

President's Corner

Happy Summer! I hope you have all been staying safe while walking in this crazy heat. The picnic walk in Medway is fast approaching! The format for the picnic will be the same as it was for the one at Lincoln Woods a few years ago. Please bring your own lunch. If you would like to also bring an appetizer or dessert to share, that would be greatly appreciated! Please send me an email at mfwalks2010@verizon.net and let me know if you are bringing something to share so I can help coordinate variety. You are also welcome to just hang out with everyone. I hope you will be able to come!

Many thanks to Marianne Marshall for the idea to hold our August board meeting right after the picnic. I invite everyone to stay and attend! Members are invited to all of our meetings, and this one will be easy to get to as you'll already be there. If you've ever looked at the list of board members in *Footnotes* and wondered what they all do, this is the perfect time to find out. A meeting usually consists of reports from all the board members, a review of any AVA business and a review of any Walk 'n Mass business that is outside a specific board member's

by Mary Frink

responsibility. You don't have to just sit and listen either. All members have a voice, so please come and be a part of the process.

As I said in the last newsletter, next year is our **40th anniversary!** We are looking for places to hold traditional walks. Are you a member of a club that has access to a building or do you have a relative that has a restaurant? We need somewhere with parking for about 40 cars that has bathrooms we can use from around 8:00 AM to 3:00 PM. If you have somewhere, please let me know! All I ask for is an introduction and I'll explain what we are all about and what we are looking for. Once we have the start point, then the creation of the walk can begin. Another idea is to recreate a walk from the past 40 years. Do you have one that sticks out in your memory? Please let me know and I can start researching.

See you in Medway!



Come Friends, Let's Walk

- ❖ *Saturday, Aug. 3*
Day Event & Club Picnic:
Medway, MA
- ❖ *Saturday, Aug. 31*
Group Walk:
Providence, RI
WaterFire
3:00 pm
- ❖ *Friday, Sept. 6 to*
Sunday, Sept. 8
Northeast Region
Weekend: *Hudson*
to Housatonic
[NY/CT]

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 TAW)

Based on the IVV Event and Distance Award information provided in the June 2024 issue of *The American Wanderer*, **congratulations** are due to the following people:

Name	Events	Distance
Carol Giesecke	400	2,500 KM
Jack Suchodolski	500	5,000 KM
Mary Suchodolski	600	
Sheila McClellan	1,200	12,000 KM

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

-Marianne Marshall,
secretary@walknmass.org



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Warren Walk Recap

by Ann Plichta

When I first found out that our Traditional Event in Warren had to be moved from mid-May to the end of June, I was a bit apprehensive. All I could think about was that it would be so hot and humid, nobody would come to walk. Mother Nature has given us plenty of hot, humid days, but thankfully June 29 was not one of them. We had 46 participants turn out on a great day for walking with temps in the low 70s, low humidity, and enough cloud cover to keep things comfortable.

We were happy to have Florida transplants Jack and Mary Suchodolski join us. Several of our walking friends from CVVC also participated, as well as a volksmarcher from Maryland. Carol Giesecke's cousin from Peru added an international flavor. The walkers seemed to enjoy the two 5km loops through the pretty seaside town of Warren, and the East Bay Bike Path into the neighboring town of Barrington.

Karen and I would like to thank Rick Branco and the Warren German American Club for allowing us to use their picturesque spot as our Start/Finish. And of course, a big thank you goes out to our volunteers: Diane Bucher, Margo Craven, Verna DeVine, Carol Ann Dorer, Nancy Estrella, Mary Frink, Carol Giesecke, Beate Hait, Sandy Hall, Dawn and Keith Harlow, Joanne Izbicki, Paul Kelly, Bev Lange, Marianne Marshall, Luiza McDougall, Linda Perrotto, Helen Tolbert, and Joel & Susan Weddig. Without you, we wouldn't be able to hold a Traditional Event.



Beate Hait



Bev Lange



Bev Lange



Beate Hait

Photos from Warren, RI



Beate Hait



Beate Hait

Bulletin Board



Beate Hairt



At left: do you recognize this weathervane seen on a WnM YRE volkswalk route? Which one? What is the special decoration on this weathervane?

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

Next Club Meeting Saturday, August 3

Meeting to follow picnic

Choate Park Pavilion
Medway, MA 02053

2025 Starting Point Photo Contest

https://cb.ava.org/checkpoint/2024/Jun/Submission_Form.pdf

[Editor: URL is live with typo]

Photos must be taken during the period from June 30, 2023 thru August 31, 2024.

Subject Matter: People, places, or things that you may have photographed while at an AVA event, club social gathering, or while walking on or near a sanctioned trail. Limit of three total submissions per person.

All photos submissions must be emailed to hector@ava.org with the release form or mail both to AVA. Also include photographer's name and email address, date the image was taken, and brief description of image. Note that all photos with forms must be received by August 31, 2024.

Mailing address for AVA:
1008 S. Alamo St.
San Antonio, TX 78210

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Aug. 21st

Walk 'n Mass Milestones

40

2025 will be the club's 40th year

400

Medway Picnic Walk on August 3, 2024 marks the 400th traditional day event for WnM



If you have an idea on how we can celebrate the 40th anniversary next year, please reach out to Mary Frink or attend one of our club meetings!

Volkswalking 101 with Walk 'n Mass

by Beate Hait

Traditional Events vs. Year-Round/ Seasonal Events

Traditional volkssport events are those scheduled for a specific day and often have a 3-hour window in which a participant may register for the walk. The start/finish area is staffed and the routes are marked with ribbons and arrows. You may then walk on your own or team up with someone else at the start area to walk together. The finish deadline at a traditional day event is typically 3 hours after the close of the start window.

Year-Round/Seasonal Events (YREs and SEs) are self-guided, mapped routes available for a specific time during the year whenever they fit your schedule—while traveling around the country or just in your own backyard. Some events have Walk Boxes at the start point that contain the registration log and route directions. Others offer the option of using an

online process (Online Start Box = OSB) to register and receive the route directions. The club also hosts group walks of year-round and seasonal events throughout the year.

There is a \$4 participation fee for these events. As a benefit of membership, Walk 'n Mass members are offered a \$1 discount when participating in a WnM-sponsored YRE or SE. In 2024, YREs can be found in Boston, Hyannis, Lowell, Newton Centre, Sandwich, and Wellesley, MA and in Providence, RI. The club's SEs in MA in 2024 include Cheshire, Concord, Fall River, Oak Bluffs (Martha's Vineyard), Plymouth, Provincetown, and Quincy, and in Bristol and Newport, RI.

Start/Finish details can be found on the club's website (www.walknmass.org) as well as on the AVA: America's Walking Club website (www.ava.org).

Walk 'n Mass Coupon Reminder by Marianne Marshall & Monica Hait

If you were one of our fabulous volunteers who reached a milestone last year and were awarded a coupon in Milford 2023, please be sure to note that those coupons expire **October 14, 2024**. Coupons are accepted at the WnM specialties table or may be used for the participation fee at a WnM day event.

Should you wish to browse available purchase options, the event in Medway on August 3 is your best opportunity. Note that club apparel items are available in limited sizes at this time. Coupons can also be used towards IVV event and distance books or even a New Walker Packet to gift to a friend.



Remembering Jeanette Dosé

by Beate Hait

Jeanette Dosé, who died on July 12, 2024, was a long-time, active member of Walk 'n Mass. She held many roles over the years and planned numerous walk and bike routes. Whenever help was needed, she was there. In July 2012, Jeanette was named Volunteer of the Month with the following as a summary of her volunteer record with Walk 'n Mass:

Summary of Jeanette's Volunteer Record

Club Historian: 2000-2011 (organized and captured information from the Club's 1985 start onwards)

Newsletter Editor: 2010-2012 (members eagerly read the Club newsletter for accurate information & her dry sense of humor spread throughout)

Assistant Trail Master/Trail Master: 2000-2007

Mentor: Lowell and Stoneham

POC of Concord seasonal: 14 years

Chairperson of day/night events in Concord, Westford, Wayland

Checkpoint: 16 events

Map preparation: 42 events

Start/Finish: 59+ events (frequently did both)

Trail marking/clean up: 28 events

Brush clearing at Tully Lake, bus tours, brochure preparations, set-up at Club picnics, etc., etc., etc.

Jeanette's wry sense of humor brought smiles to many. On August 27, 2000, in her role as historian, she wrote a poem—with musical accompaniment and delivered in rap style, if I remember correctly—that highlighted the activities of the club in the prior year. Of course with bits of humor thrown in. It was a highlight of the picnic walk held in Carlisle, MA.

Jeanette also took the initiative to compile a numbered list, in chronological order, of all the traditional events hosted by Walk 'n Mass, noting the date, location, type of award and number of participants. In 2011, when Jeanette retired from the historian role, she emailed that list to me, which I have been updating since then. We have Jeanette to thank for us knowing that the club is hosting its 400th event on August 3 this year.



We send condolences to Jeanette's family, especially her sister, Dottie Lavoie, who participated in volkswalks with Jeanette in the early years.

Walk 'n Mass Volkssport Club, The First 25 Years by Jeanette Dosé

Rick, Bob, Marianne, and John had a dream back in 1985. This dream became a reality when AVA accepted Walk 'n Mass V.C., and the club held its first walking event on a cold, wet day in November that drew 342 walkers. Just to ensure that this number was not a fluke, another walk was held in 1986 on a nice day in October, drawing 504 walkers! There was nothing stopping them now, and as the number of walks increased, the number of members increased, and these members added their ideas, making Walk 'n Mass V.C. known for its volkssport events and its social gatherings. I guess you could say there are enough laid-back people to balance the Type A personalities!

But, what means the most are the memories and the laughs, like the walk on Nantucket Island in 2003 when the ferry to the mainland was cancelled, stranding walkers to spend the night in the high school gym, eating peanut butter and macaroni! Or the laughs at the annual Christmas party's Yankee Swap each year. I can still see the high-speed chase when the NYC bound bus left without the 2 members in the car; they got a good round of applause when they boarded the bus! Remember the cake that was inscribed "Happy Birthday Walk'n Ass?!" Let me squeeze in one more. In 2001 the Westford walk started at St. Catherine's Church. Some walkers took advantage of this and went to church after their walk, giving a whole new meaning to the club's name!

Participation Totals (Q1 + Q2) in 2024

by Beate Hait

I find it encouraging that in the first six months of 2024, there were at least two participants in 18 of our 19 seasonal/year-round events. For 10 of those events, there was at least one group walk scheduled – and those 10 events had participation numbers in double digits. That tells me that it is worthwhile to schedule Group Walks—our members like the social aspect of walking with others.

The participants present set the pace, always with an eye out to not leaving anyone behind. Often, two groups form for walking either the longer distance (e.g., 10K) or shorter distance (e.g., 5K). The routes

of the two distances in several locations start out the same, providing ample opportunity for talking with one another before splitting into the smaller groups—and continuing to walk and talk. Sometimes, we even pick a spot to enjoy lunch together.

At a recent group walk in Fall River, six of the eight walkers were new to volkssporting—and to Fall River. I thoroughly enjoyed the excitement of these walkers when they discovered something along the route that piqued their interest. I have walked the Fall River routes many times over the years, it was refreshing to “see the sights through new eyes.”

EVENT	A Award + Participation Fee	\$4 Participation Fee	WnM Member paying \$3	2024 Q1+Q2 SE/YRE Total Walkers
Boston-Back Bay	0	7	13	20
Boston-Freedom Trail	0	3	0	3
Bristol	2	4	14	20
Cheshire	0	2	0	2
Concord	0	2	10	12
Fall River	0	6	4	10
Oak Bluffs	0	2	0	2
Hyannis	1	2	2	5
Lowell	0	1	3	4
Newport	1	10	5	16
Newton	1	8	24	33
Plymouth	1	0	2	3
Providence	2	4	15	21
Provincetown	0	2	0	2
Quincy	0	8	6	14
Sandwich - Bike	0	0	0	0
Sandwich - Walk	0	1	15	16
Roslindale	0	0	3	3
Wellesley	0	6	37	43
TOTALS	8	68	153	229

Walk Coordinator Speaks

by Beate Hait

Club picnic walk in Medway on August 3 —

As this newsletter goes to press, we are looking forward to participating in the club's 400th traditional walk in its history and joining with fellow walkers for the bring-your-own picnic and club awards ceremony. If you'd like to bring an appetizer or dessert to share, please do so. If you have questions, please contact Bea: 774-292-9098.

Save the dates: October 20 and November 10

— Carol Giesecke is working on map-guided walks in Boston. On October 20, you can register in person for the year-round Freedom Trail and Back Bay volkswalks. On November 10, the walk event features the "special places" route. Look for details in the next newsletter.

Northeast Region Weekend – Hudson to Housatonic – September 6 to 8 —

This is the third year that the Northeast Region is hosting a multi-event weekend. Following weekends in Buffalo, NY and Cape Cod, this year we participate in walks along the Hudson and Housatonic Rivers: 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 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 nodegreen.com/hudtohou/

Deadline to register is August 1.

Boston Pictures:

Beate Hait



Beate Hait



Bev Lange

Though hot, the July 14 group had a fabulous time exploring sights of Boston along the Freedom Trail.



Bev Lange