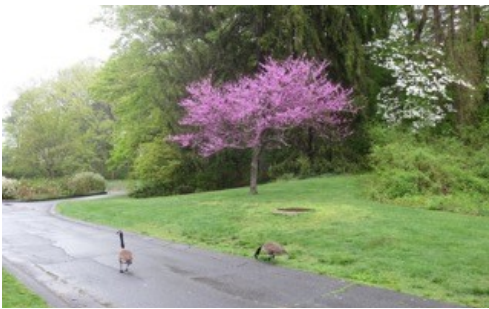


## President's Corner by Mary Frink

Did you do the Springfield walk last year? I was just looking through my pictures. I had forgotten about the rain. I had also forgotten about the zoo and the rose garden! It was around this time of year, so the trees were in flower everywhere. I even saw deer off one of the trails and geese were happily wandering about. This year's walk is not starting from the same point, instead starting within Forest Park so the route will be a little different, but it should still be beautiful. Maybe the roses will be blooming.



Tuesday, June 11 is only about 6 weeks away! So far there are 206 people pre-registered. When I was POC for my first walk, I was so excited we had 99 people. I can't even imagine 206! I know when the club first started, walks normally had that many or even more walkers. We still need help staffing all the volunteer shifts! If you are coming to the Springfield walk, or can take the day off to help there, please consider volunteering even if it's only for a short time. We have many more slots than normal and need people to fill them! You can call or email Bea or myself.

I'd like to wax poetic for a moment and give a big thank you to everyone who has volunteered or will volunteer at one of our walks. I sometimes forget the little details while trying to make sure I don't lose sight of the big picture. Volunteering can be something as small as putting flyers for a walk in the local library or something as big as being POC for a walk or being a club officer. Every little bit helps. One of the things I love about this club is the community. We are all doing something we love, walking, and we all pull together to make it happen. I know we can really walk anywhere. All you need is a good pair of sneakers and off you go. There is something about doing one of our walks. Someone wants to show off something about the area chosen or there is some history to be learned or both! I can't say I've ever done a walk that I've regretted doing. Okay...I did do one in Oregon once where the altitude nearly did me in, but that's different! I've never done a walk that I thought was a waste of time. And that's all thanks to the people who make them possible! So, another big thank you from me to all past, current, and future volunteers!

If you didn't know, we do keep track of volunteer hours and give thank you gifts at the picnic walk each year for milestones reached. Maybe this year Keith and I will read your name!

### Come Friends, Let's Walk

- ❖ *Saturday, May 4  
Day Event:  
Greenwich, NY  
(ESCV)*
- ❖ *Saturday, May 4  
Group Walk:  
Bristol, RI 10:00 am*
- ❖ *Saturday, May 4  
Group Walk:  
Madison, CT  
9:00 am (CVVC)*
- ❖ *Saturday, May 11  
Group Walk:  
Concord, MA  
10:00 am*
- ❖ *Sunday, May 19  
Group Walk:  
Hyannis, MA  
10:00 am*
- ❖ *Saturday, June 1  
Group Walk:  
Quincy, MA  
10:00 am*

*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.*



### Issue Highlights:

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## Lexington Group Photos

A nice day brought a good turnout for our Lexington group walk on Saturday, April 6. Several people missed the obligatory photo at the 6km turnaround and British soldier burial site plaque, but nonetheless enjoyed the day.

Top, left to right: Rich Allen, Angela Allen, Diane Bucher, Keith Harlow, Dawn Harlow, Margo Craven, Ann Plichta, Monica Hait

Bottom, left to right: Beate Hait and Barbara Kimball



Joanne Izbicki



Beate Hait

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# Holliston in Review

by Bev Lange

We had a beautiful day to start our club's walking season off with the annual soup walk in Holliston on March 30. It was a little overcast while we were setting up but the sky soon turned blue and the temperature was very comfortable for walking.

Although we used the same routes as in previous years, we decided to reverse both loops this year and it almost seemed like a brand new walk. Given the lovely weather, walkers were able to follow the Upper Charles Trail and go over the recently renovated 8-Arch Bridge. What a wonderful view (at least for those who aren't afraid of heights!).

We were pleased to welcome some new walkers and hope to see them at more of our events this season. Although the official number of walkers was 68, we also had two infants and several dogs who accompanied

us on the routes. At the end of the walk everyone enjoyed some wonderful soups, appetizers, breads, and a great many desserts.

Thanks to everyone who contributed all the great food and to Chris and Chuck Lipson, as well as Sue and Dave Roberston who managed the food/beverage part of the event. Thanks also to my co-POC, Bea Hait, our young greeter Nicholson LaPointe and all those who helped stage the event: Diane Bucher, Margo Craven, Nancy Estrella, Jack Fernandes, Mary Frink, Pat Graeben, Monica Hait, Dawn Harlow, Keith Harlow, Joanne Izbicki, Karen Kolaczyk, Joe LaPointe, Agnes Laviolette, Ernie Laviolette, Blake Mitchell, Jean Morrissey, Diane Peterson, Ann Plichta, Deb Redfield. These events wouldn't happen without you – thanks so much!!

Right: Nicholson LaPointe and mom Blake Mitchell chat with Joanne Izbicki and Margo Craven on the stairs, while Diane Peterson heads out. Carol and Lee West of Connecticut are ready for the sun.

Far right: Lucky Tolbert enjoyed the walk and found another Lucky outside of Fiske's General Store.



Beaie Hait



Helen Tolbert



Monica Hait

Above: A week beforehand, many volunteers took the opportunity to enjoy the trail at the workers' walk. Here the group traverses the 8-arch bridge.

# Bulletin Board

**Walking Adventures** will be touring our area before and after the AVA Convention in Albany. Plans include: June 8 Boston Freedom Trail, June 9 Portsmouth, June 10 Danvers & Concord, MA, June 11 Springfield, June 12-16: Convention walks, June 17 Hartford & Mystic, CT, June 18 Providence & Newport, RI, June 19 Plymouth. If you'd like to walk with the visitors contact Margo Craven (magoo249@comcast.net) to get an idea of the time.

Please note: our **Quincy** seasonal was due to open April 20, however, upon arrival with the Walk Box, POC Helen Tolbert learned the NPS Visitor Center is not yet open on weekends. **Until May 17, they are open Tuesdays-Fridays from 10 am to 4 pm. Beginning May 18, they will be open daily from 9 am to 5 pm.**

## Next Club Meetings

### Monday, May 6

6:30 pm

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

Please enter parking lot  
from Liljegren Way

### Monday, June 3

6:30 pm

Stop & Shop  
40 Franklin Village Drive  
Franklin, MA 02038

Up the stairs past  
Customer Service Desk



Newsletter Submissions to:

[footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com)

Deadline for next issue: May 21st

## ESCV's Wednesday Walks

The Wednesday walks are back for a 29th year starting May 1 and continuing into August. For the full schedule and walk details, please see their website: [walkescv.org](http://walkescv.org)

### Start at 9:00 am or 6:00 pm

May 1, Saratoga Springs West

May 8, Albany Tulip Festival

May 15, Round Lake

May 22, Ballston Lake

May 29, Malta-Saratoga

Tech-smart

June 5, Amsterdam Bridge

## Step Up for Stepping Strong

Join the Greater Boston community & 40+ local companies in a month-long challenge to take 300 million steps together during May, National Trauma Awareness Month.

When the community reaches the steps goal, presenting sponsor Cigna will make a \$100,000 donation to The Gillian Reny Stepping Strong Center for Trauma Innovation at Brigham and Women's Hospital. All participants will receive health, wellness, and nutrition information from Brigham Health and Cigna, and be eligible for weekly drawings for prizes like Fitbits and Dick's Sporting Goods gift cards.

Established by Boston Marathon bombing survivors, the Stepping Strong Center fuels trauma research and care to benefit civilians and military personnel worldwide who have suffered from the devastation of traumatic injuries.

Registration is open until April 30; [BWHstepup.org](http://BWHstepup.org)





# April Meeting Highlights

by Marianne Marshall

## Meeting held Monday, April 1, 2019

- Need volunteers for WnM's pre-convention walk in Springfield on Tuesday, June 11
- Group Walk Schedule to date:
  - Saturday, April 6, Lexington, 10:00 am
  - Saturday, April 27, Fall River, 10:00 am
  - Sunday, Oct. 13, Cheshire, 10:00 am
  - Friday, Nov. 29, #OptOutside groups
- **Ice Cream Parlor: 221 books sold; 86 people** have completed the program.
- **Membership:** 188 total members
- **Publicity:** Karen Kolaczyk will provide info on all 3 pre-convention walks to usual media outlets
- **Sunshine:** cards sent to Karen Plichta, Emily Goyette, Marianne Marshall, Jean Jackman, Elizabeth Nielson, Joe LaPointe, Elaine Johnson, and Etta Fox

## Walk Coordinator:

- 2019 Traditional Events scheduled thus far:
  - Springfield on June 11 (pre-convention walk)
  - Blackstone on June 29
  - Woodville on July 27 (Afternoon Picnic)
  - Lowell on September 14
  - Malden in October/November?
  - Pepperell/Ayer in autumn?
  - Franklin on Dec. 7 (Cookie Walk)
- Possibility of walk in 2020 in Douglas State Forest where MA, RI, and CT come together

- **Webmaster:** Pre-convention walks flyer, Springfield walk, and all group walks through April posted on WnM website
- Potential incentive program "35 Point for 35 Years" is being discussed as a way to encourage more walk participation for 2020 which is club's 35th anniversary year

## AVA Topics:

- March 2019 Checkpoint:
  - Convention "going green" by providing 5-gallon water jugs at walks for people to refill their personal water bottles
  - WnM gathering MA and RI related items for bag to contribute to Silent Auction

## Albany Convention—June 2019 (Empire State Capital Volkssporters host club):

- For Danvers pre-convention walk, contact Joe Piffat via email to volunteer [Editor: see below]
- Springfield pre-convention workers' walk scheduled for Sat., May 18 at 10:00 am

[Editor: thanks to Joanne Izbicki for filling in as secretary at the April club meeting and compiling the official meeting minutes which Marianne has summarized here.]

# Volunteers Needed for June 9, 10, & 11!!!

by Monica Hait

The pre-convention walks are desperately in need of help in staffing the many volunteer shifts at the start tables (pre-registration and day-of registration), checkpoints, finish table, trail marking, trail takedown, and more. Many jobs are done sitting and training takes mere minutes. If you are able to help at any one or more of these events, please contact the listed individual(s) and indicate your available timeframe.

## Sunday, June 9—Portsmouth, New Hampshire

Volunteer Contact: **Pat Stark**, 802-478-1110, pas91450@gmail.com

## Monday, June 10—Danvers, Massachusetts

Volunteer Contact: **Joe Piffat**, 978-777-4619, jpiffat@aol.com

## Tuesday, June 11—Springfield, Massachusetts

Volunteer Contacts: **Mary Frink**, 617-387-1577, mfwalks2010@verizon.net and **Beate Hait**, 508-429-3564, beateh1@aol.com



# Walk Coordinator Speaks

by Beate Hait

**Holliston** – Was a great turnout with many first-time walkers. Thanks to my co-POC, Bev Lange; see her write-up on page 3 of this newsletter.

**Year-round Events** – First Quarter Reports – The reasonably mild winter was conducive for folks to walk, and each of our six YREs reported double-digit participation numbers ranging from 11 to 33. Let's keep that momentum going! If it helps you to have a specific day targeted, please consider coming to any of the group walks. There are usually folks in attendance who prefer to walk either the 10km or the shorter route. And if you prefer to walk by yourself – that's okay, too. The important thing is to make it a point to walk our club's YREs and SEs. See upcoming group walk dates on page 1.

**Traditional Day Events** – While three additional events for fall are still evolving, it's not too early to start planning next year's events.

The first step is to identify an interesting and safe walking route with a viable start location with parking and bathrooms available. This is where you come in. We need ideas of where to hold events next year. Do you want to return to the same areas again and again? (For example, in the last seven years, our Soup

Walk was held in Holliston 3 times; in Hopkinton 3 times and Norwood 1 time.) While I can certainly again POC an event in Holliston or Hopkinton, since that's in "my neck of the woods," while still working full time and with other volunteer activities, I don't have the time to explore new areas. For example, I recently read that **The Panther Trail in Marlborough** links several existing trail systems to form a marathon-length loop around the city. While I am not advocating that we sanction a 26-mile route, we could use portions of this trail system – maybe combining it with some city streets – for a future event.

Maybe you have heard of a new walking trail near where you live. Or there is a certain town you'd like to explore to plan 10km and 5km routes. It would be very refreshing to have new folks step up to plan where Walk 'n Mass could host future events. You would not be doing this alone – there are many club members who take on various pieces to make the event a reality. What we need is a location in which to do so. Please – volunteer to plan a walk. I'll look forward to your call.

## Seen on Facebook:

*Have you seen the real thing?*

*Check between the last bump out and the beach the next time you walk the route.*

