

President's Corner

I've written before about walking by yourself versus walking with other people. I am still doing and enjoying both. Recently, I did something I've never done before. I did a workers' walk all by myself!

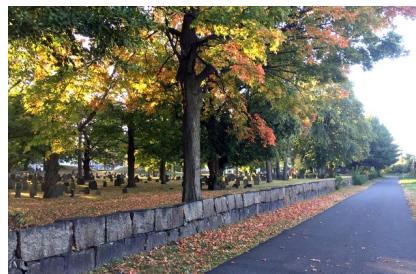
For those who don't know, a few weeks before a traditional day event, a workers' walk is held. This gives volunteers who might not have time to walk on the day of the event a chance to walk the route. It also gives the POC a chance to check out any last minute changes or problems (like road construction) and have other eyes review the directions. It's important for people who are marking the trail to go to the workers' walk so they are familiar with the route and can mark it well on the day of the event for everyone else walking.

I had volunteered to mark the 10K route of the Malden walk on October 26. The workers' walk was October 12, but I was away and therefore unable to go. I live in Everett (the next town over) and one of my best friends lives in Malden, so I am very familiar with the area. I asked if I could get the directions so I could walk the route ahead of time. I could tell from the map that it was all places I had walked or driven before. I decided to go very early on a Sunday morning so I could finish and then do my grocery shopping at the start point, Stop and Shop.

by Mary Frink

It was different from doing a seasonal or year-round walk. Usually you're following the directions and checking out the scenery, picking out your dream house (maybe that's just me), and trying to not get lost. When you are doing a workers' walk by yourself, you're trying to figure out where the POC wants you to go and, if you'll be marking the route, how you are going to put the streamers and arrows to make sure everyone else goes that way too. I took lots of notes on my directions. A few times I turned around, went back a few steps to walk it again, and make sure I had it right. I'm sure anyone watching thought I was lost! It's a great walk and you're going to see some really nice parts of Malden and a little bit of Melrose. Many thanks to Jack & Angela Allen for putting it together!

If you do the 10K route, when you get to the bike path, wave to my house at the end of the path in Everett, and when you turn onto Pierce Street after the first checkpoint, wave to my friend's house on Bainbridge Street!



Come Friends, Let's Walk

- ❖ Saturday, Oct. 26
Day Event:
Malden, MA
- ❖ Sunday, Oct. 27
Group Walk:
Lexington, MA
10:00 am
- ❖ Saturday, Nov. 9
Group Walk:
Mystic, CT
9:00 am (CVVC)
- ❖ Saturday, Nov. 23
Group Walk:
Plymouth, MA
10:00 am [see p. 4]
- ❖ Friday, Nov. 29
Group Walk:
Fall River, MA
10:00 am
- ❖ Saturday, Nov. 30
Group Walk:
Concord, MA
9:00 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.



Issue Highlights:

Picture Time! – 2

Walk Coordinator Speaks – 3

Bulletin Board – 4

Newport Photos – 3

Picture Time!

Below: sunny scenes from Sandwich group walk on Sept. 28.

Top right: part of the Malden route along the bike path, with art exhibits on either side, as seen during the workers' walk.

Bottom right: post-walk group lunch at Persy's in Hyannis on October 13.



Monica Hait



Bev Lange



Bev Lange



Joanne Izbicki

We are delighted to welcome back **Pat Damiani** (middle right) to the Group Walk Coordinator role!

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Walk Coordinator Speaks

by Beate Hait

Malden, MA on 10/26/19 – As this newsletter goes to print, I'm looking forward to seeing fellow club members this Saturday.

YRE/SE Participation Figures – There is no doubt that walkers who came to the AVA Convention in Albany this summer also spent time walking many of our YREs and SEs. Following are the participation totals as of the end of September. That's an overall 304 more participants at the end of Q3 than the whole of 2018. Visitors are walking these routes. I look forward to seeing how many of our club members will walk these events during this last quarter of 2019.

The last day for the Lexington walk this year is Sunday, October 27, and POC Joanne Izbicki has scheduled a group walk that day at 10:00. The Cheshire event, whose route is totally on the Appalachian Trail, closes on October 31. Quincy will close on Saturday, November 9. If you haven't walked Quincy in the last three years, make this a destination. The downtown area across from the Visitor Center is now a delightful pedestrian space. All other YRE/SEs close on Dec. 31 with six of them opening anew in January.

Walk Events in 2020 – Planning is underway. Stay tuned for dates and locations. Still time to add more, so please speak up if you have any ideas of where to explore.

Bedford-Bike	20	Lowell	46
Boston-Back Bay	47	Newport	59
Bos.-Freedom Tr.	146	Newton	33
Bristol	26	Plymouth	48
Cheshire	42	Providence	149
Concord	123	Quincy	38
Fall River	36	Sandwich-Bike	12
Greenfield	16	Sandwich-Walk	48
Hyannis	26	Shelburne Falls	33
Lexington	65	Wellesley	30

Participation Totals thru Q3 2019

As an unexpected bonus, 10km walkers encountered more fabulous cars on the grounds near the Newport library. Ann Plichta (below left) set her sights on a Porsche.

Newport Photos

An impressive classic car show, featuring Bugattis, on the lawn at the Breakers met our group on Oct. 6. While the ticket price was high, free glimpses could be had from the SE route along the Cliff Walk. And if you toured the mansion, the view from above, of cars and sea, was stellar.

Joanne Izbicki



Monica Hait



Monica Hait



Beate Hait

Bulletin Board

Notice from the TAW editors: If you have a change of address, don't get an issue of *The American Wanderer*, want to advertise, or your name isn't on an IVV list, contact AVA directly at **avahq@ava.org**. The **taw@ava.org** email only accepts articles and photos for publication in TAW; TAW editors have no control over lists or other information from AVA. For TAW submission guidelines, see **ava.org/tawinfo.php**

MLK Weekend Escape to Jacksonville, Florida from January 17-20, 2020! Enjoy beautiful beach walks, urban walks, and nature walks. Social events include a Friday meet and greet plus a guided boat tour of the St. Johns River on Sunday. Pre-registration deadline: January 3, 2020. Host hotel: Hampton Inn Oceanfront in Jacksonville Beach. More info: firstcoasttrailforgerswalkingclub.org

Next Club Meetings Monday, November 4

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Monday, December 2

6:30 pm

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

Please enter parking lot
from Liljegren Way

Belated **Congratulations to Barbara and Joe Piffat** for walking their **49th** (Montgomery, AL), **50th** (Atlanta, GA), and **51st** (Raleigh, NC) capitals in August.

Way to complete that 51 Capitals Challenge with gusto!

Newsletter Submissions to:
footnotes.editor@gmail.com
Deadline for next issue: Nov. 21st

Our group walk in Plymouth on November 23 is in conjunction with their marvelous annual Thanksgiving Parade. For this group walk event, please meet **inside the 10 Cordage Park Circle building** at the central seating area to sign-in rather than our official start point. Walkers depart at 10 am.



The **California Volkssport Association Convention** will be **May 1-3, 2020 in Mt. Shasta** of the northernmost county in CA. Enjoy three traditional walking events among beautiful natural scenery, a Friday meet and mingle, and a Saturday group dinner.

Host hotel: Best Western Plus Treehouse Hotel in Mt. Shasta, 530-926-3101, ask for room block reserved under Shasta Sundial Strollers.

More info:
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