

President's Corner

Hello Everyone! I promise that this isn't a political ad (which I am already sick of), but rather a call for volunteers! Every two years, we need to elect club officers. There are 4 elected offices: President, Vice President, Secretary, and Treasurer. President & Vice President can also be Co-Presidents. I was a Co-President for a few years after I was Secretary. It was great to be able to share the position and really learn the ropes. There could also be Co-Secretaries, but there may only be one Treasurer. Here are the official job descriptions from our constitution.

The **President** shall act as the overall leader of the club and be responsible for preparing agendas for Executive Council and General membership meetings and presiding over the meetings. The President shall ensure that minutes of meetings are recorded, specifically in the event that motions are made and/or votes are taken. The President shall handle, or may delegate the handling of, inquiries and questions about WNM from any members or non-members. The President is expected to make sound judgments, policies, and guidance that are in the best interest of WNM. The President shall ensure that all members follow the rules and procedures established by WNM and the AVA. The President shall ensure that all required AVA reports are kept current. The President has the responsibility to keep the club informed about all policies, procedures, and other matters of the AVA, its Northeast Region, and the Massachusetts Volkssport Association, if there is one.

by Mary Frink

The **Vice President** shall assist the President and assume the duties of the President in his/her absence.

The **Secretary** shall record minutes of all Executive Council and General membership meetings, prepare copies of the minutes for the club files and the President, and provide a summary for the Newsletter.

The **Treasurer** shall pay outstanding obligations and track all club income and expenditures. The Treasurer shall maintain a financial record for club historical reference and is responsible for filing the annual financial report to the AVA. The Treasurer shall report income, expenditures, and the cash balance monthly to the Executive Council; shall provide quarterly reports of income and expenditures to the Executive Council; and shall issue an annual financial statement at the end of the fiscal year to the club membership in the newsletter.

Do any of these positions sound interesting to you? I'm not suggesting that any of the current elected officials need to be replaced—everyone is doing a fabulous job! That being said, it's good to have fresh energy and opinions and someone may want to retire. If you have any questions, you can contact the current holder of the position. Our contact information is listed on page 2.

If you are interested, please let me know. **Club elections are at the October Board meeting.** If you are interested, but can't commit right now, that's okay. Come to the board meetings and get a feel for what we do. We'll be voting again in two years!

Come Friends, Let's Walk

- ❖ *Friday, Sept. 6 to Sunday, Sept. 8*
Northeast Region Weekend: Hudson to Housatonic [NY/CT]
- ❖ *Saturday, Sept. 14*
Group Walk: Concord, MA 10:00am
- ❖ *Saturday, Sept. 21*
Group Walk: Newton, MA 10:00am
- ❖ *Sunday, Sept. 29*
Group Walk: Hyannis 10:00am
- ❖ *Sunday, Oct. 6*
Group Walk: Bristol, RI 2:00pm
- ❖ *Saturday, Oct. 12*
Group Walk: Sandwich—Canal details pending

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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August Meeting Highlights

by Marianne Marshall

Meeting held Aug 3, 2024 in Medway

Sunshine:

- Thank you received from Roy & Pat Damiani for sympathy card.
- Get well cards to Johanna Henning and Bonnie Negggers.
- Sympathy card to Mary Frink & her mother on the death of Mary's father.

Walk Coordinator:

- Special Places (Boston), Sunday, Nov. 10, sign-in from 8-10am; map-guided.
- New award patches received for Newport.
- Total of 229 participants on yearly & seasonal events through 2nd quarter,
- Sandwich seasonal bike route closing at end of 2024.
- Hud-to-Hou Northeast walking event: Hotel sold out but multiple other options nearby.

AVA News:

June Checkpoint: registration form for the 2025 Biennial Convention in Las Cruces, New Mexico targeted to be open in September; convention dates April 29-May 2, 2025.

July Checkpoint: results to AVA's 2024 Membership Survey are being compiled.

New Business:

WnM elections to be held **at October 7 meeting**. Anyone interested in learning more about the duties of the 4 elected offices (President, Vice President, Secretary, and Treasurer) or running for a position, please contact a current officer.

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

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A Memorable Walk in Medway, MA

by Bev Lange

It was a beautiful, sunny day in Medway, MA for our walk and picnic event on August 3rd. However, it was also extremely HOT! The temperature was in the 90s with humidity in the 80s so the “feels like” temperature was in excess of 100 degrees. A big THANK YOU to the 42 participants who ventured out in the heat to join us for the walk/picnic.

Our start point was at Choate Park which is a beautiful area with a large pavilion, two playgrounds, a pond, and many trails in the woods. The walk began by circling the pond and then taking one of the trails through the woods before reaching the high school fields. At this point, walkers turned around and returned to the start point. The routes then separated with the 5km heading out to their checkpoint which was conveniently located near the Muffin House (in case you needed an iced coffee, lemonade, or bakery item to replenish you before heading back to the finish and picnic).

The 10km route went in the opposite direction through Medway’s historic district and headed toward downtown. Before reaching downtown, they first stopped at the checkpoint near the dog park (which was staffed by our younger members Rayna, Priya, and Nico). We also had our adult volunteers Monica, Elizabeth, and Bill who seemed to have many activities for the younger ones to enjoy while they waited for walkers to arrive. Once they left the checkpoint, walkers continued through residential areas before reaching Medway center and a beautiful Veterans memorial. After leaving the memorial the route continued through more residential areas and then on to the second checkpoint at Tri Valley Sports. We are thankful to Tri Valley Sports for letting us set up a checkpoint outside their store. I suspect that some of our volunteers may have ventured inside for a few minutes to enjoy the air conditioning! Upon leaving the checkpoint, the rest of the walk was downhill (thank goodness!) and back to Choate Park for the picnic.

Thank you to all our volunteers for making this a memorable event: Miriam Boucher, Sandy Hall, Marianne Brinker, Joe LaPointe, Jean Morrissey, Bill Hatch, Monica Hait, Elizabeth Ahluwalia, Rayna Ahluwalia, Priya Ahluwalia, Nico Ahluwalia, Diane Bucher, Johanna Henning, Ernie Laviolette, Agnes Laviolette, Blake Mitchell, Mary Frink, Carol Leiter, Joanne Izbicki, Marianne Marshall, Charlie Conway, Diane Peterson, Keith Harlow, Dawn Harlow, Ann Plichta, Karen Plichta, Paul Kelley, and Linda Perrotto.

Even though the day was extremely hot, the pavilion at Choate Park offered some shade and an occasional breeze so we were able to enjoy a lovely picnic lunch and a celebration of the 400th traditional day event for Walk 'n Mass (check out the photos later in the newsletter and on the website to see the t-shirts designed by Elizabeth Ahluwalia). What a great accomplishment – 400 events in just under 40 years. Now we can start working toward 500 events! Anyone interested in setting up a future event? Maybe you have an idea for a great place to walk but you don't think you can set up the entire event yourself. No need to worry – we will find others who are willing to help you. I have found that the hardest part is usually finding the start location. So, if anyone has an idea for a start location, let us know and we can help you plan the event.

Enjoy the rest of the summer and please come out and join us on some of our upcoming group walks.



Photos by Bev Lange

Bulletin Board

Karen Plichta shared an exciting recent achievement by our president, **Mary Frink**. In June, Mary competed in the prestigious **International Axe Throwing Championship** in Toronto, Canada.



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

AVA Newsflash: Effective immediately, when you've completed an AVA Special Program book, you may take photos or scan the book and email to the program POC. No requirement to mail the original book any longer. If you are unable to submit electronically, AVA now recommends making a copy of the completed Special Program book and mailing the copy only (you retain the original). Your program award item will still be mailed to you by the special program POC after verification of submitted book details.


Next Club Meeting
Monday, Sept. 9

6:30 pm

Stop & Shop
 40 Franklin Village Drive
 Franklin, MA 02038

Up the stairs past
 Customer Service Desk

Weathervane answer from August = **Lowell**, at Boot Cotton Mills Museum with special decoration being a shuttle used for weaving, indicative of Lowell's history as a textile mill town.




AMERICA'S WALKING CLUB

— ESTABLISHED 1976 —

NOV 15 – 22, 2025

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



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

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
Deposit extended to Sept. 24, 2024
 Final Payment due by July 1, 2025



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

Medway in Pictures

AVA Walk 'n Mass Volkssport Club
8 hours ago

Beautiful day for a walk, and splash pad after?????



Blake Mitchell



Bev Lange



Bev Lange

AVA Walk 'n Mass Volkssport Club
7 hours ago

Have you seen our new shirts? Looking good Beal! Happy 400th Event to us! Thanks to Liz for the design.



Blake Mitchell



Bev Lange



Bev Lange



Bev Lange

Canadian Walking Festival in Kingston, Ontario by Karen Plichta

Carol Giesecke and I participated in the Canadian Volkssport Federation's Walking Festival in Kingston, Ontario over our Memorial Day weekend. I had no expectations.

Honestly, the reason I decided to go was a remark made by Carol at a WnM club meeting two years ago. Carol arrived late because she had just returned from the Canadian convention. When asked about it, Carol's remark that stuck with me was: "They never ran out of food." Now, at AVA conventions I've attended in the past, you often heard, "They've run out of food and had to order more," because attendees were taking food like it was their dinner instead of appetizers to socialize with during a meet & greet. Anyway, the comment that "they never ran out of food" really attracted me so I said OK I'll go to Kingston.

We stayed in a college dormitory that was very nice. Carol and I had a two-room suite with a bathroom between the two of us.

The walks began in downtown Kingston. Our dormitory was not located at the walk start location so we had to WALK TO THE WALK! Imagine that...we're a walking club, but we didn't want to do the 1½ to 1¾ mile walk every morning just to get to the start of the walk. That wasn't fair! But we did, the first morning we walked through the city, and the next two we walked along Lake Ontario, which was much more scenic and seemed to be a little bit quicker.

As we were nearing downtown Kingston for the first day's walk, we saw bunches of walkers so we figured we'd follow them. However, we were walking towards and not with them and we couldn't figure out why. Eventually some kind soul told us where the convention hotel was located. It had changed names recently and we didn't know that. Once we made it to the convention site and got our stuff, we headed back out to join the throngs of walkers. We didn't do any back tracking to the start because we'd already done enough walking just to get to wherever the start was



supposed to be. There was a group leader, but we lost

Karen at the big sign at the Visitors' Bureau (photo by Denise Macaronas)

him when we turned to do the 10km.

However, we turned a little too soon and quickly stopped to reorient ourselves. Here's where the rubber didn't meet the road so to say. Out of pockets came phones with the walking routes on them. But the paper copy did not match the phone version, so that was our next dilemma. Which way to go? Eventually we figured it out when we saw other 10kers up ahead. Once we were done with the first walk, we decided it's way too far to go back to the dorm just to WALK back to the start for the afternoon walk, so I did the tourist thing. Found an Adirondack chair in front of the downtown visitor center, pulled it over so I could sit in the shade, had a little snack, and people watched until the afternoon walk.

Now for the reason I came. At the Meet & Greet that evening, Carol and I showed up and immediately joined a line and filled our plates with a wide variety of appetizers. While noshing at a high top table at the bar, we struck up a conversation with folks at another table. I was very glad to meet a Michigander who is on the Special Programs Committee. She gave me a lot of background history on the special programs. So, I found it very worthwhile that I attended the Meet & Greet, got lots of food, and was able to meet some other Volksmarchers.

Continued on page 7

CVF Festival in Kingston (cont.)

by Karen Plichta

The next day, we started the 10km route being led by a bagpiper in traditional dress. How very enjoyable! As we continued the walk, the leaders noted bathrooms were available in



Denise and Carol with Bagpiper
(photo by Carol Giesecke)

the rec center
"over there."

So a group of us did a massive 45-degree turn to head to the rec center only to find the building locked up tighter than a drum. Further on down the route was another restroom facility in the middle of a small park that was "promised to be open" but, again, wasn't. So now I'm thinking about our club. I know a WnM POC would have checked out the restroom facilities ahead of time on a Saturday to verify if what they were told was true instead of just assuming. Once again I know we're the Cadillac of Volksmarch clubs so I know we would have made sure that "small detail" was definitely confirmed.

Anyway, during the banquet dinner meal I was fortunate to sit with some very, very lively walkers and we had a great time kibitzing before, during, and after our meal until we had to be quiet because the "program of thank yous" was about to start. This was the only formal part of the whole weekend because, as I was told, it wasn't a convention in the normal style of AVA conventions. This

was a walking festival. There were no business meetings because the head



honchos were jealous of seeing walkers enjoying

Carol, Karen, Denise, and Nancy Wittenberg [AVA Chair] at breakfast
(photo by Denise Macaronas)

themselves during the meetings that some members were obligated to attend. So the powers that be decided to conduct the formal meeting a month ahead to take care of "business." And so they did. And that's why it's called a Canadian Walking Festival, not a Canadian convention. The only agenda is to have a good time. Back to the banquet dinner....there was more than enough to go around at the buffet for this meal and we were offered the opportunity to go back and get more food if we so chose.

Denise Macaronas also participated in the festival but she had a slightly different story about "food abundance" at the Meet & Greet. And my response is it's all about the timing. Carol and I walked into the line that was already formed to get food at the Meet & Greet whereas Denise sat obediently at her table until the table number was called to "circle the buffet." In our defense, we didn't know people were sitting at tables in the dining room waiting to be called. We got off the elevator, saw a line, and jumped in!!

Mark Your Calendars!
 2026 CVF Walking Festival will be held
 in Yellowknife, Northwest Territories,
June 12-14, 2026
 CVF Website: walks.ca

Walk Coordinator Speaks

by Beate Hait

Medway in Review – Forty-two participants attended our club's 400th traditional walk held on August 3 at Choate Park in Medway, MA. I thank my co-POC Beverly Lange and the volunteers who helped mark the trail, staff the start, finish, checkpoints, and specialties, take down the trail, and attend to the picnic portion of this event. See Bev's article on page 3 that captures the sense of camaraderie that was very evident at this event—and whenever club members get together to walk a volkwalk route.

Sunday, Nov. 10: The "Special Places"

Volkwalk Route in Boston – This will be a map-guided walk that you can walk on your own, starting anytime between 8:00 and 10:00 a.m. Or, you may choose to arrive at a specific time to join a group to walk the 5km or 11km distances. Details will be forthcoming in the October newsletter. Highlights of both routes include the Esplanade along the Charles River, the Hatch Memorial Shell, Bay Village, the Armory, and the New Old South Church. Our club member and Northeast Region Director Carol Giesecke is the POC of this event. Contact her with any questions: carolclay101@gmail.com

Group Walks of YR and S Events – There are quite a few group walks scheduled in the next few months, and I hope you are able to make an effort to get out and walk on those dates – either with the group or on your own.

For those of you anxiously wondering if the boardwalk in **Sandwich** has been reopened, the answer is YES. The new boardwalk has been built to ADA standards, is wider than the previous boardwalk, and has side rails. I am so looking forward to walking on this new boardwalk, which was part of the route as originally planned. I thank POC Pat Damiani for being vigilant and providing an alternate route to keep this YRE active while the boardwalk was repaired after the blizzard of January 29, 2022.

As you know, our **Freedom Trail and Back Bay YREs in Boston** use the Online Start Box registration process. However, on **Sunday, October 20, you may register in person for either route**—or both routes—(and get your IVV books stamped) by club members at one of the tables outside Faneuil Hall between 9:00 and 10:00 a.m.

Parking on the streets of Boston on Sunday is free, but parking garages are also available near Faneuil Hall: the Government Center Garage at the junction of Merrimac, Congress, and New Sudbury streets (2 blocks north of the Visitor Center); the Dock Square Garage (about 2 blocks east); and the Post Office Square underground garage (about 2 blocks south). Rates may be lower on weekends. Getting there by public transit is also easy. Boston has an excellent subway system with several stations near the start (Haymarket on the Orange & Green Lines, Park Street on the Green Line, Government Center on the Green & Blue Lines, and State Street on the Orange & Blue Lines). For information: www.mbta.com

Starting Point 2025 Pre-Orders – If you are interested in having your own copy of *Starting Point 2025*, please notify me ASAP as the club's order needs to be placed before the end of September. Email beateh1@aol.com or phone 774-292-9098 to express your interest and get on the pre-ordered list.

