

President's Corner

I talked last month about finding a way to get people to walk more of our seasonal and year-round walks. One way to do more of our walks is to take on the RI County Challenge! Walk 'n Mass and Connecticut Valley Volkssport Club have created this challenge to do a walk in each of the 5 counties in RI. We host 3 already: Providence, Newport, and Bristol. CVVC is doing walks in the other 2 counties including one on Block Island! I tried once this year but weather closed the ferry, so I wasn't able to go. It's still on my list! When you finish all 5 walks, you get a blue cooling towel with the logo of the challenge on it. Bea Hait had one at our last board meeting and I can tell you that it's really cool and will be very useful. The challenge books cost \$10 each. You can find the order form on the Walk 'n Mass website or buy a book at any of our day event walks. You have until the end of December 2025 to complete the 5 walks (one in each county). I understand that CVVC is planning to do a mainland walk next year for Washington County, so that would avoid any worry about weather and the ferries!

by Mary Frink

I know Christmas seems to come earlier and earlier every year, but...we are thinking about having an After-the-Holidays Party again! If you haven't gotten the email from Paul Graveline yet, we are thinking about having it at the Wayside Inn in Sudbury on **Sunday, January 21** at noon. We need to see how much interest there is to reserve the date and time; note attendees would be responsible for their own meal costs. There will be a link to a sign-up sheet in Paul's email. Please let us know if you are interested as soon as possible. You can also contact me at mfwalks2010@verison.net if you don't get the email or if you can't get the form to open.

I hope you all have a wonderful Thanksgiving!

Party Sign-up Form:

https://docs.google.com/spreadsheets/d/1WYlnwGZOQn_UVxMopvIc4RRyNt3diK3wQJBWlgmfH1U/edit?usp=sharing

Come Friends, Let's Walk

- ❖ *Saturday, Dec. 2*
Group Walk:
Newton
10:00 am
- ❖ *Saturday, Dec. 9*
Group Walk:
New London, CT
9:00 am (CVVC)
- ❖ *Saturday, Dec. 9*
Group Walk:
Wellesley
10:00 am
- ❖ *Monday, Jan. 1*
Group Walk:
Boston Back Bay
9:00 am [see page 4]

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:

Newton Group Walk – 2

AVA Walk Fee Updates – 3

Welcome New Member – 3

November Meeting Highlights – 3

Bulletin Board – 4

Boston Back Bay Group Walk – 4

Interesting Sites & People – 5

Walk Coordinator Speaks – 6

Pictures – 6

Newton Group Walk, Sat., December 2

by Marianne Marshall

The routes for the 10km and 5km Newton year-round walk are changing for 2024. If you haven't yet had an opportunity to see some of the beautiful residences, Crystal Lake, and 9-11 Memorial, please come join the group walk on Saturday, December 2. Sign-in starts at 9:30am; with walkers departing at 10:00am.



Pictures courtesy of Marianne Marshall

President

Mary Frink, Everett
617-387-1577
mfwalks2010@verizon.net

Vice President

Keith Harlow, Blackstone
508-353-3336
krhguy13@yahoo.com

Secretary

Marianne Marshall, Waltham
781-899-5975
secretary@walknmass.org

Treasurer

Karen Plichta, Fall River
508-673-2374
karenp53@verizon.net

Activities Chairperson
open, volunteer needed!

Email Contact

Paul Graveline, Andover
978-470-1971
NSArtEvents@gmail.com

Membership Chairperson

Diane Peterson, Lowell
978-987-3064
di1258@gmail.com

Walk Coordinator

Beate Hait, Holliston
508-429-3564
beateh1@aol.com

Group Walk Coordinator

Pat Damiani, Sagamore Beach
508-888-7366
pmdwalks@comcast.net

Equipment Managers

Keith & Dawn Harlow, Blackstone
krhguy13@yahoo.com

Trail Master

Ann Plichta, Fall River
508-673-6553
amplic@comcast.net

Assistant Trail Master

Karen Kolaczyk, Marlborough
508-481-7389
kkolaczyk@comcast.net

Print Newsletter Circulation

Joel & Susan Weddig, Waltham
339-215-9559
jands1971@gmail.com

E-Newsletter Distribution

Margo Craven, Attleboro
magoo249@comcast.net

Newsletter Editor

Monica Hait, Holliston
footnotes.editor@gmail.com

Publicity Chairperson

Karen Kolaczyk, Marlborough
508-481-7389
kkola20151980@comcast.net

Specialties Chairperson

Beate Hait, Holliston
508-429-3564
beateh1@aol.com

Sunshine Coordinator

Chris Lipson, Bedford
781-275-0464
c2lipson@msn.com

Historian

Dawn Harlow, Blackstone
dawnvt@yahoo.com

TAW Coordinator

Joe LaPointe, Holliston
landogriffin78@yahoo.com

Volunteer Awards

Marianne Marshall, Waltham
781-899-5975
secretary@walknmass.org

Facebook/Meetup POC

Blake Mitchell, Holliston
kblakemitchell@gmail.com

Webmaster

Bill Howe, Chelmsford
978-256-7370
bill.howe@bvhowe.com

Walk Fee Updates 2024

by Joe LaPointe

The AVA board has voted to raise the fees for walk participants beginning January 1, 2024.

This is the first rate increase in 20 years.

The rate for Traditional Events, Group walks and Year Round/Seasonal walks will increase from \$3.00 to \$4.00 beginning on January 1, 2024. Walk 'n Mass club members will still be able to apply their \$1.00 discount (a benefit of club membership) when participating in our

club's Group walks and Year Round/Seasonal walks, thus reducing the fee to \$3.00.

Every walker is now labeled as a participant.

AVA will require each club to send 50% of the \$4.00 participant fee for **each attendee** to the AVA where previously there was an exemption for free walkers.

These changes have been directed by the national AVA organization for all clubs.

Welcome, New Members!

compiled by Diane Peterson

We are delighted to welcome our new club member, Guy Paquette of Lexington, MA.

We look forward to seeing you on the trails!



November Meeting Highlights

by Marianne Marshall

Meeting held November 6, 2023 in Franklin

Sunshine: Sympathy card sent to Jerry Raposa on the loss of his wife, Carol.

Walk Coordinator:

As of the end of the 3rd quarter, only 7 year-round/seasonal events are in the black.

- Future event plans:
 - ⇒ Hopkinton Soup Walk on April 6, 2024 (labyrinth on premises at the start/finish)
 - ⇒ Warren, RI on Saturday, May 18, 2024
 - ⇒ Blackstone on Saturday, June 22, 2024

Also:

- Northeast walking event in Poughkeepsie, NY from Friday, Sept. 6 through Sunday, Sept. 8. Details to come.
- Walking Adventures tour group is walking Cheshire, MA on Tuesday, October 15, 2024 as part of their Appalachian Trail tour.

AVA News:

- Carl Cordes is the new AVA Vice-Chair.
- Registration fees for ALL participants at all events \$4 effective January 1, 2024
- Three events in 10 days in New Zealand and Australia from March 15-24. Event information through Rotorua Walking Festival and Aussie Peace Walk.
- A pilot couch-to-5k walk program with the Texas Kidney Foundation is underway in San Antonio. Goal to potentially expand nationwide.
- Diane Howell Evans seeking volunteers from all AVA regions to develop and implement nationwide interactive programs.

New Business:

Upcoming club meetings:

- Monday, **December 4** at 6:30 pm (includes cookie swap) at Stop & Shop, Franklin, 2nd floor meeting room (change to Zoom if bad weather, ask Mary Frink if unsure).
- Monday, **January 8**, 2024 at 6:30 via Zoom; contact Mary Frink to receive the meeting link.



Bulletin Board

Next Club Meetings:

Monday, Dec. 4

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Monday, Jan. 8

6:30 pm

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

Please note: the December club meeting will include a cookie swap. Bring a small batch of cookies to share if you like.

Newsletter Submissions to:
footnotes.editor@gmail.com
Deadline for next issue: Jan. 13th



Carol Giesecke

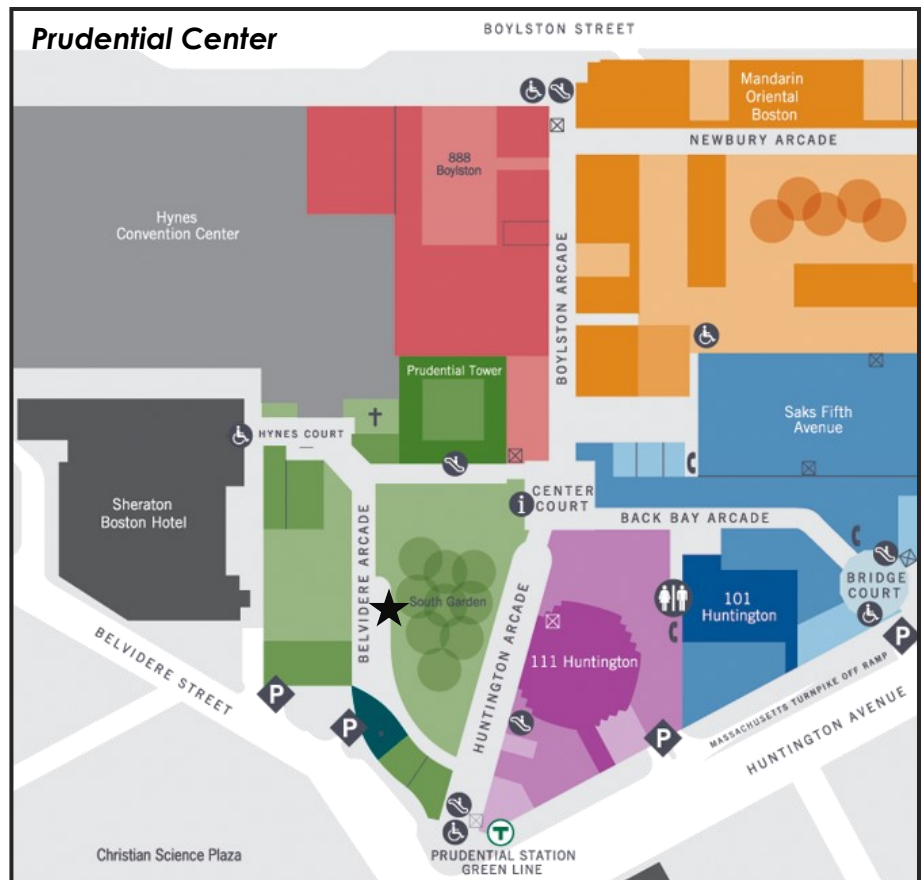
Some WnM members took on new looks at the **Walk Around Florida** (WAF32) Costume Party this year. Could you have guessed it was Karen Plichta and Carol Giesecke?

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 **Monday, 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 and festive decorations. More about First Night at firstnightboston.org



The Interesting Sites & People You Meet on Walks by Bev Lange

We all know volkswalks are an enjoyable way to spend a couple of hours among friends, get some exercise, and maybe share a meal together. However, the additional benefits of going on a volkswalk are the interesting sites and people you meet along the way. Many times, when you are out walking – whether it is a trail in the woods, a rail trail, or a street route - you see other walkers, runners, bikers, or parents with strollers. You typically get a few friendly “hellos,” “good mornings,” or “on your left” when someone is passing you. But occasionally you see something a little out of the ordinary or you meet someone with more of a backstory, which invites you into a conversation with them.

I remember walking the Minuteman Commuter Bikeway many years ago on the 25th anniversary of the bikeway. I don't remember if I was on an official volkswalk or just exploring one of the three trails that intersect at the Bedford Depot. Since it was the 25th anniversary, there were different events set up along the route but what I remember most was a lady sitting in a child's red wagon (it was being pulled by a bicycle). The interesting part was the lady was playing a harp and singing. That just made my walk so much more enjoyable.

When we recently walked in Bedford before Halloween, we came across some groups of young runners (I assume from the local track team) who decided to dress up a little for Halloween. There were bananas, a carton of milk, two girl football players, two girls dressed as salt and pepper shakers, and a variety of other costumes. I wish I had taken pictures of them because the costumes were great.

When we got to the 6km turn around, we saw a couple of bicyclists that caught our attention because one of the bikes had signs on the back. So, of course, we had to stop and talk with them. Leah and Oak are biking from Maine to Key West and they are accompanied by their cats, Spidey Cat and Mary Jane. We had a lovely conversation with them (and I made a point to take some pictures!). If you are interested in following their adventure, check out [SpideyCat.n.MaryJane](#) on Instagram.

So, the moral of this story is that when you are out walking (even if it's just a walk in your neighborhood), pay attention to what is around you. You may just find something unique or interesting or you may encounter someone with a great story to tell!



Leah and Oak with the special carrier of adventurous cats in tow

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

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 a.m. and 8:45 inside Copley Place in the seating area near the post office and down the hallway from the Dunkin' (see info on p. 4) 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. Free on-street parking on this day! I usually find a spot on Boylston Street.

AVA Special Programs – Would participating in walks that have a common theme be an incentive for you to broaden your walking horizons? Various member clubs of **AVA: America's Walking Club** offer programs that feature walks on topics such as Lighthouses, Border Crossings, Rails-to-Trails, Town Halls/City Halls, Walking with America's Veterans, and—new starting in 2024—Step to the Beat and A-MAZE-ing Labyrinths. See details on these various Special Programs at cb.ava.org/specprog.php

So far, two of our traditional events in 2024 (Hopkinton and Greenfield) as well as the routes used for the Newton and Wellesley year-round events in 2024 qualify for the A-MAZE-ing Labyrinths program. Who knew there are so many labyrinths out there!?!

A-MAZE-ing Labyrinths is a play on words: labyrinths are not mazes. Labyrinths are unicursal, meaning one walks in and out on the same path. An event must go by a labyrinth (or a maze) to qualify. Complete 14 qualifying events to receive an embroidered patch of a classic unicursal labyrinth.



Joanne Izbicki

Step to the Beat – A walker must pass by any location that teaches music, has music performances regularly on stage, uses vocal or instrumental music to entertain audiences, has dancing performed to music or a music store. Successful participants will earn a colorful patch.

Save the date for these 2024 traditional events:

- Sat. April 6 in Hopkinton, MA – Walk and Soup Social; the labyrinth is at our start point!
- Sat. May 18 in Warren, RI – featuring the East Bay Bike Path
- Sat. June 22 in Blackstone, MA – featuring the Blackstone River Bikeway
- Date TBD in Greenfield, MA – featuring a labyrinth
- Fri. to Sun. September 6-8 – Northeast Region Cape Weekend: Hudson to Housatonic

RI County Challenge – This club program is co-sponsored by Connecticut Valley Volkssport Club and Walk 'n Mass. There are 5 counties in Rhode Island, and if you walk the year-round or seasonal events in Bristol, Block Island, East Greenwich, Newport, and Providence, you'll complete the program and be awarded a 40-inch-long, blue, cooling towel/scarf (when wet, it provides instant relief on a hot day!). Other RI events are in the planning stage for 2024. Order the record book for this program by sending a \$10 check payable to CVVC to Beate Hait, 80 Wingate Road, Holliston, MA 01746 – or arrange for me to deliver to you at an upcoming walk or club meeting.

Pictures:

Left: a happy set of group walkers in Bedford on Oct. 28.

Right: example of the blue towel for RI County Challenge participants who complete the requirements.



Beate Hait