

President's Corner

by Mary Frink

Hello Everyone! Happy Summer! As I type this, the first New England heat wave of the season is ending, the first Atlantic named tropical storm has dissipated, and it's pouring buckets outside my window. Please be careful when you are out walking in all this crazy weather. I don't want to hear of anyone getting heat stroke or being struck by lightning!

By now you have heard that the walk in Medway on August 3 is the 400th traditional event that Walk 'n Mass has put on since the club was started in

1985. How cool is that?!? Next year is the club's 40th birthday, so that means an average of 10 traditional events a year! There is a commemorative 400th t-shirt available for pre-order. Many thanks to Elizabeth Ahluwalia and Bea Hait for designing the shirt and putting together the ordering. Please see page 6 for a picture of the shirt and directions on how to order.

I am just back from vacation in Toronto, Canada, so that is all I have for now. See you in Warren, RI!

Membership Renewal Reminder

by Diane Peterson

Renewing your Walk 'n Mass membership is easy to do. Complete the renewal form and send it in with the \$15 payment to ensure that your membership continues for another season. The mailing address is listed on the bottom of the form. You will then continue to receive your copy of the monthly Footnotes providing notices of upcoming walks and events like our picnic on August 3 in Medway.

Welcome, New Members!

compiled by Diane Peterson

We are happy to welcome our newest club member:

- ◆ Marianne Brinker of Wellesley, MA

We look forward to seeing you out on the trails!

WELCOME

Come Friends, Let's Walk

- ❖ *Saturday, June 29*
Day Event:
Warren, RI
- ❖ *Sunday, July 14*
Group Walk:
Boston
Freedom Trail
9:30 am
Meet behind
Faneuil Hall
- ❖ *Saturday, August 3*
Day Event &
Club Picnic:
Medway, MA

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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Mary Suchodolski – Master Walker Award

On June 2, 2024, I received my "International Master Walker" award. In order to qualify for this I had to complete walks in 8 of the countries which founded the IML walking organization. It took me 12 years to accomplish.

- Luxembourg 20k x 2 days 2012
- Japan 20k x 3 days 2014
- Austria 20k x 3 days 2015
- Netherlands 30k x 4 days 2015
- Ireland 20k x 4 days 2017
- Belgium 20k x 2 days 2019
- Denmark 20+k x 2 days 2023
- Switzerland 20k x 2 days 2024



**Congrats
Mary!**

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

Trail Master's Diary: Medway

by Ann Plichta

Summer is a great time to get together with family and friends. Have a cook-out or pot luck. Or maybe a picnic. Walk 'n Mass Volkssport Club invites you to join them for their club picnic in beautiful Choate Park in Medway on August 3. Walk the 5km or 10km route, then enjoy socializing and eating with your walking friends. Or just come and enjoy the good company. Bring your own picnic and if you want to bring an appetizer or dessert to share, you're more than welcome.

Medway was settled in 1657 and was officially incorporated in 1713. It began as a farming community, but its location along the Charles River led to cotton and paper mills and straw and boot factories being established. The mills are gone now, but the Medway Village Historic District remains. It features more than 240 historically significant structures built in the mid to late 1800s. It was listed on the National Register of Historic Places in 2008.

Both routes begin in Choate Park as walkers head around the pond. Note the mural painted by a local artist depicting local wild-life and pondlife. Walkers then continue into the woods, enjoying some of Medway's open space. At the high school, the route re-traces through the woods to the pond at Choate Park. It passes a unicursal labyrinth before heading over a spillway and continuing on to Main Street. The 5km route heads to a shopping plaza and checkpoint before heading back to Choate Park and the picnic.

The 10km route passes through the Historic District along Village Street, the oldest road in Medway. It was first laid out in 1670, and has gone by many names. Note the Georgian and Federal style homes as you get closer to downtown Medway. At Matondi Square, note the veterans memorials, including a War on Terrorism monument and one recognizing the residents who served in the Revolutionary War,

the War of 1812, and the Spanish American War. St Joseph Church and Town Hall are across the street. Walkers then pass by Medway Middle School before heading to the shopping plaza checkpoint and the picnic at Choate Park.

Both routes have an AVA rating of 1B. They're doable for strollers, but would be difficult for wheelchairs. Join your fellow walkers for 5km and 10km walks in Medway on August 3, then stay and enjoy the Walk 'n Mass club picnic. Start times are staggered so everyone will be finished at noon. Grab your favorite picnic fare and head to Choate Park. Hope to see you on the trail.



Marianne Marshall explores the unicursal labyrinth in Choate Park




Pavilion at Choate Park, which also has a pond and a playground with splashpad nearby

Our August 3 Club Picnic in Medway's Choate Park is a bring-your-own picnic lunch; appetizers or desserts to share would be welcome. Note this is a carry-in/carry-out facility so all trash departs with you.

Carol Giesecke


Beate Holt

Bulletin Board




AMERICA'S WALKING CLUB

— ESTABLISHED 1976 —



WALKING WAVES WITH AVA

Inaugural Fundraising Cruise
1 - Pre-Cruise Walk
2 - ACE-T Walks Onboard
Group Rates, Free At Sea Promotion
Military Recognition onboard
10% Military Appreciation Discount
The National WWII Museum & More



NOV 15 - 22, 2025
7-DAY ON NORWEGIAN ESCAPE
Caribbean: Harvest Caye,
Cozumel & Roatan
from New Orleans, Louisiana

INSIDE (IA) - \$1915.70 BALCONY (BA) - \$2372.12
CLUB BALCONY (MA) - \$2576.54
Solo and other cabins are available based on the deposit made.

5 PORTS OF CALL
New Orleans, Louisiana
Cozumel, Mexico
Harvest Caye, Belize
Roatán (Bay Islands), Honduras
Costa Maya, Mexico
New Orleans, Louisiana

A deposit of \$125 pp due by July 28, 2024
Final Payment due by July 1, 2025

Scan QR Code or contact Rob McDaniel at mcdanielr99@yahoo.com

Seen it answer from June edition of Footnotes: emblem comes from Wellesley's Fuller Brook Trail

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

**Next Club Meeting
Saturday, August 3**

Meeting to follow picnic

*Choate Park Pavilion
Medway, MA 02053*

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

Save the date: on Saturday, August 31 we plan to have a group walk in Providence to allow participants to also enjoy WaterFire that evening. Group walk time is TBD so stay tuned.

Learn more about WaterFire:
waterfire.org
waterfire.org/events/saturday-august-31/





While at the Canadian Walking Festival, some fun sights were found in Toronto's King Park. At left, Karen Plichta attempts to become the next ruler of Camelot while at right, Carol Giesecke reaches the center of the labyrinth.



June Meeting Highlights

by Marianne Marshall

Meeting held June 3, 2024 in Franklin

Sunshine:

- Sympathy cards to Joan Melcher on the passing of her husband, Roland, and to Roy Damiani on the passing of his mother.
- Get well cards to Paul Graveline and Johanna Henning.

Walk Coordinator:

- Warren, RI on Saturday, June 29
- Medway (WnM's 400th traditional event) picnic walk: S/F at Choate Park on August 3
- Johanna Henning drafted design for a new Newport award patch.
- Hud-to-Hou Northeast walking event: Hotel sold out but multiple other hotels nearby.
- Plymouth group walk on Saturday, Nov. 23 will be 5km only led by Keith. Directions available for those wishing to walk 10km.

AVA News:

It appears AVA's Waiver for Minors needs to be filled out for each walk. Carol Giesecke to check.

NERD News:

- 2025 AVA Biennial Convention is in Las Cruces, New Mexico from April 29 to May 2, 2025 with additional pre- and post-events on weekends before and after these dates.
- Electronic The American Wanderer (TAW) received positive feedback, saves money, and reached ~ 2,000 additional walkers.
- Two Town, Southern Maine, and Twin State discussing possible New England Lighthouse weekend in 2025.
- New AVA Special Program in 2025 will be Walking with the Wild Things: trolls, gargoyles, fairies, and gnomes.

New Business:

[After June's meeting, decision made to move August from Monday, Aug. 5 to Saturday, Aug. 3 following picnic.] Remaining 2024 club meetings will be held at Stop & Shop in Franklin:

- Monday, **September 9** at 6:30 pm
- Monday, **October 7** at 6:30 pm
- Monday, **November 4** at 6:30 pm
- Monday, **December 2** at 6:30 pm

Walk Coordinator Speaks

by Beate Hait

The club's 400th day event — In November 1985 in Concord, Mass., Walk 'n Mass held its first event. On August 3, 2024, we'll be hosting our 400th traditional event. This means a walking (and/or biking, swimming, or cross-country skiing) event held on a specific day rather than one available for an extended period of time (i.e., seasonal and year-round events).

A list of where, when and how many participants came to the events was compiled by former trail master, club historian, and newsletter editor, Jeannette Dosé, and I have been updating that list since 2011. If you would like to see this list (available in MS Word or PDF), you have only to ask.

It so happens that our walk and club picnic in Medway, Mass. has the honor of being #400. To commemorate this milestone event, we have ordered special t-shirts with a graphic designed by my daughter Elizabeth Ahluwalia that will be imprinted on the back.

You should have received an email asking if you would like to order one of these shirts by the **June 29 deadline**. If you did not, and you **want one, contact me now**, and I might be able to amend the order.

The club's 401st walk? — I'm sad to say that we currently have no traditional event scheduled in 2024 after August 3—or any in 2025 at this point. And in 2025 the club will celebrate its 40th anniversary! So please, put on your thinking caps and suggest a walk route location that you think would be enjoyable. I'm anxiously awaiting your suggestions.

Northeast Region Weekend – Hudson to Housatonic – September 6 to 8: Exemplifying the unofficial motto of the AVA, Fun, Fitness, Friendship—and Food, volkssporters from around the region will converge along the Hudson River to participate in two walks (Hyde Park and Walkway Over the Hudson in Poughkeepsie) hosted by Volkssport Club at West Point and a walk on Sunday in Kent Village, CT hosted by Connecticut Valley Volkssport



WALK'N MASS
VOLKSSPORT
CLUB

Celebrating
400 Events
Aug 3, 2024

Club. Please join the fun at the Meet & Greet at the Germania's Oktoberfest on Friday night, a dinner at Longobardi's Restaurant in Wappingers Falls and, of course, the WALKS.

Pre-registration is required for the walks and Saturday dinner. Access the brochure at <https://nodegreen.com/hudtohou/> or contact Bea if you'd like a hardcopy by postal mail. **Deadline to register is August 1.**

Rhode Island County Challenge — co-sponsored by Connecticut Valley Volkssport Club (CVVC) and Walk 'n Mass Volkssport Club. Participate in one volkswalk in each of Rhode Island's five counties (Bristol, Kent, Newport, Providence, Washington). Challenge books (\$10) may be purchased through me at traditional events, by mail, or by arrangement for delivery at a group walk. The award for completing the program is a lovely—and functional—cooling towel. (I've completed this Challenge and have made good use of it during the recent 90+° heat wave.)

There is at least one seasonal or year-round event available in each of the five counties. Three are sponsored by WnM (Bristol, Newport, and Providence), and three are sponsored by CVVC (East Greenwich in Kent County, and Wickford & Block Island in Washington County). While Providence is available all year, the other four are available from April through December. Keep an eye out for group walks if you'd like to walk with others.