

Co-President's Corner

It was an enjoyable time in Boston for the Freedom Trail group walk June 13. I had not been to Boston in quite a while and was happy to have gone this time. The weather was perfect and we took our time doing the walk. I was surprised at all the visitors who were in the area. I thought tourists typically came in July or late summer as I always take my vacations in that timeframe. I can honestly say that I have enjoyed the group walks this year as well as the bike ride in Cumberland on June 20. Though I have to admit my butt was very sore when we finished. I guess I need to ride more often to toughen up.



Joanne Izbicki, Jack Suchodolski and Margo along the Cumberland route

I am looking forward to hearing from my Co-President Mary Frink after she returns home from the AVA Convention with all the latest national news. Look for her update in a future *Footnotes*.

by Margo Craven

1996 Club History: Membership is 291.

WnM held 9 seasonal/year round events and 15 day events. Thanks to the Haitis and Meltzers for 4 of those events including a bike ride that took place all in one weekend. They also organized a wine and cheese reception along with a pizza party.

WnM ordered their first Club jackets and purchased a tent for recognition and protection at events.

Sunshine Committee was formed to send cards to members who are sick, injured or have suffered a loss. It consisted of Chris Lipson, Polly Meltzer and Beate Hait.

There were 3 Firsts this year for Walk 'n Mass: 1) WnM had two walks place in the AVA top 10 walks. The Boston Freedom Trail (POCs Don & Polly Meltzer) came in 2nd; and Newport RI. (POCs John Woodhouse Jr. and Betty Foley) came in 7th. 2) 1996 was the first year of our Providence, RI Seasonal (Capital walk). 3) also had our first Seasonal with an all woods trail (Northfield Mountain).

AVA celebrated the 20th Anniversary of volksmarching in the USA. It all started in Fredericksburg, TX in 1976.

Thank you, Jeanette Dosé, for taking the time, patience and effort to catalog all the club's historical documents in albums so that it can be shared with others.

Come Friends, Let's Walk

- ❖ *Saturday, June 27*
Group Walk:
Wellesley 10:00 am
- ❖ *Empire State (NY)*
offers guided walks
each Wednesday
during the summer.
Details at
www.walkescv.org
- ❖ *Saturday, Aug. 1*
Group Walk:
Providence 3:00 pm
(Water/Fire)
- ❖ *Saturday, Aug. 8*
Day Event:
Brookline
- ❖ *Saturday, Aug. 22*
Day Event & Picnic:
Natick

See club or AVA web-site for starting location details on these events. For group walks, please aim to arrive 15 minutes earlier to sign-in.



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June Club Meeting Highlights

by Marianne Marshall

Meeting held June 2, 2015

Group walks report:

- No group walks in July; contact Pat Damiani if you would like to schedule one on any Sunday
- Providence Water/Fire, Sat., August 1, @ 3:00 pm
- Boston & Beyond, Sun., September 13, @ 9:00 am
- Quincy, Sat., September 19, @ 10:00 am

Bea to reduce price on remaining beige and royal blue t-shirts; purchase 25 fleece jackets (new item); and re-order lime t-shirts and denim shirts.

Year-round and seasonal events need to be renewed for 2016; Bea to contact POCs.

Need a location and date for the 2016 Soup Walk.

Workers walk for Brookline will be July 25; for Natick, August 15.

Betty Green unanimously voted by regional clubs as the new Northeast Regional Director (NERD).

Members submitted changes to the proposed revised Club Constitution; please look for the article in this month's newsletter [Editor: see page 5] with these changes to be voted on at the meeting being held in conjunction with the Club Picnic in Natick on August 22.

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Volunteer Awards

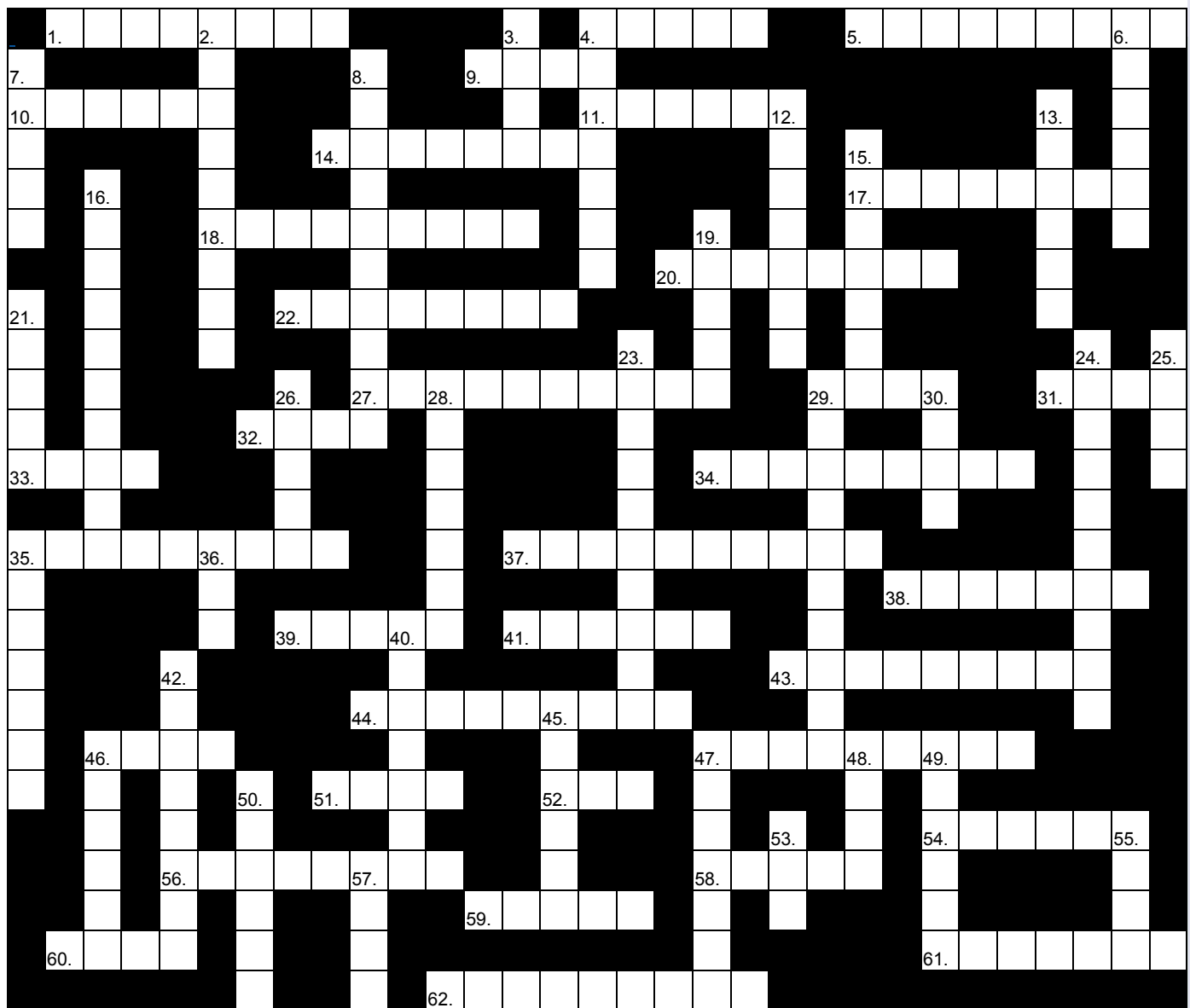
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Beachcomber Word Puzzle

by Karen Kolaczyk



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|---|---|--|---|
| <p>ACROSS</p> <ol style="list-style-type: none"> 1. Beach or pool activity 4. Surfers catch them 5. Softcover novel 9. "Let's Go Fly a ____" 10. Shelter for ships 11. Drying aids 14. Propels you in water 17. Appears at low 3 Down in impressions of rocks and sand 18. Life-saving ring 20. Breaking crest of a wave 22. Keeps rain off you 27. Navigational beacon 29. Crustacean found on land, in freshwater and oceans 31. Used as mold to build 6 Down 32. Fabric supported by a mast 33. Kind of seaweed 34. Type of beach sandals 35. Crab whose blood helps protect public health 37. Stone barrier | <ol style="list-style-type: none"> 38. Painful skin condition 39. Lightning striking sand result 41. Snowmobile on water? 43. Pedestrian walkway along beach 44. Facility for changing clothes and showering 46. Watercraft 47. First-responder for swimmers in distress 51. AKA porgy or panfish 52. Sunbathers desire 54. Keeps beverages chilled 56. Often attached to rocks and ship underbellies 58. Exoskeleton from sea life found in beach drift 59. Plump aircraft 60. Raised structure supported by pillars 61. Activity using 5 Across 62. Used to ride 4 Across | <p>DOWN</p> <ol style="list-style-type: none"> 2. Call & response game named for explorer 3. Low and high sea level variations 4. Protective skin for diving 6. Structure kids make of sand 7. Cool area beneath 22 Across 8. Olympic sport played on beach 12. Five-armed sea creature (variant) 13. Versatile foam water/pool toy 15. Permit affixed to a vehicle 16. Beach "currency" 19. Large sea mammal 21. Fearsome fish 23. Solar eye protection 24. Face up swim style 25. Plant treatment for suffers of 38 Across 26. Audio entertainment device 28. Equipment for viewing underwater 29. Sunscreen brand with dog pulling on little girl's bathing suit | <ol style="list-style-type: none"> 30. At start of JAWS, a woman was pushed into one 35. Where ocean meets sky 40. Common misnomer for 48 Down 42. Beachside food counter/kiosk 45. Eight-armed sea creatures (plural) 46. Two-piece swimwear 47. Large crustacean with tasty claws 48. Bird often seen along shores 49. Used to prevent 46 Across from drifting 50. Type of 29 Across which could be a pet 53. Price paid for a service 55. Weather that can ruin a beach day 57. Popular chowder mollusk |
|---|---|--|---|

Bulletin Board

Do you have a volksmarching travel story to share?

Send it to
footnotes.editor@gmail.com
for publication in a
future edition of **Footnotes**.

It's been decided not to renew the seasonal Cumberland walk & bike events for 2016. Get out and enjoy these rail trail/bike path routes while you can!

When you take a photo at a WnM event, with a group or on your own, send it to Jack Suchodolski, the club's Facebook coordinator at suchodolskijack@yahoo.com for sharing with the AVA community.

**Next Club Meeting
Tuesday, August 4**

6:30 pm

St. Michael's Parish Center
90 Concord Road (Rt. 62)
Bedford, MA

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: July 21st

Got plans for **Labor Day weekend**? Consider the Multi-Event Kickoff of a Walking the Counties of Missouri program. The Kickoff weekend is sponsored by 4 different clubs and includes **5 walks, each in a different Missouri county**, over 3 days. With 115 counties in the state, you would be off to a great start to this challenge!

Learn more at http://clayplattetrackers.org/pdf/2015_MO_COUNTY_WALKS_LABOR_DAY.pdf

Walk 'n Mass Coupons

Remember those 2-1/2" x 4-1/2" blue coupons you received at the 2014 picnic in Holliston for your volunteer hours? If you haven't yet redeemed them to defray the cost of a t-shirt, jacket, IVV book or something else you like at the Specialties Table, then you only have two opportunities left to use them. Come to the walk in Brookline on August 8 or our walk and Club Picnic in Natick on August 22 to find that item you can't live without.

Constitution Updates

Thanks to the help of several members, who reviewed the draft sent to all members with last month's *Footnotes*, the following are further changes proposed for the Walk 'n Mass Constitution:

-Article IV, Section 2: Change to read "...of all persons **without discrimination of any kind.**"

-Article V, Section 1.a and c: Change "or" to "and."

-Article V, Section 3.d: Delete

-Article VI, Sections 4 and 5: Rearrange for more logical groupings

-Article VI, Section 5.a: Change to read "... and preparing **information**/mailing labels to use for mailing the club newsletter."

-Article VI, Section 5.f.(2): Add: **The Newsletter Disseminators shall mail/e-mail, as requested by member, the Newsletter and pertinent pieces of information (event brochures, membership forms, etc.) in a timely basis.**

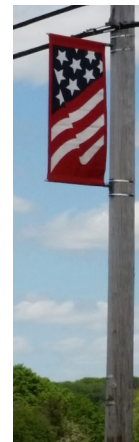
by Marianne Marshall

-Article VI, Section 5.k: Rewrite first sentence to read "The Specialties Chairperson shall arrange for the sale of specialty items and AVA achievement award books at all WNM events, other than seasonal or year round events."

-Article VI, Section 7.d: Rewrite last sentence to read "Special elections, **which shall be called by any elected officer and shall require at least 30 days advance notice to be published in the club newsletter**, may be held at any club meeting following the departure from office or resignation of any elected club official, using a floor-nomination ~~secret~~ ballot procedure.

-Article VIII.b: Add "...may be **taken from the floor** from the general membership . . .".

If anyone would like a copy of the Constitution showing all the proposed changes prior to the vote at our Natick Picnic walk on August 22, please contact Margo Craven at magoo249@comcast.net



Where is it?

This is one town ready for Independence Day! Plenty of patriotic decorations were seen along the WnM seasonal route.

Last month's photos were from Freedom Park in Quincy

Walk Coordinator Speaks

by Beate Hait

Brookline and Natick – Both of these August events qualify for the club's Marathon Challenge program. This is the second time we are hosting events in these locations, so if you still need either of these cities, plan to attend! **If you'd like to help staff either event, please contact me.** We'll also be celebrating Walk 'n Mass's 30th anniversary with a special **cake** at the picnic in Natick!

Columbus Day Weekend – We hope to have the brochure with full details ready for next month's newsletter, but here is a little preview on the events hosted by Empire State Capital Volkssporters (ESCV), Walk 'n Mass and Twin State Volkssport Association (TSVA).

Lenox, MA – Sat., Oct. 10 – Start is Shakespeare and Co. at 70 Kemble Street. The walk route will go through this small New England town in the heart of the Berkshires. Foliage should be at its peak. There are picnic tables on the grounds for those wishing to bring a picnic lunch and the theater will be presenting an evening performance (*An Iliad, a modern retelling of Homer's classic tale*).

Shelburne Falls, MA – Sun., Oct. 11 – Start is the Shelburne-Buckland Community Center at 53 Main Street. The route will explore downtown and residential areas as well as the Bridge of Flowers, Trolley Museum and the Lawson & Goodnow factory complex.

Bennington, VT – Mon., Oct. 12 – Start point is the gazebo of the Vermont Veterans Home on North Street. Route info pending.

In addition to these day events, there are four seasonal volkswalks in the area: **Brattleboro**, VT (only available for the month of October), **Bennington**, VT; **Williamstown**, MA and **Greenfield**, MA. See details at www.ava.org > Events > Search Events > select the state from the drop-down menu > select the event

There likely will not be a single host hotel, but with foliage season, it'd be wise to make your reservation now. Jan Varnon, POC of our Shelburne Falls day event and Greenfield seasonal, reports that there are several hotels (Red Roof Inn, Days Inn, Rodeway Inn, Hampton Inn) in South Deerfield and Greenfield (60 miles to Lenox; 17 miles to Shelburne Falls; 60 miles to Bennington). Carolyn Adams reports that there's also a campground in Shelburne Falls.

Remaining day events for 2015

Sat., Aug. 8 – Brookline, MA – Marathon Challenge
Sat., Aug. 22 – Natick, MA – Marathon Challenge and Club Picnic

Sat., Oct. 10 – Lenox, MA (ESCV)

Sun., Oct. 11 – Shelburne Falls, MA (WnM)

Mon., Oct. 12 – Bennington, VT (TSVA)

Sat., Oct. 17 – Lexington, MA – Crafty Awards Through the Years

Sat., Dec. 5 – Attleboro Holiday Walk at La Salette Shrine

Picture Time!



Left: Lunch was served following the Cumberland excursion

Right: Monumental rest spot for Freedom Trail walkers in Boston

