

## President's Corner

What gets you out walking? For me, sometimes it's because I need to get somewhere. Other days I just want to get out of my house. Sometimes it's only because I know I need to exercise. Walking is the only form of exercise I've been able to maintain.

We are trying to get more people walking our year-round and seasonal walks. Any ideas? I'm thinking about launching a new club incentive program. We did several before the pandemic. We had cards with spaces you filled in every time you did one of our walks and when you completed the card, you turned it in. At the after-holiday party or soup walk the following year, we did a drawing from the cards and the card drawn won a prize. I think it was free membership for a year. Would something like that help to get you out walking? We could do one with just number of walks and one with different walks where you could only put each walk once. We shut down some year-round/seasonals for next year because the numbers were way down. I'd like to see participation numbers up for our 2024 walk offerings!



by Mary Frink

As 2023 winds down, we are already planning walks for next year. As always, we could use ideas for new start points. Do you know somewhere suitable? We need places that have parking for 20-30 cars, availability of bathrooms, and covered area we can use from about 8AM to 3PM. If you are concerned about running a walk, no problem. There are lots of us who have done walks before who can help out. You may have noticed recently that we haven't had as many traditional walks as we used to. A lot of that has to do with finding start points that don't cost a lot. If you have an "in" anywhere, please let me know! I'm looking into a place near my house, so I'm also putting in effort and understand what it takes; please help the club find new areas to explore.

Happy Halloween! I'll be out afterwards, walking off any leftover candy.



## Come Friends, Let's Walk

- ❖ *Saturday, Nov. 11*  
Group Walk:  
Westport, CT  
9:00 am (CVVC)
- ❖ *Sunday, Nov. 12*  
Group Walk:  
Boston Freedom Trail  
9:30 am [see p 4]
- ❖ *Saturday, Nov. 18*  
Group Walk:  
Plymouth  
9:30 am  
(parade, see p 4)
- ❖ *Friday, Nov. 24*  
Group Walk:  
Fall River  
10:00 am
- ❖ *Saturday, Nov. 25*  
Group Walk:  
Concord, MA  
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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# In Memoriam

by Monica Hait

Sadly, two longtime club members died recently.  
We will remember them fondly.

Peg Wihtol succumbed to illness Oct. 5, 2023.

Ashland 2012: Peg pictured in center below



Sept. 2023: Peg in Acadia



Photos courtesy of Beate Hait

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# Milford Potluck & Pie Photos

Participants in Milford were delighted to partake in the tasty potluck lunch and assorted pie treats brought to share.

During the festivities, President Mary Frink distributed and announced club and AVA awards [see page 5].



Bev Lange



Margo Craven



Margo Craven



Margo Craven

# Bulletin Board

Group walk of **Boston's Freedom Trail** route on **Sunday, Nov. 12**. Registration starts at 9:00 am for a **9:30 walk start**.

Physical registration and stamping will be available on this day; those who wish to use Online Start Box are welcome to come for camaraderie along the walk too. Please meet on the **Cambridge Street side of Faneuil Hall**. Parking in Boston is free on Sundays!

## *Cryptogram answer from October:*

Usually, I walk around and think about things. When I come across a thought that makes me laugh, I write it down.

--Demetri Martin

## **Next Club Meetings Monday, Nov. 6 & Monday, Dec. 4**

6:30 pm

*Stop & Shop  
40 Franklin Village Drive  
Franklin, MA 02038*

*Up the stairs past  
Customer Service Desk*

**Do you have a volksmarching travel experience or memorable walk story to share?** Send it to [footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com) for possible publication in a future edition of **Footnotes**.

For the **Plymouth group walk on Sat., Nov. 18**, please meet at **10 Cordage Park Circle at 9:15** to register and begin walking at 9:30. This will allow walkers to enjoy the parade which starts at 10.

No guarantee of restrooms at Cordage Park so please plan accordingly.

More about the Plymouth parade:  
[usathanksgiving.com](http://usathanksgiving.com)

## Newsletter Submissions to:

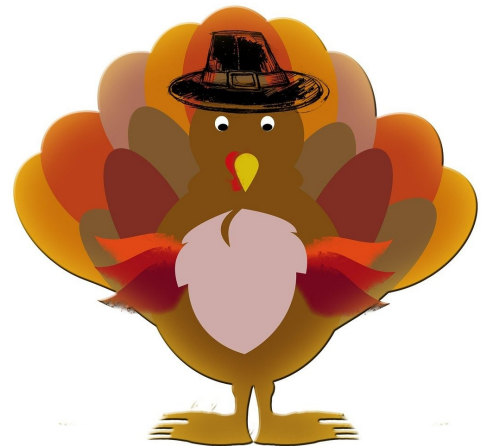
[footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com)

Deadline for next issue: Nov. 17th

## **Beat the Bay State Team Challenge begins Nov. 1 and runs to Nov. 30**

Virtual program where you log miles walked/run and move along a route of the 900-mile perimeter of Massachusetts. Can you (and your team) do it? \$20 entry per person.

[www.givesignup.org/Race/MA/Boston/baystate](http://www.givesignup.org/Race/MA/Boston/baystate)



# October Meeting Highlights

by Marianne Marshall

## Meeting held October 2, 2023 in Franklin

### Walk Coordinator:

- Future event plans:
  - ⇒ Hopkinton Soup Walk on April 6, 2024 (labyrinth on premises at the start/finish)
  - ⇒ Blackstone potentially in May 2024
  - ⇒ Greenfield event to include a labyrinth qualifying for new AVA Special Program
  - ⇒ Medway
  - ⇒ Warren, RI—porch of the German Club as start/finish; date possibly May 18, 2024

**Publicity:** Bea and Blake preparing a 90-second script about AVA/WnM for a PSA to be released on Holliston cable TV (HCAT).

### New Business:

Upcoming club meetings at **Stop & Shop, Franklin**, 2nd floor meeting room (change to Zoom if weather necessary, ask Mary Frink if unsure).

- Monday, November 6 at 6:30 pm
- Monday, December 4 at 6:30 pm (may include cookies and Yankee Swap)

## Thank You, Volunteers!

WnM & AVA like to acknowledge the efforts put forth by our volunteers to ensure enjoyable and safe events and gatherings. This year, both the annual awards from WnM and the biennial awards from AVA were given out either following dinner at Yarmouth House on Saturday, May 20, or this year's Pot Luck & Pie walk in Milford, MA, on Saturday, October 14.

The WnM volunteer awards for the period July 1, 2022, through June 30, 2023, were for people who helped at any or all of the day events in Lincoln Woods, Cochituate Rail Trail, Holliston, Roslindale, or Cape Cod weekend; served as an elected official; served on the Executive Board; or attended club meetings. The people who attained milestones (10, 50, 100, 200, and up in increments of 100) were:

<u>Individual</u>	<u>Hours/Points</u>
Janet Razulis	10
Rick Almeida	50
Paul Kelly	50
Joe LaPointe	100
Bill Howe	300
Dawn Harlow	600
Keith Harlow	600
Mary Frink	800
Joanne Izbicki	800
Ann Plichta	1,000
Pat Damiani	1,300
Beate Hait	2,100 and 2,200
Marianne Marshall	2,200 and 2,300

by Marianne Marshall

Every other year, WnM nominates people they feel deserve recognition by AVA. As in the past, AVA approved all the names forwarded. Congratulations to the following:

**Commendable Service Award** (significant amount of service): Miriam Boucher, Paul Graveline, Karen Kolaczyk, Joseph LaPointe, Blake Mitchell, Diane Peterson, Jan Varnon, Robert Varnon, and Dolores Vaz.

**Meritorious Service Award** (at least five years of outstanding service): Margo Craven, Patricia Damiani, Verna Devine, Carol Giesecke, Joanne Izbicki, Agnes Laviolette, and Ernie Laviolette.

**Certificate of Appreciation** (recognizes organizations and businesses for service to AVA on a regional, state, or club level): Lowell National Park, McCusker's Market (Shelburne Falls), Newton Free Library, Sip 'n Dip (Bristol), Stop & Shop (Sandwich), Walgreen's Pharmacy (Concord), and Wellesley Free Library. These are the organizations/ businesses that have supported WnM by making our Start boxes available for our yearly and seasonal events.

Thank you to all who help in the myriad ways that make our events successful and fun!

## Walk Coordinator Speaks

by Beate Hait

**Milford in review** — A big thank you to POC Keith Harlow for securing the start point for this Potluck & Pie event and to Carol Giesecke for coordinating the food. While the weather forecast was unsettling early in the week, participants enjoyed sunny skies and comfortable temps for walking. The 28 folks in attendance enjoyed the sights along the route and sharing conversation and delicious food and cider. While some folks headed outside after lunch to glimpse the annular eclipse, clouds hampered that opportunity. We thank the volunteers who staffed this event: Diane Bucher, Margo Craven, Verna DeVine, Carol Ann Dorer, Mary Frink, Monica Hait, Dawn Harlow, Bill Hatch, Joanne Izbicki, Bev Lange, Joe LaPointe, Marianne Marshall, Kathryn Piffat, Ann Plichta, and Karen Plichta.

**Fall in New England** — Take advantage of days without rain to enjoy leaf-peeping both on the drive to events and while walking. Why not head west to the [Shelburne Falls](#) walk that starts at McCusker's Market on 3 State Street or north to [Lowell](#) where the Visitor Center for the Lowell National Historical Park on 246 Market Street (use 304 Dutton Street to arrive at parking garage) is our start point. Our Cheshire, Lexington, and Quincy seasonal events closed on Oct. 31, but the 15 other

seasonal or year-round walks are open through Dec. 31.

If you haven't participated in the Bedford or Shelburne Falls events in a while, here's your reminder to get to these events before the end of the year. They are not being renewed for 2024. Although technically a bike event, you may walk a portion of the Bedford route (distances are noted in the directions)—and get a bike stamp in your IVV book!

**OptOutside** — After your Thanksgiving Feast, plan to get outside and walk:

- Friday, Nov. 24, Fall River – Battleship Cove Gift Shop, 5 Water Street;
- Saturday, Nov. 25, Concord -- Walgreens, 71 Lowell Road.

For each OptOutside group walk, sign in at 9:45 to walk at 10:00.

### 2024 Save the Dates:

Jan. 1 — Boston Back Bay Group Walk

April 6 — Hopkinton Walk & Soup Social

May 18 — Warren, RI on the E-Bay Bike Path

Sept. 6-8 — NE Region Weekend (NY & CT)

**Congratulations to Roy Damiani** for completing the challenge to walk a volkswalk in each of the 50 United States!

## Wellesley Group Picture:

*Participants at the Wellesley group walk on the morning of October 7 enjoyed some clear skies and good company.*

*L-R: Joanne Izbicki, Linda from Meetup, Bev Lange, and Diane Bucher.*



Marianne Marshall