

President's Corner by Mary Frink

The Grateful Dead said it best. "What a long strange trip it's been." It is hard to believe that it has been 3 months since the stay at home order was issued. It is great that the numbers are all trending down. It's sad that there are still numbers to go down, but it is good that things are reopening and people are able to go back to work. It is easy to feel that the pandemic is over. I have been to Joann Fabrics twice, been out book shopping/hunting, and have visited Stone Zoo. I wore a mask, and so did everyone else, and tried my best to keep 6 feet from everyone, but it wasn't always possible. Like everyone else, I want this to all be over so things can go back to the way they were. I know that is not possible and that places that have tried have seen their numbers rise dramatically. I do not want to see that happen, so I am making extra efforts to not slide into that mindset.

Do you remember Y2K? When the calendar flipped from 1999 to 2000, everyone said that computers everywhere would crash, that they would not be able to handle the change of 4 digits of the year instead of just the last 2 digits. On New Year's Eve, everyone held their breath, the clock and calendar turned, and...nothing happened. People were disappointed that there wasn't even the smallest problem. After all the buildup, the dire warnings, the worry, it was a big let down.

However, I can tell you that it was because of a lot of hard work behind the scenes. I am a computer programmer and that was all we worked on for over a year. Every last program was gone through and every scenario tested. I worked a lot of holidays where we would change the date on all the computers and test and test! The pandemic is the same thing. We are all working really, really hard to make this a big let down. The less of a big deal it is, the better we are doing our job.

I know we are all missing getting together and walking. We have had to postpone the Pawtucket, RI walk on August 1 as the start point is not open and we are not sure if it will be open by then. We have worked out an alternate plan for the Holliston walk on August 22 so, as of right now, that will be happening. You will need to wear a mask when you start and finish and the layout of the outdoor start point will be more spread out. We are still working on the details to make all of this work. Unfortunately, the official picnic part of the walk has been canceled. You are welcome to bring your own chairs and lunch and stay after you are done walking, but we will not be having our usual potluck picnic.

I hope everything keeps going well and that we will be able to see each other on August 22 (from a social distance, of course!).

Come Friends, Let's Walk

As the phased re-openings are proceeding slowly, with ongoing social distancing, caution around group gatherings, and continued closure of some businesses, please continue to check websites, Facebook, or contact the POC before traveling to any event.

While there are no group walks on the summer schedule yet, we hope to have some soon. Stay tuned to our website, Facebook, and email notices for the latest details.

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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Guidelines for Walkers

by Marianne Marshall

At the June 2020 virtual club meeting, it was decided to compose guidelines for participants of WnM events to minimize the coronavirus impact. These guidelines are intended for any scheduled group walks as well as traditional events, but can also be used when walking on your own during this ongoing global health crisis.

- Cover your mouth and nose with a face cover or mask when around others
- Keep a 6-foot distance between yourself and others
- Avoid crowding at the sign-in area; wait for person(s) ahead of you to leave before moving forward
- Bring and use your own pen to sign in
- Do not attend if you are sick, coughing, or sneezing
- Adhere to all government requirements and regulations

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Extra Challenging Centurion

by Joanne Izbicki

The AVA's Centurion Achievement Challenge piqued my interest a few years ago. Could I do 100 AVA-sanctioned walks in a single calendar year? In 2019, I completed 90 walks, so what was another 10 more?

AVA established the Centurion Challenge in 2013 to increase AVA membership and participation, as well as to encourage and recognize those walkers who made a serious commitment to the "Fitness" aspect of the Fun, Fitness, and Friendship slogan. The details of registration, fees, etc., are on the AVA website but googling "AVA Centurion" is probably the easiest way to locate the information. Participation is a bit expensive (you need to be a member of AVA, not just your local club), the initial 100-walk book is \$15.00, and then there are the participation fees for 100 walks, so there's both a financial and time commitment.

Having gotten my Centurion event book in mid-December 2019, I was ready for January to arrive. The Walk 'n Mass New Year's Day walk was my first entry. The atypical mild winter afforded me ample opportunities to travel to New Hampshire, Connecticut, the Massachusetts North Shore, Boston, and Newton Centre to rack up a number of walks in the first two and a half months of 2020. I was also able to complete the Mayflower 400th Anniversary AVA Special Program in about three weeks! And I was the recipient of the first two Walk 'n Mass 35th Anniversary bags for completing 14 club walks at the time of our After-Holiday Party. Another benefit of the Centurion Challenge! My car had started showing its age (it's 13 years old, and that's probably a million years old in car years) so I had started to stick close to home doing the Newton Centre walk backwards and forwards many times.

Mid-March saw life as we'd known it change with COVID-19. Everything stopped or shut, and we were advised to stay home. Luckily,

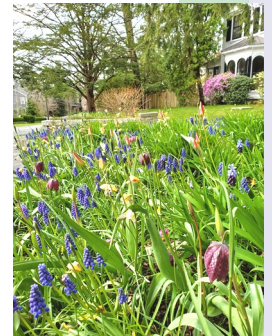
the nearby Concord, MA seasonal which opened April 1, starts at a Walgreens, one of the few places that remained open from Day 1 during the Massachusetts response to the pandemic. So, Concord became my walk of choice (or necessity). I walked every day, sometimes twice in a day, because what else was there to do? Yes, I got bored with the walk. The days it rained or the days after it rained, I didn't walk through the marsh (and thus muddy) area of the walk and made up the distance exploring other parts of the Sleepy Hollow Cemetery or down Concord streets that I hadn't been on before.

I tried to memorize poetry (unsuccessfully) while walking, I listened to talk radio (and overdosed on virus coverage). I always did my walks early in the morning when very few people were out and social distancing was easier, and I only had to wear a mask when I saw someone coming toward me. Early morning is the best time to walk anywhere: little to no traffic and people; birds are calling to each other; the air is crisp, cool and clean; it's almost silent.

On May 27, I completed my 100th walk, beating my goal of finishing by mid-June. AVA allows for a second (and a third, I guess) series of 100 walks in the same calendar year, but I won't be doing that. I can now cross the Centurion Challenge off my bucket list. I'm up to my 18th card of the Walk 'n Mass 35th Anniversary Challenge (and no, I won't be collecting those remaining 16 bags!).

Editor: Joanne, on behalf of everyone, we say

Congratulations!



Scenes from Concord

Bulletin Board

AVA is seeking submissions for the **Starting Point 2021** cover photos. Photos must have been taken between July 1, 2019 and August 15, 2020. Submissions should be emailed to hector@ava.org by August 15. See submission form and requirements at: <http://cb.ava.org/Clubs Only/2020 Forms/ Submission Form.pdf>

[Editor: typo in link is AVA's, the link is correct as shown. You may also access through *June 2020 Checkpoint* available at: <http://cb.ava.org/checkpoint.php>]

Membership Renewal — Diane Peterson
Reminder that you can still send in your membership renewal for this year if you have not already done so. Although group functions may currently be on hold, it will not be forever. Hopefully soon we will be able to enjoy doing group walks together again. Seeing the lovely pictures some members are sharing brings smiles and reminds us we are still a community.

Next Club Meeting Monday, July 6

6:30 pm

Virtual Meeting via Zoom

Contact Mary at

mfwalks2010@verizon.net

to RSVP and receive
meeting details

Do you have a “most memorable walk” or other volksmarching travel story to share? Send it to footnotes.editor@gmail.com for possible publication in a future edition of **Footnotes**.

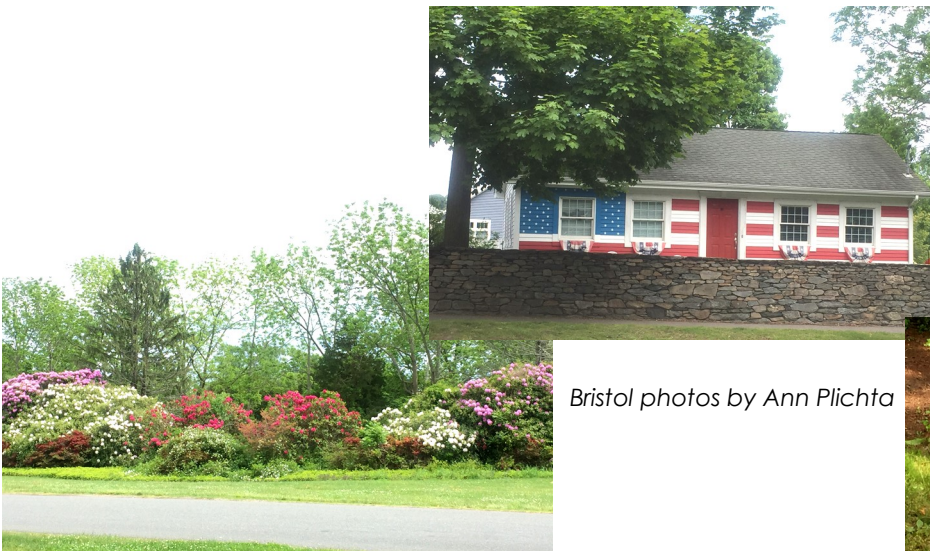
Newsletter Submissions to:
footnotes.editor@gmail.com
Deadline for next issue: July 21st

My cousin Karen and I went to Bristol, RI on Friday [June 5]. It was humid and overcast, but the sun did come out.

Two things you should know if you want to head there for our seasonal walk. First, there is a big construction project happening in front of Sip ‘n Dip. You can get into the parking lot, but some of it is being used as a staging area. Karen and I couldn’t get in, but we come from a different direction than most. Next time, we know to approach it from another way. Second, at the moment, no restrooms are available. Maybe that will change soon, but not yet.

That being said, Bristol is a beautiful walk. I never get tired of it. I took a few pictures...colorful rhododendron bushes, an appropriately patriotic house, and a sign that made us smile.

— Ann Plichta



Bristol photos by Ann Plichta



June Meeting Highlights

Virtual Meeting held June 1, 2020

Walks:

- **Saturday, August 22, in Holliston:** details being worked on to start across the street from originally planned start point. NO CLUB PICNIC due to coronavirus concerns.
- **Saturday, August 1, in Pawtucket:** status uncertain, investigating if possible to hold walk under current rules & conditions
- **Walks being rescheduled:** Hopkinton in 2021; Tiverton projected for October 10 or 17; Devens TBD as start location normally only open 3rd Saturday of month.

Group Walks:

- Guidelines [Ed: see page 2] put in place to hold group walks based on government & AVA requirements
- Sat., Nov. 21, Plymouth, parade???
- Fri., Nov. 27, Fall River, 10:00 am
- Sat., Nov. 28, Concord, 9:00 am

by Marianne Marshall

- **Facebook:** WnM page has 48 followers.
- **Ice Cream Parlor:** 228 books sold; 125 people have completed the program.
- **Membership:** 180 total members; 131 units.
- **Sunshine:** Sympathy card sent to Peg Wihtol on the death of her husband, Peter. "Welcome to your new home" sent to Deb Redfield who has moved to North Carolina.

New Business:

- Next meeting Monday, July 6 via Zoom
- St. Michael's in Bedford not scheduling any meeting rooms until next spring so no future meetings there this year. Alternative arrangements being sought.
- Walking Adventures coming next year for Appalachian Trail walk on June 7, 2021, conditions permitting.

Old Business:

- AVA sent note thanking WnM for Big Give donation
- Need new Activities Chairperson



Did you know **AVA publishes a monthly digital newsletter**? Anyone can elect to receive the *Checkpoint* by contacting hector@ava.org with subject line: Request for Checkpoint

Of note in the June 2020 edition, there are several committees seeking volunteers. Namely, the **Awards & Recognitions Committee** and the **Club Development & Support Committee** (which happens to be chaired by former WnM President John McClellan who now serves as Southeast Regional Director).

Learn more at:

http://cb.ava.org/checkpoint/2020/Jun/2020_6_Checkpoint.pdf

AVA Achievement Awards (compiled from *The American Wanderer*)

Based on the IVV Event and Distance Award information in the June 2020 issues of TAW, **congratulations** are due to the following people:

Name	Events	Distance
Carol West	350	3,500 KM
Lee West	350	3,500 KM
Kathryn Piffat	550	
Joanne Izbicki	750	
Robert Varnon		10,000 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

Walk Coordinator Speaks

by Beate Hait

Holliston – Saturday, Aug. 22 – Finally ... I can report that a day event is scheduled! I hope you are as anxious to get out and walk and see some of your fellow volkssporters as I am.

While the initial plan was to have our Start/Finish and club picnic in the Community Room at Mission Springs, a senior housing complex, with the current coronavirus situation only residents are allowed inside the building. Also, due to health safety guidelines, we decided to omit the potluck club picnic and hold only the walk. However, you are invited to bring your own lunch and chair and spread out for appropriate "social distancing" compliance.

Our new Start/Finish is across the street from Mission Springs at Our Lady of Fatima Shrine. So the planned walk route needed to be modified only slightly by co-POC Bev Lange. Some of you may remember that we had a walk and club picnic here in 2014 under the picnic pavilion. That pavilion was destroyed in the heavy snows the following winter. We currently have three canopies to set up – one for the Start, one for the Finish, one for the Checkpoint. If any of you have a 10 x 10 or 8 x 8 canopy that you could bring, set up and then take home when you're ready to go, please let me know. It'd be great if we could also have a canopy for the Specialties table and some in the picnic area. There are shade trees, about four picnic tables, and plenty of outdoor space for you to set up chairs and eat your lunch while talking to fellow walkers.

Thanks also to co-POC Jean Morrissey, who offered to pay the event donation at Fatima Shrine. As you can imagine, with the cancellation of four of our traditional events this year (Hopkinton, Tiverton, Devens, Pawtucket) and meager participation in our YREs and SEs (some of those start points have still not opened to the public), the major income for Walk 'n Mass in this calendar year to date has been from annual memberships.

Rescheduling traditional events – For Hopkinton and Pawtucket, we will look to reschedule these events in 2021. We are still waiting to hear if the museum in Devens will be open in November; if so, we can reschedule for Nov. 21; if not, that will also be moved to 2021. Tiverton has a rescheduled date of Saturday, Oct. 17. Stay tuned for details.

The financial picture – When we schedule a traditional event, the Sanction Fee we pay to AVA is \$35. We have been informed that the sanction fee for events that are cancelled/postponed due to COVID-19 will be credited to the new date **if the event is held in this calendar year**. I have informed AVA that due to start locations not being open or able to accommodate our setting up in compliance with social distancing guidelines, we are hopeful that AVA will extend this sanction fee credit to events rescheduled in 2021.

The sanction fee for YREs and SEs is \$20 plus \$5 for each quarter. So, YREs cost \$40 in sanction fees, and SEs that are open for three quarters cost \$35. With start points for 11 of our YREs and SEs closed to the public for the whole second quarter in 2020 (April, May, June), I have not yet heard anything from AVA regarding a credit for that \$5 quarterly fee. I realize that most businesses have lost income in these first six months of the year, and AVA does have fixed expenses (rent, utilities, salaries), so I will be pleasantly surprised if that credit is offered.

Cards by Polly – While going through the piles of cards and letters that have accumulated on my kitchen desk over the years, I came across a card made by Polly Meltzer that featured a watercolor painting of a volkswalker heading toward red and yellow streamers. Here's hoping we can soon be doing that on a regular basis again.

