

President's Corner

My phone has been yelling at me for quite a while that it is running out of space. I know I have too many pictures. I finally started going through them, making sure they are on my laptop, and weeding them out. I swear I have every picture I have ever taken of my cat, Gwendolyn! She was so tiny when I got her; a little, white fluff ball.

I have pictures going back to 2015. I think I must have done some weeding at some point because 2015 and 2016 are only pictures of Gwendolyn. When I started looking at 2017, I found all kinds of pictures! I found pictures from trips, pictures of craft and baking projects, and lots of pictures from walks. Some I remember more details than the pictures show and some I don't. I remember spending most of the Deerfield walk [middle] trying to figure a way to make it into a walk for the 2019 convention. I remember how cold and blustery it was for the Bristol picnic walk [top] and the chalk drawings on the pathway providing encouragement. I don't remember much from the walk I did in Madison, CT (that Connecticut Valley Volkssport Club put on) [bottom] except the beautiful beach, but I do remember my mom and I driving around, checking out old haunts. My grandparents lived in Madison for a while and a lot of the places we used to go to were still there. Their house even looked the same! I'm not sure we would have gone if it hadn't been for the walk. Weeding the photos is going to be a long project, but I'm looking forward to what else I might find!

by Mary Frink

The walk I am planning in Lincoln Woods State Park in RI is moving forward. I have a possible route and am going down soon to measure it. I have contacted them about renting a pavilion so we can possibly make this a picnic walk. That got me thinking about our Activities Coordinator position. I know Chris Lipson is a hard act to follow, but we really need someone who can organize our activities! It goes much better when the POC only has to think about the walk and has the Activities Coordinator to work on the social part of an event. You don't have to be a party planner, but you do have to be organized. You'd have to make sure we have enough paper goods and that we don't end up with all desserts when we have a pot luck (not that that would be a completely bad thing). If you are interested, please let me know. If you have questions about what the job entails, I can put you in touch with Chris. We really want to start having social events again as soon as it is safe. They are such an important part of keeping us a community and not just a club.

There are no more event walks planned for this year, but there are a lot of group walks. Hopefully I will see you at one of them! Happy Halloween!



Come Friends, Let's Walk

- ❖ Sunday, Oct. 31
Group Walk:
Lexington 10:00 am
- ❖ Saturday, Nov. 6
Extended Group:
Provincetown
10-12, group 10:30
- ❖ Saturday, Nov. 13
Group Walk:
Kent, CT 9:00 am
(Appalachian, CVVC)
- ❖ Saturday, Nov. 20
Group Walk:
Plymouth 10:45 am
(at Cordage Park)
- ❖ Friday, Nov. 26
Group Walk:
Fall River 10:00 am
- ❖ Saturday, Nov. 27
Group Walk:
Concord 10:00 am
- ❖ Saturday, Dec. 4
Group Walk:
Newton 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.



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Cryptogram Puzzle

by Joanne Izbicki

Can you crack this cipher to reveal a quote from a local philosopher?
To solve, replace each letter with a different letter. Hints: F = W and J = A

R C X X T J F J U T R W C Q N F X X M B J W M L J V N

X D C C J U U N A C Q J W C Q N C A N N B.

-- Q N W A H M J E R M C Q X A N J D

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Turners Falls Photos



Kathy Mack



Bev Lange



Bev Lange



Bev Lange

The new AVA feather banner with club customization looked great! Workers at Turners Falls enjoyed the lovely weather, cadre of happy participants, and even some toddling from Teddy LaPointe.



Blake Mitchell

The TSVA-hosted group walk in Keene, NH the following day drew a good group and more delightful weather.



Kathy Mack

October Meeting Highlights

by Marianne Marshall

Meeting held October 2, 2021

Group Walks:

Unless otherwise noted, sign-in starts 9:30 am with walk at 10:00 am

- Sat., Nov. 6, Provincetown (10-noon sign-in, 10:30 group walk; rain date Nov. 13)
- Sat., Nov. 20, Plymouth (meet at Cordage Park, sign-in 10:30 with walk at 10:45)
- Sat., Dec. 4, Newton
- Sat., Dec. 11, Wellesley

Sunshine: Sympathy card to Karen Kolaczyk on the death of her mother as well as a get well card for Karen's recovery from hip surgery.

Walk Coordinator:

- * Two possible walks next year: Lincoln Woods, RI and Encore/Boston.
- * Hopkinton: no date being set for soup walk

until COVID issues are better and safer for indoor gathering.

- * Wellesley seasonal: Main Library closed until late October/early November and temporary site now closed, Contact Marianne if you wish to walk Wellesley.
- * Keith research the possibility of establishing Milford as seasonal/year-round event.

New Business:

- * Upcoming club meetings: **Monday, Nov. 1** and **Monday, Dec. 6 at 7 pm** via Zoom.
- * **Specialties:** will maintain inventory of AVA event and distance books as well as new walker packets and book holders. All other items to be sold off.

Bulletin Board



Joanne Izbicki

Reminder: our **35th Anniversary Challenge Program** has been extended through 2021, so continue to track your points on a challenge card.

BONUS POINTS: double your points for any and all qualifying activities during November 2021.

Tuesday Walks with Keith at 10:30:
 November 2 Mystic, CT (CVVC)
 November 9 Danvers, MA (TTWC)
 November 16 Bristol, RI
 November 23 Newport, RI

Next Club Meetings
Monday, Nov. 1
Monday, Dec. 6

7:00 pm

Virtual Meetings via Zoom
 Contact Mary at mfwalks2010@verizon.net
 to RSVP and receive meeting details

Congrats to Joanne Izbicki!
 Her photo from Bristol, RI (above) will be featured on the cover of *Starting Point 2022*. What an honor!

YRE/SE Figures – participation numbers for ALL of our year-round and seasonal events are up from last year. Let's keep the momentum going for the last two months of 2021. (FYI: Greenfield SE is not being renewed; make a point to travel scenic Route 2 to Greenfield and enjoy the cute downtown with view to Poet's Seat Tower.)

Participation	Jan-Sept	2021
46		Bedford Bike
24		Boston-Back Bay
22		Boston-Freedom Trail
	34	Bristol
	19	Cheshire
	37	Concord
	16	Fall River
	25	Greenfield
	14	Hyannis
	66	Lexington
	24	Lowell
	16	Newport
	119	Newton
	35	Plymouth
	10	Providence
	3	Provincetown
	11	Quincy
	6	Sandwich-Bike
	26	Sandwich-Walk
	21	Shelburne Falls
	76	Wellesley

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

Lexington Battle Road seasonal event ends Sunday, Oct. 31. Join us for the final group walk of Lexington this season – October 31, 2021. Sign in at 9:30, Group Walk at 10:00. Walk box not available after group walk start time. Rain cancels.

The start point for our **Wellesley** seasonal walk, the main Wellesley Free Library, has completed renovations and is reopening in November.

#OptOutside Sign in at 9:45 to walk at 10:00.
 Friday, Nov. 26, **Fall River** – Battleship Cove Gift Shop, 5 Water Street
 Saturday, Nov. 27, **Concord** – Walgreens, 71 Lowell Road

Importance of Recognition

by Karen Plichta

We have two individuals in our organization who are primarily charged with keeping in contact with club members and I'd like to recognize their ongoing efforts. The first is Diane Peterson who is responsible for maintaining a current membership roster with contact information. The second is Chris Lipson our Sunshine person who sends a greeting card to a member who has recently experienced a significant life event...that being a birthday, a death of a family member, a major health issue or other event where a greeting card may be warranted such as bowling a perfect 300 game or getting a hole in one (very lofty goals!).

Obviously, Chris does not know all the members who may need a card from the club (suffice to say she does a pretty good job of it though) so she could use help from the membership. If you know of someone who's had a significant event which would be "greeting card worthy" please send Chris an email or call her and she'll send out a card to let the member know we're aware of their current situation. It's not invading someone's privacy--it's letting them know that our club does care about them as a person and they are not just a number.

Three recent events have prompted me to write this article for Footnotes.

The first one was the unexpected death of my brother. In addition to the numerous cards I received from club members, five individuals traveled to Fall River to attend his funeral. It was so heartwarming to see them there but more so astonished my local friends when I

told them how far they had traveled considering none of them had ever met my brother except for when they came to my mother's funeral 7 years earlier.

The second event occurred during our October club meeting. A member's mom had passed away and club members sent condolence cards. This member also belongs to a local club in her town and not one of them had made any effort at all to reach out to her upon her mother's passing. Her reaction, "I won't be renewing my membership with that club next year."

The third event was a notification by two former members who said they won't be renewing their membership due to health reasons and won't be able to participate in our activities any more. The board recommended that they be sent a thank you note for their involvement over the years.

I am very proud of the fact that I belong to Walk n Mass because they recognize that members are our number one priority and without them we wouldn't have a club. To acknowledge significant life events or other decisions our members make shows what a thoughtful caring, considerate club we are. So put that card in the mail....it may take a little longer to get there....but the recipient will be glad to receive it no matter when it arrives. As Hallmark said "When you care enough to send the very best" consider you are sending a part of yourself to let a fellow club member know you care.

If you know of a milestone birthday, a WnM member who needs cheering up, or other card worthy event, please let Chris know: c2lipson@msn.com



Mary Fink

Where is it?

Autumnal plants and decorations spotted recently along a WnM seasonal trail. Does this look familiar to you?

Walk Coordinator Speaks

by Beate Hait

Turners Falls in Review – Glorious fall weather on October 9 enhanced the walking experience of the 65 people who attended the walk in Turners Falls – 22 of them were from New York (members of ESCV), 2 from NH, and 41 from MA. POCs Jan and Bob Varnon designed a lovely route starting from the DCR Great Falls Discovery Center, along a bike/walking path along the Connecticut River, through the downtown area of the Village of Turners Falls (did you notice the Rock-Paper-Scissors sculptures?), and then a long stretch along the Canal Side Rail Trail (did you notice the outdoor furniture displayed on the grounds of the Stone Works business?) to the finish. Our new club banner, courtesy of AVA: America's Walking Club, made its inaugural appearance at this event.

We thank POCs Jan and Bob and the volunteers who staffed this event: Miriam Boucher, Bev Lange, Alida and Phil Lupsiewicz, Tom Mongeon, Linda Lunt, Joanne Izbicki, Margo Craven, Agnes and Ernie Laviolette, Diane Bucher, Susan and Joel Weddig, Marianne and Bob Marshall, Diane Peterson, Dawn and Keith Harlow, Ann Plichta and Karen Plichta, and Beate Hait. We also thank Carol Giesecke and Leo Bourque who helped check the walk directions during the two workers' walks, and Monica Hait for the brochure design.

Traditional Events in 2022 – I am dismayed to report that, as this newsletter goes to print, there are zero traditional walks scheduled for next year. Given the fact that COVID-19 precautions—such as wearing face coverings when inside, especially among large groups of people—are still being encouraged regardless of vaccination status, I think it's best to not schedule a Soup Walk for next March/April.

But, as evidenced by the walks we hosted this year without a food/social component, we can still do those safely. We just need locations and routes! Let's make this the year of the "Rails-to-Trails Walks" as a new AVA Special Program with this theme begins in 2022.

Is there a bike path near where you live? Is there a supermarket, Dunkin', library, restaurant or place of business with parking, bathroom facilities and a covered area to set up our tables near an access point to that bike/walking path? An out-and-back along the bike path is an easy way to get the distance we need – and gives us an opportunity to enjoy a different point of view along the same route while also greeting fellow walkers who started out at a different time during the start window.

The time to start planning for spring is NOW. We need to register the date and location of the walk with AVA no later than 90 days before the date of the walk. In other words, for an event in April, we need to get the date and location to AVA in early January. There are several club members who routinely take on various roles in planning and orchestrating a walk; the POC does not have to do it on their own. What we do need is a location to get started. Please contact Mary or me with your suggestions.

Group Walks – Typical attendance at group walks of year-round and seasonal events has ranged from 2 to 10. And those numbers break down further for the two distances. Please consider attending on a designated group-walk day. If you prefer to walk on your own – you may certainly do so. You are NOT required to remain with the group. As you know, year-round and seasonal events may be done whenever they fit your schedule – but scheduling a time to do them is key to making it happen.

Picture Time:

Public artwork spotted in Hyannis during our recent group walk included a lovely bird sculpture and mural along the harbor.



Bev Lange