

## President's Corner

It's hard to believe that Labor Day is right around the corner. Where did the summer go? Please don't hate me for being kind of glad that fall is coming. It is my favorite time of year! Our next traditional day event will be in Milford, MA on October 14. We are bringing back the potluck and pie walk! Please see the Walk Coordinator report in this newsletter for more information. I hope you can come! Even if you can't stay for the lunch, please come and walk.

I'm sure you've noticed that we aren't having as many traditional day events as we used to. Start points we can afford are hard to come by (if you know of one, please let me know!). We have at least tried to keep the soup walk at the beginning of the season and the picnic in the summer/fall. We are depending more and more on our seasonal and year-round walks. How many have you walked this year? I admit to slacking this year. I haven't done nearly as many walks as I have in the past. Have you attended a group walk this year? I have at least done that, but again, not as many as I should have. We currently have group walks scheduled most weekends until the end of October with more to be announced in future. These walks are listed on the website, the regional

by Mary Frink

calendar, and in this newsletter. We try to keep everything up to date, so you should be able to find the schedule somewhere.

While group walks are intended for people to walk as a group, you don't have to! Please don't let thinking you will walk too quickly or slowly to stay with the group keep you away from a group walk. There are almost always people there who walk at your speed. Just 2 people can be a group! If you don't want to walk with anyone, that's fine too. I look at group walks as a motivator to get out. I'm more likely to do something if there is a defined date and time. When I had a gym membership, I did better when there was a scheduled class or I made a date with friends to go. You can also go at your own time. I'm a morning person, so sometimes I go early, especially when I have something in the afternoon. If you can, please attend at least one group walk before the end of the year. Some of our walks are taking a break next year (see the Walk Coordinator report for more), so now is the time to walk them. I promise you will see me out there!



## Come Friends, Let's Walk

- ❖ *Saturday, Aug. 26*  
Group Walk:  
Shelburne Falls, MA  
10:30 am
- ❖ *Saturday, Sept. 9*  
Group Walk:  
Newton, MA  
10:00 am
- ❖ *Saturday, Sept. 9*  
Group Walk:  
Windsor, CT  
9:00 am (CVVC)
- ❖ *Saturday, Sept. 16*  
Group Walk:  
Block Island, RI  
11:00 am  
[Ferry @ 11]
- ❖ *Saturday, Sept. 23*  
Group Walk:  
Cheshire, MA  
11:00 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:

AVA Achievements – 2

Walk Coordinator Speaks – 3

Bulletin Board – 4

August Meeting Highlights – 4

# AVA Achievement Awards (compiled from TAW)

Based on the IVV Event and Distance Award information provided in the September 2023 issue of *The American Wanderer*, **congratulations** are due to the following people:

| Name           | Events | Distance |
|----------------|--------|----------|
| Bev Lange      | 175    | 1,500 km |
| Carol Giesecke | 350    |          |
| Andrew Schmidt | 850    |          |
| Beate Hait     | 1,050  |          |

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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# Walk Coordinator Speaks

by Beate Hait

## Sat., Oct 14—Milford, MA—Potluck & Pie –

Enclosed with this newsletter is the brochure with details for this event. Come walk, eat and see which club members receive awards to acknowledge their club-related volunteer efforts.

I will soon start calling members to staff a shift at the start, finish, or checkpoint tables, assist with the food service, or to help mark the trail starting at 8:00 a.m., or take down the ribbons and arrows after we eat. So if you are an early riser or prefer to do things later in the day, we have a task for you. Feel free to call me at 508-429-3564 to state your preference.

**Volkswalks in 2024**—Traditional volkswalk: a walk event scheduled on a specific day with a staffed start, finish and checkpoint stations, and, most often in our club, a route marked with ribbons and arrows so you do not have to rely on the written route directions. Year-round and Seasonal events (YREs and SEs): routes offered for an extended time over the course of a year with written route directions that are obtained after registering using a Physical Start Box (PSB) or the Online Start Box (OSB).

Five to eleven years ago, we often scheduled seven to eight traditional events in a year and the annual average participation in 2012 to 2018 ranged from 49 to 79. In the past four years (being aware that COVID-19 had a detrimental effect), our club scheduled 3 to 7 traditional events with an annual average participation ranging from 37 to 47.

I believe there is a correlation to the number of traditional events scheduled each year and the number of participants. To increase participation, **we need to schedule more**

**traditional events**. To do this, we need members to step forward to suggest locations and routes. I, as Walk Coordinator, and Ann Plichta as Trail Master, cannot do it alone. We (and others in the club) are available to provide guidance and support, but we need a LOCATION and ROUTE to get the ball rolling.

To date, we have three suggested locations for traditional volkswalks in 2024: Blackstone, Greenfield, and Hopkinton. Dates and other details are still in flux. Where else should we schedule events? Please call me at 508-429-3564.

**Year-round and Seasonal Events**—August 31 is the deadline for submitting new or renewing current YREs and SEs. I am delighted that we are offering a new SE in 2024: Roslindale/Arnold Arboretum. Paul Kelly is tweaking the route of the April 29, 2023 event that had 33 participants to make it doable as a SE. You will now have an opportunity to experience the Arboretum from April through December.

Also renewed for next year is the SE on the Vineyard: Oak Bluffs. This event was resurrected to coincide with the Northeast Region Weekend on the Cape this past May, and it is available through September 30 this year. As of the end of the second quarter, 18 people have participated.

Next year we will not be renewing three SEs: Bedford, Lexington, and Shelburne Falls. If you haven't walked or biked (Bedford) these events recently, please make a point of doing so between now and December 13 (October 31 for Lexington). FYI: You may walk the Bedford bike route in full or just a segment.



# Bulletin Board

Please note: AVA's *The American Wanderer* (TAW) is moving to digital format in 2024, with a new yearbook feature for AVA members that will include the AVA/IVV Achievements currently in the quarterly editions. Print copies will be mailed to AVA members upon request only.

## Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Sept. 21st

SAVE THE DATE: the next Atlantic Region Conference will be April 5-7, 2024, in Dover, Delaware

August's Seen It Answer (horse sign):

Observed on Bedford bike path, near Lexington Center.

On **September 16**, WnM will have a Group Walk on **Block Island**; **physical registration log** will be available or use **OSB**. We'll leave on the **11 o'clock ferry** and should arrive about noon. Upon arrival, we'll head to adjacent Estes Park to start our walk. We'll do the Island Highlights walk route which offers both 5km & 10km distances. Upon conclusion of the walk we'll enjoy the ambiance of the island while we wait for the ferry and our return to the mainland.

## Next Club Meeting Monday, Sept. 11

6:30 pm

Stop & Shop

40 Franklin Village Drive

Franklin, MA 02038

Up the stairs past

Customer Service Desk

## Upcoming Group Walks [sign in 9:30, group walk at 10:00 unless noted]

### August 2023

26 Shelburne Falls – note time is 10:30 am (not 10 as previously listed)

### September 2023

9 Newton

16 Block Island -- 11:00 am ferry\*

\*allow time to park & get ferry ticket!

23 Cheshire – 11:00 am

### October 2023

7 Wellesley

21 Sandwich/Bourne along the Canal – 25km, 15km, or 7km (bike or walk)

29 Bristol

## August Meeting Highlights

by Marianne Marshall

### Meeting held August 7, 2023 via Zoom

#### Walk Coordinator:

- Yearly/Seasonal POCs to submit info to Bea by August 15.
- Club will host Quincy SE as a "pay per participant" test case in 2024.
- POCs of low attendance YRE/SE to be asked if those events should be put on pause for a year or so.
- Shelburne Falls not being renewed for 2024.
- Roslindale seasonal to be added for 2024.
- Milford traditional event on Saturday, October 14: start times staggered 9-10 for 10km and 10-10:30 for 5km walkers with potluck starting at noon.

- Bea ordering 10 National Volkssport Month patches to be available at Milford
- Future events:
  - ⇒ Hopkinton, looking at April 6 or 13 for soup walk, date to be confirmed
  - ⇒ Blackstone projected for May
  - ⇒ Greenfield event to include a labyrinth qualifying for new AVA Special Program

#### New Business:

Upcoming club meetings:

- Monday, September 11 at 6:30 pm, Stop & Shop, Franklin, 2nd floor meeting room