

President's Corner

by Mary Frink

Some of you may know that I am celebrating a big birthday this year that ends in a zero. I've never been one of those people who hates birthdays. On the contrary! I believe they should be celebrated for as long as possible with as much cake as you can get! However, they do make me think about where I am in my life and if I'm happy. My mom has been sending me pictures every day from a year in my life. Most of them have been places I traveled to. She just got to my very first walking trip which was to Alaska for an AVA regional conference. It's hard to believe it was only 8 years ago! That was what got me into Walk 'n Mass.

Karen Kolaczyk and I used to work together. She had been a member of Walk 'n Mass for ages and heard about the conference. We had traveled together on other trips and I had always wanted to go to Alaska. I didn't think I could do a 10K every day for however many days the conference was, so I actually started training in our office building. There is an atrium with areas to walk. I found out how many laps were in a mile and off I went. I started with one mile and increased it every week by half a mile. I was only up to 5 miles by the time we left, but it did the trick.

My first event experience with Walk 'n Mass was the soup walk that year. Karen convinced me to join and to start the 50 states special program. She figured (rightly so) that I may not make it back to Alaska if I decided to start the program later. I had a great time at the soup walk and did many other day events and Tuesday night walks, often walking with Karen for trail takedown.

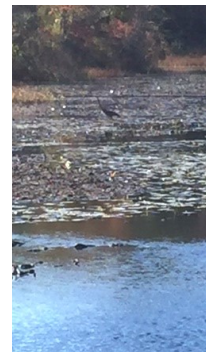
Karen Plichta went with us to Alaska and the whole time we were there, Karen K. tried to talk us into being on the WnM board. There were a couple of people who wanted to "retire" and she figured Karen P. and I would be perfect to succeed them. By the time we got back, I think Karen P. and I agreed to do it just to get Karen K. to stop nagging us! The rest, as they say, is history. I have been on so many trips and seen so many great things since joining Walk 'n Mass. It's definitely one of the things I am happy about in my life!

Finally, if I don't see you before then, have a great Thanksgiving!

*Spotted in Milford:
a Blue Heron!*

*(Look closely, center
about 2/3 up.)*

Photo by Mary Frink



Come Friends, Let's Walk

- ❖ *Sunday, Nov. 4*
Day Event:
Albany, NY (ESCV)
Pizza Party
- ❖ *Saturday, Nov. 10*
Group Walk:
Newport, RI
10:00 am **(see p. 4)**
- ❖ *Saturday, Nov. 17*
Group Walk:
Plymouth, MA
10:00 am **(see p. 4)**
- ❖ *Friday, Nov. 23*
Group Walk:
Fall River, MA
10:00 am **(see p. 4)**
- ❖ *Friday, Nov. 23*
Group Walk:
Concord, MA
10:00 am **(see p. 4)**
- ❖ *Sunday, Nov. 25*
Group Walk:
Newton Centre
1:15 pm
- ❖ *Saturday, Dec. 1*
Day Event:
Attleboro

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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AVA Achievement Awards (compiled from American Wanderer)

Congratulations to the following people for their achievements as shown:

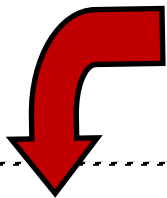
Name	Events	Distance
Sandi Barber	10	
Betty Green	850	
Michael Green	850	
Sandra Hall	275, 300	
Joanne Izbicki	600	7,500 KM
Paul Kelly		500 KM
Linda Perrotto		500 KM

Did I overlook either your event or distance award? Please let me know so I can include it in the next issue of Footnotes.

- Marianne Marshall,
mrbwalker@verizon.net

Congrats to our slate of **club officers re-elected at the October** meeting for the 2018-2020 term: Mary Frink, Keith Harlow, Marianne Marshall, and Karen Plichta.

Diane Peterson has now taken on the **Membership Chairperson** role. Thanks also to all the other chairpeople for continuing in their roles. (Still needed: Group Walk Coordinator.)



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
mrbwalker@verizon.net

Treasurer

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

Activities Chairperson

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

Email Contact

Paul Graveline, Andover
978-470-1971
k1yub@comcast.net

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 **OPEN-volunteer(s) needed**

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

Ernie & Agnes Laviolette, Hudson
978-562-7023
ealavio@verizon.net

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
kkolaczyk@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

Verna DeVine, Attleboro
508-399-8512
vernadvn@yahoo.com

Volunteer Awards

Marianne Marshall, Waltham
781-899-5975
mrbwalker@verizon.net

Facebook POC

Jack Suchodolski, Cumberland
suchodolskijack@yahoo.com

Webmaster

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

Trail Master's Diary: Attleboro

by Ann Plichta

It's never too early to start thinking about the holiday season. Just walk into any store and Christmas displays are already up. Walk 'n Mass Volkssport Club invites you to get into a festive holiday mood with 5km and 10km walks in Attleboro on Saturday, December 1. Attleboro was first settled in 1634 and incorporated as a town in 1694. It became a city in 1914 and was known as "The Jewelry Capital of the World" around that time, due to its many jewelry manufacturers, especially L. G. Balfour, which has since left the area. Others still remain, however.

The walks begin at beautiful LaSalette Shrine. With over 300,000 holiday lights covering approximately 10 acres, it is the largest religious light display on the East Coast. After you walk, stay and watch the lights come on at 5 pm. It's spectacular! Take a walk around the grounds and enjoy all the sights. You'll also find over 100 crèches from all across the globe, a church, and gift shop.

The 10km route begins at LaSalette. Walkers will explore the shrine grounds before heading to a trail through a conservation area. The route continues through neighborhoods and heads to Capron Park and Zoo. The zoo is approximately 8 acres and features over 100 animals from 44 different species. Admission to the zoo is free on walk day when you present your walk card (note: zoo closes at 3 pm). From the zoo, the route travels through more residential neighborhoods with historic homes before heading to one of the newer sections of Attleboro...the Judith Robbins Riverfront Park and Trail along the Ten Mile River. It's part of a downtown urban village project that

mixes transportation, housing, and business. Walkers will continue along a boardwalk before heading downtown and the checkpoint at the Attleboro Area Industrial Museum. If you're hungry, this is the traditional place for delicious cookies and hot cider provided by club members. After leaving the museum, the route continues through more neighborhoods, passing by the famous Bliss Dairy. Stop in for a bite to eat if you haven't filled up on cookies! Walkers then return to LaSalette Shrine & the beautiful light display.

The 5km walkers will sign in at LaSalette, then drive to the start at the Attleboro Area Industrial Museum. The route passes through residential areas before heading to the Capron Park and Zoo (free admission with your start card, zoo closes at 3 pm). They will also head to the Riverfront Park and Trail before returning downtown and back to the finish at the museum.

Due to the conservation area and a dirt path at the end, the 10km has an AVA rating of 1B, suitable for baby joggers, but difficult for wheelchairs. The 5km is on mostly flat, paved surfaces, and has an AVA rating of 1A, suitable for both strollers and wheelchairs.

Join Walk 'n Mass Volkssport Club on December 1 and get into the holiday spirit with 5 and 10km walks at beautiful LaSalette Shrine in Attleboro. Go for a walk, enjoy some holiday cookies, and stay for the spectacular light display. It's sure to give you some holiday cheer. Hope to see you on the trail!

HEAR YE, HEAR YE: We are seeking volunteers to help at the various posts in Attleboro (trail marking, start/finish, checkpoints, and trail takedown). Help is particularly needed on the **trail marking & trail takedown crews**. Please contact Margo Craven (508-222-1152 or magoo249@comcast.net) today to volunteer!

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*.

How are you doing on your **Ice Cream Parlors special program book**? Remember, 16 of our YRE/SE qualify (and so does Attleboro) not to mention events sponsored by nearby sister clubs. Each event can be counted once and you may not duplicate chain ice cream stores.



VICTORIA PHOENIX WALKING FESTIVAL: Victoria, British Columbia, Canada
May 3 - 5, 2019

GREEK COMMUNITY CENTRE, 4648 Elk Lake Drive, Victoria BC V8Z 5M1
www.vvpf.ca

Seven walks will be available every day with 5, 6, 10, 11 or 12 km distances.
One 21 km with open start available on Saturday.

Following week, join the Coast to Coast walks through British Columbia.
www.vvpf.ca/coasttocoast.html

Next Club Meeting Monday, November 5

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Special Info for several November Group Walks

When we visit **Newport on Nov. 10**, it's **Restaurant Week** so there'll be lots of tasty options for refueling!

The annual **Thanksgiving Parade** in Plymouth occurs the day of our group walk (**Nov. 17**) so please meet at **Cordage Park for sign-in** rather than the official start point.

As part of **#OptOutside on Nov. 23**, we are offering 2 terrific group walks in place of (boring) Black Friday shopping. For **Concord**, please **park and meet at the town lot on Keyes Road** behind the Visitor Center for sign-in rather than the official start point. The **Fall River** group shall meet at Battleship Cove which is our official start point.

Gather to sign-in for all the above at 9:45, as group walks depart at 10:00 am.

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Nov 25th

Congrats Pat!

Seen on Facebook:

Pat Damiani completed her 50th state while on the Unforgettable Utah trip by Walking Adventures.

AVA Vice President Nancy Wittenberg was there to help celebrate the achievement.

Certainly, Utah will be unforgettable for Pat!



October Meeting Highlights

by Marianne Marshall

Meeting held Monday, October 1, 2018

- After-Holiday Party planned for January 12 with a snow-date of January 19
- **Ice Cream Parlor:** 211 books sold; 72 people have completed the program
- **Diane Peterson** has stepped up to take over as **Membership Chair; many thanks to Chuck Lipson for his 21 years in this position**
- **Walk Coordinator:**
 - Soup walk will be **March 30, 2019**
 - Will print extra year-round/seasonal booklets with hopes attendance will be higher at our walks due to the 2019 convention in Albany
 - New patches ordered for year-round/seasonal events should be in by the end of October

- All current officeholders for WnM positions of President, Vice President, Secretary, and Treasurer ran unopposed and were unanimously voted for another term

AVA News:

- September Checkpoint: Membership to vote at convention for/against changing tax year to a January-December cycle

Albany Convention:

- Donations for Silent Auction requested
- Convention registration not ready until costs are completely worked out
- WnM will pay portion of WnM delegate's convention costs

Milford Walk Recap

by Keith Harlow

It was a little chilly and a little damp to start the day, but the sun eventually peeked through and the 47 hearty souls that showed up for our day event in Milford had a great time, and I had fun seeing everyone. Thanks to all the volunteers who helped make this a great walk, and I hope to see everyone at the final day event of the year in Attleboro.



Top row: Louisa Lake on Oct. 20

Middle row: (left) lake had slightly less foliage color for our workers' walk the prior weekend

(center) Joe, Barbara, and Kathy Piffat enjoying the bike path trail

(right) Dawn Harlow & Bev Lange work the gazebo checkpoint



At right: Joanne Izbicki and Margo Craven help Nicholson LaPointe with a meal at the Start/Finish.

Far right: fast friends, Margo and Nick, before Nick starts his shift at the Finish table (with parents Blake and Joe).



Photos courtesy of Keith Harlow

Walk Coordinator Speaks

by Beate Hait

Milford, MA on 10/20/18 – Thank you to Keith Harlow for again POCing this event which was enjoyed this year by 47 participants. See his recap and photos on page 5.

Save the Date: Saturday, March 30, 2019 – Soup Walk – With our year's theme of returning to areas where an event took place in inclement weather, we are once again returning to Holliston to lead off our 2019 walking season of traditional events. While



we've been here before in good weather – do you remember the year 2015 when there was a blustery snowfall that March day, which kept participation to half the typical attendance?

Let's see what Mother Nature has in store for us in 2019.

Save the Date: Tuesday, June 11, 2019 – AVA Biennial Convention Pre-Walk in Springfield, MA – Our club will be sponsoring this walking event as part of the AVA's convention that will be based in Albany, NY. We do hope you will participate AND volunteer at this event. With 300 – 500 participants from around the country expected, we need additional staffing at the start/finish areas and check-points to provide friendly faces and superior customer service!

There is a "volksswim" at the convention hotel and a "volksbike" at Saratoga National Historical Park. The schedule of convention

WALKS for pre-, during – and post-convention dates is:

- ◆ **Sunday, June 9 – Portsmouth, NH**
- ◆ **Monday, June 10 – Danvers, MA**
- ◆ **Tuesday, June 11 – Springfield, MA**
- ◆ **Wednesday, June 12 – Cohoes/Waterford, NY**
- ◆ **Thursday, June 13 – Saratoga National Historic Park and Schuylerville, NY**
- ◆ **Friday, June 14 – President's Walk – Albany, NY**
- ◆ **Saturday, June 15 – Cooperstown, NY**
- ◆ **Sunday, June 16 – Buffalo, NY**

The main convention will be Wednesday through Friday, June 12-14, with educational workshops and the business meetings held at the Red Lion Hotel, Albany on 205 Wolf Road. The block of rooms at the Red Lion Hotel is already sold out. **Another block of rooms is available at the nearby Red Roof Inn Albany Airport, where the block room rate is \$77.99. The Red Roof Inn is not a full-service hotel, and continental breakfast is not included.**

Again, I ask all club members to consider helping to staff any of the above events, and especially those in MA and NH. For those club members who are experiencing ambulatory challenges, here is an opportunity for you to be a part of the events. Please contact me if you'd like your name added to the staffing list now (while you're thinking about it) rather than waiting until the spring.

Check out the convention page at ava.org for details and updates on the happenings. The Registration Brochure will be available online soon.

Picture Time!

It was a warm but often cloudy day for the group walk in Hyannis on October 7.

Left to right: Ann Plichta, Pat Damiani, Roy Damiani, Karen Kolaczyk, Monica Hait



Bev Lange