

President's Corner

Happy belated Thanksgiving! I hope you all had a wonderful holiday. My family invited friends over and it was great to catch up in person with everyone. I am very thankful for all of you who keep this club going as either a worker or a walker. We can't do it without you!

Do you know how good walking is for you? Among other things, it helps reduce stress, keeps your weight and blood pressure down, strengthens your muscles, and gives you more energy. These are all good things you need during the busy holiday season. My doctor tasked me to walk every day. I have a calendar on the wall outside the kitchen and on every day I walk at least 20 minutes, I reward myself by putting a sticker on that date. I know I'm not in elementary school anymore,

by Mary Frink

but sometimes the old methods work the best! I like the visual reinforcement that I am meeting a goal. I get my walking in all kinds of ways. The grocery store I shop in now is so big that if I walk up and down every aisle it takes 25 minutes. That's what I do when I shop. Exercise and groceries at the same time!

If you'd like a little holiday fun, at our next board meeting, on December 5, we'll be having a little holiday party with cookies and regifting Yankee swap! We will be meeting at the Stop and Shop in Franklin at 6:30. They have an upstairs meeting room we've been using. Everyone is always welcome at our board meetings. We welcome all opinions and ideas! Hopefully I'll see you there or at one of our December group walks!

AVA Achievement Awards (compiled from TAW)

Based on the IVV Event and Distance Award information provided in the December 2022 issue of *The American Wanderer*, **congratulations** are due to the following people:

Name	Events	Distance
Carol Giesecke	300	
Kathryn Piffat		6500 km



Did I overlook either your event or distance award? Please let me know so I can submit it for the next issue of *Footnotes*.

-Marianne Marshall,
secretary@walknmass.org

Let's Walk!

- ❖ Saturday, Dec. 3
Group Walk:
Wellesley 10:00 am
 - ❖ Tuesday, Dec. 6
Walk & Lunch:
Bristol, RI 10:30 am
 - ❖ Saturday, Dec. 10
Group Walk:
Hartford, CT
9:00 am (CVVC)
 - ❖ Saturday, Dec. 10
Group Walk:
Sandwich 10:00 am
 - ❖ Tuesday, Dec. 13
Walk & Lunch:
Mystic, CT 10:30 am
 - ❖ Saturday, Dec. 17
Group Walk:
Newton 10:00 am
 - ❖ Tuesday, Dec. 20
Walk & Lunch:
Hyannis 10:30 am
 - ❖ Tuesday, Dec. 27
Walk & Lunch:
Newport, RI 10:30 am
 - ❖ Sunday, Jan. 1
Group Walk: Boston
Back Bay 9:00 am
[see page 3]
- 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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November Meeting Highlights

by Marianne Marshall

Meeting held November 7 in Franklin, MA

Sunshine: Congratulations to Pam Medolo on her retirement and Mike Medolo on completing 100 walks in Alaska. Get well to Dolores Vaz. Sympathy card to Rebecca Cook on the passing of her mother, Joy Peach.

Walk Coordinator:

Lincoln Woods had 58 participants; Framingham had 45 participants.

Boston and Providence qualify for AVA's Washington-Rochambeau (W-R) Special Program which runs until December 31, 2033.

2023 Event Plans:

- Sat., April 1, Holliston, First Congregational Church, Walk & Soup Social.
- Sat., April 29, Roslindale, Arnold Arboretum
- Fri.-Sun., May 19-21, Cape Cod Weekend, Hyannis
- Fairhaven bike trail

AVA News:

- AVA General Meeting will be Friday, February 24 in San Antonio, TX.
- Big Give: AVA received \$59,828 this year.

New Business:

Bea wonderfully repaired club's torn IVV/AVA banner.

Still awaiting decision from AVA regarding replacement feather banner as item received is too large for our frame.

Upcoming club meetings:

- Monday, December 5 at 6:30 pm, Stop & Shop, Franklin, 2nd floor meeting room (cookies and regifting Yankee swap)
- Monday, January 9 at 6:30 pm via Zoom

Old Business: Cape Cod Weekend 2023 Plans need to be finalized at the December meeting so information can be disseminated.

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New Year's Group Walk: Boston Back Bay

Join WnM for our New Year's tradition by enjoying our Boston Back Bay walk routes. On **Sunday, January 1, the group walk begins at the Prudential Center**. We will meet near the US Post Office in the Prudential Center's Belvidere Arcade (beside 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.

Street parking is free and spaces are usually available near the Pru when we meet. The **T** is a good transit choice if you don't like to drive into Boston.

Please dress appropriately for the weather and come see the ice sculptures celebrating the **250th anniversary of the Boston Tea Party**. Learn more at firstnightboston.org/ice-sculptures/



Plymouth Group Photos

Beautiful sunshine made for an excellent day in Plymouth on November 19 for the group walk and Thanksgiving parade.



Pictures by Beate Hait apart from Earhart plane [top right] and Smokey NPS [bottom middle] floats which are courtesy of Bev Lange

Bulletin Board



Next Club Meetings

Monday, Dec. 5

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Monday, Jan. 9

6:30 pm

Virtual Meeting via Zoom

Contact Mary at
mfwalks2010@verizon.net

to RSVP and receive
meeting details

As a reminder, this is the last issue of *Footnotes* until the combined January/February edition that goes out in mid/late-January. Note the submission deadline at right



Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: January 15th

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



Find the portions of the book titles in **ALL CAPS** as shown in list below. I also **challenge** you to find a book on walking that appeals to you and read it this winter. Anyone wishing to provide a short review of their chosen book selection is welcome to submit it to footnotes.editor@gmail.com for future publication.

A	D	R	A	P	O	E	L	W	O	N	S	T	A	R	K	N	O	D	I	S
W	E	I	L	Q	V	W	E	O	G	I	Y	H	P	O	S	O	L	I	H	P
A	A	G	P	U	N	K	Y	X	D	B	A	E	A	D	L	U	I	K	M	A
L	I	N	P	R	A	I	S	E	O	F	W	A	L	K	I	N	G	I	F	T
K	N	I	D	O	L	L	G	H	E	R	D	H	E	O	V	E	S	G	O	H
I	P	C	L	E	F	T	N	F	J	A	L	I	L	L	I	A	N	N	C	S
N	E	A	N	L	R	K	X	S	E	C	O	R	I	Y	N	O	K	I	N	G
T	H	F	O	Y	U	L	E	H	N	U	E	K	S	U	G	U	R	K	L	A
H	E	R	I	U	N	R	U	T	A	S	H	R	T	E	M	P	H	L	I	V
E	R	U	T	H	O	V	W	S	M	H	T	A	E	L	O	S	T	A	R	T
W	R	S	O	X	S	Y	R	I	T	Y	I	W	N	E	U	R	A	W	S	O
O	C	J	M	E	P	S	O	B	S	J	E	R	G	I	N	C	P	A	R	T
O	Y	E	T	F	L	A	S	H	Y	Q	M	M	U	F	T	E	T	B	A	H
D	R	S	C	N	A	R	R	O	W	R	O	A	D	O	A	F	L	I	S	E
S	A	V	E	T	T	Y	E	P	E	A	H	W	O	R	I	K	A	S	P	R
W	B	I	F	Y	O	W	E	C	H	B	G	A	C	E	N	O	S	E	M	I
C	P	A	R	V	M	I	S	P	A	E	N	S	G	J	U	V	T	R	I	V
H	U	N	E	O	N	P	I	L	G	R	I	M	O	U	S	S	H	I	K	E
E	B	M	P	K	G	E	V	D	U	M	K	I	R	T	E	X	C	E	L	R
S	R	E	R	E	D	N	A	W	L	O	L	D	I	N	O	S	A	U	R	S
W	A	Y	S	T	O	W	A	L	K	I	A	T	O	P	U	A	B	M	O	W
G	J	O	K	Y	R	H	O	W	T	O	W	A	L	K	Q	S	E	L	K	O

Books used in this word search are generally related to walking, but cover many genres and other themes. No endorsement of content or quality should be inferred by their inclusion.

(52) **WAYS TO WALK** by Annabel Streets
 (A) **PHILOSOPHY** of Walking by Frederic Gros
A WALK IN THE WOODS by Bill Bryson
DINOSAURS by Lydia Millet
 Hiking with Nietzsche: Becoming **WHO YOU** Are
 by John Kaag
HOW TO WALK by Thich Nhat Hanh
 In Praise of **PATHS** by Torbjorn Ekelund
IN PRAISE OF WALKING by Shane O'Mara
LILLIAN Boxfish Takes a Walk by Kathleen Rooney
NARROW ROAD to the Interior by Matsuo Basho
 (translated by Sam Hamill)
NEON PILGRIM by Lisa Dempster
PERFECT MOTION: How Walking Makes Us Wiser
 by Jono Lineen
SURFACING by Kathleen Jamie
 The **LIVING MOUNTAIN** by Nan Shepherd
 The **LOST ART** of Walking by Geoff Nicholson

THE OLD WAYS by Robert Macfarlane
 The Rings of **SATURN** by W.G. Sebald
 The **SALT PATH** by Raynor Winn
 The **SNOW LEOPARD** by Peter Matthiessen
TO THE RIVER: (A) Journey Beneath the Surface
 by Olivia Laing
WALKING by Henry David Thoreau
WALKING HOME by Simon Armitage
 Walking to **LISTEN:** 4,000 Miles Across America, One
 Story at a Time by Andrew Forsthoefel
 Walking with **PLATO** by Gary Hayden
 Walking: **ONE STEP** at a Time by Erling Kagge
WANDERERS: (A) History of Women Walking
 by Kerri Andrews
WANDERLUST by Rebecca Solnit
WILD by Cheryl Strayed

Walk Coordinator Speaks

by Beate Hait

Boston Back Bay on Jan. 1 – We continue the tradition of walking the Back Bay route to get the new year off to a good start. Plan to arrive between 8:30 and 8:45 at the Pru near the post office (see info on p. 3) to start walking at 9:00. We'll also take time along the walk route to admire multiple ice sculptures carved for Boston's First Night Festivities.

MeetUp – Are you aware that in an effort to boost club membership & participation, our social media liaison, Blake Mitchell, regularly posts the group walks of our year-round and seasonal events on MeetUp? We need more club members attending these group walks to walk and talk with the newcomers. See p. 1 for upcoming group walk dates and locations.

YRE/SE UPDATES – If you haven't walked the following volkswalks recently, new sights (and sites) await—some this year, and others when the event reopens in the spring.

Lowell YRE – The Walk Box for this YRE has been relocated to the Boot Cotton Mills Museum while the Visitor Center undergoes additional renovations. Use the address for the nearby parking garage: 75 John Street. And while you're inside to register for the walk, take a few minutes to tour the museum. It's astounding how LOUD those machines are!

Quincy SE – A 7-ft tall, bronze statue showing Abigail Adams with a letter in her hand was unveiled in early November at Quincy's downtown park, Hancock Adams Common, which is included in our volkswalk route. Plan on walking this route when the event reopens next spring and take in the new memorial!

Sandwich YRE – POC Pat Damiani notes that the Town of Sandwich plans on reconstructing the boardwalk that was destroyed in a January 2022 storm and having it ready for the 2023 season. Right now, that section of the walk route has been modified. Look forward to walking across the salt marsh on the new boardwalk next summer.

Boston YRE (Freedom Trail and Back Bay) – These will be OSB only events for 2023. Group walks will offer onsite registration and physical stamps on scheduled dates.

Thompson/Putnam, CT SE – Connecticut Valley Volkssport Club is hosting a new event in northeast Connecticut. See Carol West's article on page 17 of the December 2022 *The American Wanderer (TAW)*. If you are not yet an AVA Associate member who receives TAW but would like to read this article, let me know, and I'll send it to you.

Northeast Region Cape Cod Weekend (May 19-21, 2023) General info – Meet & Greet on Friday; dinner buffet at Yarmouth House on Saturday; group walk of P-town on Saturday (or anytime on your own); also walks available in Hyannis, Sandwich, and Oak Bluffs. Registration for all events available at our host hotel, Comfort Inn in Hyannis. Look for details included with the mailing of the YRE booklet in December.

Concord Pictures:



Miriam Boucher



Beate Hait

A large turnout from MeetUp ballooned our post-Thanksgiving group event on Nov. 26 to 21 walkers. The pace of the bunch with kids fluctuated, as evidenced by Priya's joyful run to Oma.