

Co-President's Corner

by Margo Craven

I love this weather to walk in as the air is so crisp and you don't need to carry a lot of water to keep cool. The trees are turning color and another side of nature is showing itself.



Before Columbus Day this year, I last walked in Shelburne Falls when WnM hosted a pair of weekend walks in 2004. Well, the area is just as lovely now as it was then. Those who participated in this year's Tri-Club events know the weather was perfect for walking! In fact, on Monday, I wished I brought my short pants to wear because the weather was so nice. It was a joy meeting members from other area clubs and hearing where they have walked in the past as well as their future plans. All the people I talked to who did the three weekend walks raved about them. No matter how many you did, I am sure you had a good experience.

Now, as my sister and I were crossing the Bridge of Flowers in Shelburne Falls, we spotted our nephew, his wife and daughter; neither group knew the others were going to be there. Who said it isn't a small world!!!!

I had dreaded the traffic that can occur during leaf season, but, to my surprise it was only maybe an extra 1/2 hour each way. That made the trip even more pleasurable.

Thanks to everyone for making this a great weekend! Lenox (Empire State Capital Volkssporters from New York) and Shelburne Falls, MA (Walk 'n Mass) along with Bennington, VT (Twin State Volkssport Association). People working together can make it happen!!!!

Kudos to Miriam Boucher and Mary Frink for putting on the Lexington walk on Oct. 17. Many, including myself, were surprised at all the well groomed walk/bike trails around town. Besides enjoying the walk, participants had a chance to buy past awards if any met their interest. At the finish table, everyone was given a new Walk 'n Mass pen along with delightfully shaped cookies to celebrate the club's 30th anniversary. Thanks to Mary Frink for going out of her way to make these cookies! While writing this, I ate my last one, unfortunately for me. Thanks Miriam and Mary for showing us a different side of Lexington!

We all know this autumn weather is not going to last long. There are still a few group walks coming up if you want company while trying to get your "All The Old Familiar Places" card filled.

See you on the trail!

Come Friends, Let's Walk

- ❖ *Sunday, Nov. 1*
Group Walk:
Newton Centre
1:00 pm
- ❖ *Sunday, Nov. 8*
Group Walk:
Newport, RI
Noon
- ❖ *Saturday, Nov. 14*
Group Walk:
Hyannis 10:30 am
- ❖ *Saturday, Nov. 14*
Group Walk:
Farmington, CT
9:00 am (CVVC)
- ❖ *Saturday, Nov. 21*
Group Walk:
Plymouth / Parade
9:45 am **(see page 4)**
- ❖ *Saturday, Dec. 5*
Day Event:
Attleboro
(Holiday Lights Walk)

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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October Club Meeting Highlights

by Marianne Marshall

Meeting held October 6, 2015

Treasurer's report:

- Income: \$371.36 Savings: \$1,315.44
- Expenses: \$1,363.34 CD: \$4,869.70
- Checking: \$2,025.77

Activities: Post-Holiday party either January 9 or 23 (depending on facility availability)

To jump start the holidays, attendees of the December 1 meeting are encouraged to bring cookies and join in some games

Group walks:

- Newton Centre, Sunday, November 1 @ 1:00 pm
- Newport, Sunday, November 8 @ 12:00 pm
- Plymouth (Parade), Sat., November 21 @ 9:45 am
- Boston Back Bay, Friday, January 1 @ 8:30 am

Sunshine: Sympathy card sent to John Balco's family and thoughts-are-with-you card to Susan Harrington

Walk Coordinator:

- All WnM year-round/seasonal walks submitted for 2016 accepted by Northeast Regional Director
- Should consider holding a walk in conjunction with AVA's 40th birthday in June 2016
- Need for POCs for Boston year-round walks in 2017; many thanks to Ernie & Agnes Laviolette for serving as POCs since January 2004

Mary Frink submitted info packet for WnM proposed Ice Cream Parlor Special Program to AVA

All are encouraged to respond, **by Nov. 1**, to AVA's Individual Stakeholder Online Survey available at <https://www.surveymonkey.com/r/AVA-Walker-Survey>

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Shelburne Falls Wrap-Up

by Bob & Jan Varnon

The Shelburne Falls walk on day 2 of the Tri-Club Columbus Day weekend exceeded our expectations as POCs. We had 87 walkers from eight states; the colorful fall leaves were in full regalia; the weather was warm and the sky was sunny; and we walked among the crowd of people all over town who seemed to be having a good time all day long.

The start point at the Community Building was very nice and right in the middle of town. The Trolley Museum was our checkpoint, which worked out well while at the same time gave us opportunities to meet & greet people on their way there. Many people took the trolley ride, which really is nice with the history explanation as well as the chance to just sit and enjoy a ride back into time. People thoroughly enjoyed the mosaics "treasure hunt" and over 20 participants were awarded WnM mugs or pins for finding all the mosaics along the trails. The Bridge of Flowers was a colorful sight to behold. Such a unique use of a former trolley bridge makes Shelburne Falls a destination for visitors from early spring until late fall.



Bridge of Flowers Photo by Beate Hait

Many, many people worked to make the walk a success while having a good time in the process. Some people created the route walk; others walked ahead of time to make sure both routes worked; someone arranged for the ads that appeared in the papers and online; someone signed up volunteers to help; people worked the start, finish, and check-point; and two crews marked the trails and then two more crews took the markings down. There was also a group of people who cleaned up the Community Building.

A successful walk like this one doesn't happen by accident. It happens because as a club we all work together as a team to make it happen. Thanks to all the people who made this walk possible.



NERD Betty Green was on-hand at all the weekend's events and found time at Shelburne Falls to present AVA Service Awards, announced at the 2015 convention, to some terrific individuals nominated for their contributions by TSVa.

L-R: Carolyn Adams, Cindy Gray, Betty Green, Valerie Kirley and Leo Bourque



Photos by Beate Hait

Betty also presented Co-President Margo Craven with an anniversary certificate and ribbon honoring WnM's 30th Anniversary

Bulletin Board

Shoe repair, MacGyver-style

Not even a damaged shoe stops this intrepid WnM trail take-down crew member. Just grab a little tape off an arrow and that shoe is good to go.



AVA turns 40 in 2016

The very first AVA event was held June 12-13, 1976 in Fredericksburg, TX. So to celebrate the 40th anniversary, multiple walks, a bike and a swim will be hosted in Fredericksburg, TX on June 10-12, 2016.

Next Club Meeting Tuesday, Nov. 3

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Plymouth Group Walk & Thanksgiving Parade Saturday, November 22

Sign-in 9:45 am; Walk start 10:00 am

Revised walk route to enjoy!

Due to road closures in advance of the parade, please select your driving route carefully.

Suggested alternate directions:

1. Route 3 South to Exit 6B—Route 44 East.
2. First LEFT on Westerly Rd (before gas station) to end.
 3. RIGHT on Liberty St.
 4. LEFT on Standish Ave.
 5. RIGHT on Cherry St.
 6. LEFT on Court Street.
Cordage Park will be on the right.

Congratulations

to our latest Marathon
Challenge finisher,
Valerie Kirley!

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Nov. 21st

Mark your calendar, the December club meeting will feature holiday themed games/trivia and all are invited to attend and bring desserts to share.

Tuesday, Dec. 1 @ 6:30

St. Michael's Parish Center

90 Concord Road (Rt. 62), Bedford, MA

Walking in O'ahu

by Paul Kelly & Linda Perrotto

O'ahu this September was hot and, because of nearby hurricanes, soakingly humid. Linda and I decided to try walks in Honolulu and in Kailua, on the windward side of the island.

We took a bus (Honolulu has an excellent and inexpensive system – \$1.00 per ride for seniors) to the start point of the Capital walk at a YMCA. The very flat route leads through all the important historical and governmental sites in downtown Honolulu. Striking among its structures of modern architecture is the State Capitol. Unlike most state capitols, it has no dome. Four palm-shaped columns uphold the offices. The walk passes through the columns to a park and a statue of Queen Lili'uokalani, a memorial to the sad end of the Hawaiian monarchy. Later, we interrupted the walk to visit the Iolani Palace (below), where we saw the details of her dethroning and imprisonment.



Progressing through Honolulu's Chinatown produced the second highlight of the walk. Everywhere you are accosted by the smells of exotic cooking, and The Pig and the Lady, a Vietnamese restaurant, drew us in. We had hot and spicy pho, Vietnamese soup. We finished the walk satisfied but still perspiring.



Do you have a volksmarching travel story to share?

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

Another day, the 56 bus carried us 13 miles away over the spine of O'ahu to the start point of the Kailua walk, a box on a pole outside the house of the POC, Maria Brasher. The route passes through lovely residential neighborhoods and we delighted in dozens of luxuriant gardens, and especially in one brightly painted surfboard half submerged vertically into its yard at the road edge, with the house number inscribed and a mailbox attached. The walk next took us to the beach and Alala Point, a promontory overlooking Kailua Bay. There we saw dozens of swimmers and paddlers in kayaks, and a few parasailers drawn by vividly decorated sheets aloft (shortly before we had gotten off the bus, a crowd of teenagers in swimsuits or shorts disembarked – this beach must have been their destination).



Surfboard mailbox

We returned to the center of Kailua and took a little detour into a strip mall for lunch at tiny Prima Kailua, where we shared tasty pizza. Back to the road and the Ulupo Heiau State Monument, which is a massive stone platform built by the Hawaiians in the 18th century. Its immense size impressed us. After that we returned to downtown Kailua and back to the start point. While we were completing our paperwork, Maria came out to greet us and offered the use of her bathroom. She accompanied us back to the bus stop, entertaining us with stories of her family while we waited for the bus to return to Honolulu.



Queen statue

We cannot say enough about the helpfulness of Maria Brasher and Gordon Tyau, the POC of the Capital walk. We inquired about details of the walks in advance by email, and all their answers were enlightening. And to be greeted by Maria at the end of our walk in Kailua – that was a pleasure not to be forgotten.

Indefatigable Duo Go Down Under by Pam Medolo

Taking a 9-hour overnight flight from Tokyo, we arrived in Sydney, Australia early on August 30. After checking in to our hotel, we decided to find the start of the Manly volksmarch (VM). Manly is a suburb of northern Sydney. Staff at Circular Quay (pronounced "K") Tourist Information directed us to a bus stop a few blocks away on George St. We lunched on ham, cheese + tomato sandwiches while waiting for a #180 bus. Purchasing tickets from the driver, we asked to be notified when we got to the Spit Bridge stop. We exited the bus at a very popular weekend spot (judging by the packed car park).



Besides the kookaburra, we were delighted by other colorful tropical birds we saw along the way...white ibises, cockatoos, rosella parrots, rainbow lorikeets, magpies and a brush turkey. However, we saw none of the small penguins said to reside in Manly Harbour.

At Manly Wharf, we crossed to the Corso

(pedestrian area with shops and cafés) then along Manly Beach where wetsuit-clad surfers were waiting to catch the waves. We continued to Shelly's Beach then up a hill to the lookout point and a short circular track along it for the final checkpoint. With our "fun meters" pegged, we retraced our steps back to the wharf, where we bought tickets (\$7.60 ea.) for the ferry to Circular Quay, a 30-minute trip.



Although the trail instructions said this was a 10km VM, we actually received credit for 14km, as the section from Spit Bridge to Manly Wharf was 10km and the section



from Manly Wharf to Shelly's Beach and back was another 4km. The latter section was actually optional but it wasn't written up that way in the instructions. Oy! All told, with tourist stops and the like, it took us four hours to complete our first VM in Australia.



Crossing the street at a traffic signal, we started walking the VM trail, following the sidewalk across the bridge to the Manly Scenic Walkway (a coastal trail) as directed in our Aussie Walk website print-out. It's a dirt and partly paved path, mostly just wide enough for two, with lots of ups and downs on stone stairs and some boardwalks.

Alternately we walked on beaches - some crowded with families enjoying the sunny weather although technically it was still winter here. A few kilometers into the walk we shed our light jackets.

At one point we left the VM trail to follow a winding path to Grotto Point Lighthouse. It was a bit of a let down as it was fenced off but along the way we heard and saw a Laughing Kookaburra just off the trail. Returning to the main trail and going up a small hill, we stopped to view ancient Aboriginal rock carvings. There were lots of people of all ages walking this scenic trail and we heard many different languages.



As we didn't know about the tides, we took the advised alternate trail up a hill but got "mis-placed" at Tarian Park as the trail signs stopped on the near side of the park. We asked a local for guidance and he pointed out where to pick up the trail again on the far side. We descended to the main trail sooner than planned through Sydney Harbour National Park to Forty Baskets Beach. After this beach, we walked through residential areas past million-dollar mansions with water views.

Photos by Mike Medolo

Lexington Recap

by Mary Frink

The Lexington walk didn't start out the best. It was drizzling, there was a hiccup with the supplies (too many to fit in my car), parking was an issue and I needed caffeine! However, this didn't last very long. The sun came out, volunteers arrived by the bunch to start marking the trails and I managed to sneak in a cup of tea.

There were so many supplies for this walk because there were 3 checkpoints, the start and finish tables and our very first Walk Through History sale! Everyone seemed to enjoy looking at the special "B" awards and reminiscing about the walks they represented. Monica was a fabulous salesperson and sold 24 items! It was great to see the variety of things that had been done in the past as awards for walks. Maybe someone will get some good ideas for upcoming walks!

Miriam Boucher did an outstanding job incorporating the ACROSS Lexington walks as part of the trail. The mix of trail and neighborhood was just right. And the foliage was just starting to pop! The 10km walkers probably don't realize that the route they enjoyed wasn't what we originally planned. At the workers' walk 2 weeks prior, we discovered a large crater in the middle of one forest path where they were rehabilitating the adjacent stream. So we came up with a detour and Miriam added the circuit around the square to make up the distance. We're nothing if not resourceful in this club. Thanks to Marianne Marshall and Ann Plichta for rechecking the new 10km route and revised directions for us!

The 5km walkers went in the opposite direction and got to walk around the fitness trail. Miriam and I have walked it before and even tried some of the stations. What a great use of reclaimed land. Everyone seemed to enjoy themselves on both trails.

I hope everyone took home cookies and an anniversary pen. Did anyone figure out the theme for the cookies? The green one was supposed to represent Walk (the sneaker) and the blue one was 'n Mass (Massachusetts). I know. Sometimes I get too clever.



Many thanks to everyone who volunteered. With 3 checkpoints, we needed lots of help Leo Bourque, Diane Bucher, Claudia Cauchon, Jane Cauchon, Marie Conlan, Margo Craven, Pat Damiani, Verna DeVine, Joe Duggan, Nancy Estrella, Arlene Girouard, Beate Hait, Monica Hait, Sandy Hall, Joanne Izbicki, Paul Kelly, Susie King, Linda Kipnes, Karen Kolaczyk, Chris Lipson, Chuck Lipson, Marianne Marshall, Dana Moran, Linda Perrotto, Ann Plichta, Karen Plichta, Deborah Redfield, Ginnie Stowell, Walter Stowell, and Sharon Stumpf. Special thanks to Karen Kolaczyk who picked up the (abundant) supplies and to Margo Craven and Beate Hait who took back items that wouldn't fit in Karen's car or my car at the end of the day. Extra special thanks to my co-POC, Miriam Boucher, for designing a fabulous walk and working with the craft guild to let us use their space.



Left: Ann and Karen return from taking down the 10km markings.



Right: Sun beams on Joy Peach and Verna DeVine as they begin their walk.

Photos by Beate Hait



Where is it?

Water scenes on a WnM seasonal route.

Last month's lobster cutout was found along the Newport trail.

Photos by Margo Craven



Walk Coordinator Speaks

by Beate Hait

Columbus Day Weekend – POCs Bob and Jan Varnon wrote a wonderful summary of our event in Shelburne Falls (see page 3). Glorious fall weather, brilliant foliage, pleasant walk routes and “nice to see you” were comments heard time and again on this weekend, where 98 participated in the walk in Lenox, 87 in Shelburne Falls and 48 in Bennington. Among those were NERD Betty Green and her husband Mike and former NERD Doug Reynolds and his wife Jackie. A group of 25 also gathered Saturday evening for dinner at Applebee's and good food, cheer and camaraderie filled the tables.

Lexington 10/17 – It was a brisk but sunny day that welcomed 66 walkers to Lexington. Twenty-four of the specially selected Walk through History “B” awards were purchased. Thanks to POCs Miriam Boucher and Mary Frink for orchestrating this event.

All the Old Familiar Places Cards – As you complete these cards by walking 12 of our club's YREs and SEs this year, submit them at December's walk in Attleboro, mail to Mary Frink, 38 Carter St. #205, Everett, MA 02149 or bring to our After-Holiday Party in January where winners will be drawn.

Lexington Battle Road SE – The Visitor Center is closing earlier than anticipated, so this event will end for the year on Oct. 30.

Events in 2016 – Where should we walk next year? The seasons are slipping by and planning for 2016 events starts now. For those of you still needing Ashland, Framingham or Hopkinton to complete the club's Marathon Challenge, we will have events in those towns. We do want events in other parts of the state, so if you have a route in mind that you especially enjoyed in the past, let me know and we'll see about revisiting that location. Suggestions for new locations are also eagerly sought! beateh1@aol.com

Picture Time!

The monument and moose were too enticing to miss, so these 5km walkers drove up after completing their route in Bennington, VT on Columbus Day. Participants doing the 10km route got there during the walk and passed along word of the sights.

