower moving truck or a Plymouth car does not qualify.

Rockin' Round the Clock—1/2020 to 12/2022—Find public clocks. Clock towers can be either freestanding or part of a church or municipal building such as a town hall. Astronomical clocks that show astronomical information, as well as the time, also qualify.

Confirmed Autumn Walk 'n Mass Day Events:

- Sat., **September 14** – Lowell, MA
- Sat., **October 26** – Malden, MA