

President's Corner

Happy New Year! I hope you all had a wonderful holiday season. I find January is always a time for me to reset. It feels like the whole year is a blank slate. I don't really do resolutions, but I do try to set a frame of mind for the year. I pick a word or a phrase that I want to focus on, kind of like a mantra. I like this because it's something to always be working on and not as black and white as keeping/breaking a resolution.

Walk 'n Mass is instituting a big change for us that started on January 1. As stated in the December newsletter, AVA has increased the fees clubs pay for walk participants to \$2 and are now including every walker in that fee. This means our charge for each walk participant will increase to \$4 and we will no longer have free walkers. Everyone will pay to participate in our events. However, Walk 'n Mass is still going to offer a \$1 discount for WnM

by Mary Frink

club members for our Year-Round and Seasonal walks. So, for example, when you as a WnM member participate in the Newton YRE or Concord SE your cost will only be \$3. For any WnM Traditional (Day) Events, the fee will be the new \$4 amount. All of the log books and start cards have been updated to reflect all of the changes. If you have any questions about any of this, please contact me and I'll do my best to explain more.

We are working on a few Traditional Events for 2024. Stay tuned for more information! Until then, Boston (both Freedom Trail and Back Bay), Hyannis, Lowell, Newton, Providence, Sandwich (walk only), and Wellesley are open for walking. Please be careful if there is snow and/or ice on the ground. Happy Winter!

Come Friends, Let's Walk

- ❖ *Sunday, Feb. 11*
Group Walk:
Sandwich
10:00 am
- ❖ *Sunday, March 10*
Group Walk:
Hyannis
10:00 am
- ❖ *Saturday, Mar. 23*
Group Walk:
Providence
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. Winter group walk schedule may change based on weather and road conditions. Please contact POC to check if unsure.

Boston in November

by Beate Hait



Beate Hait



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December & January Meeting Highlights

by Marianne Marshall

Meetings held December 4, 2023 in Franklin and January 8, 2024 via Zoom

Walk Coordinator:

As of the end of the 3rd quarter, only 7 year-round/seasonal events are in the black.

- Future event plans:
 - ⇒ Hopkinton Soup Walk on April 6, (labyrinth on premises at the start/finish); being designated as Barbara Kimball memorial walk
 - ⇒ Warren, RI on Saturday, May 18
 - ⇒ Blackstone on Saturday, June 22, S/F still being confirmed



AVA News:

- Upcoming milestone anniversaries: AVA's 50th in 2026; Southern Maine's 40th in late 2023 (SMVA is celebrating through 2024); WnM's 40th in 2025
- AVA emails being spoofed; be sure emails are from person claimed before opening attachments or taking any actions as may be spam
- AVA is updating forms to reflect \$4 participant fees

New Business:

Upcoming club meetings:

- Monday, **March 4** at 6:30 pm at Stop & Shop, Franklin, 2nd floor meeting room (change to Zoom if bad weather, ask Mary Frink if unsure).
- Monday, **April 1** at 6:30 pm likely at Stop & Shop in Franklin, confirmation pending.

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Publicity: All Points Bulletin

by Karen Kolaczyk

When I took on the job of Publicity for the club I was given a binder with all the contacts to newspapers the previous publicity volunteer used to post our events. Going through it I found a lot of the contacts had either changed or the papers had been taken over by a bigger company or had gone out of business. I have since been updating sources for publicizing our events.

I was a paper girl delivering the Worcester Evening Gazette for 3 years, and when I moved to Marlborough as an adult I had the MetroWest newspaper delivered to me daily until the newspaper was often thrown on my driveway instead of being placed in the box. When it snowed, my plow guy plowed the newspaper under and I never saw it until the spring thaw. I then switched to an E-edition, which was the same subscription price I was already paying for physical paper. The problem was I didn't go online to read the paper every day. After cancelling the e-subscription, every so often I now go to my local grocery store and pick up the Sunday paper. I prefer to flip pages, cut out recipes, and rip out the local event page for events I am interested in attending. The physical newspaper is also useful to wash windows, line my floor when painting, and for composting in my garden. But I realize that newspaper delivery is now becoming obsolete.

Lately, I have been posting our events to free websites connected to newspapers/E-editions still in existence, town/city website calendars

that I do not have to subscribe to, and my local Patch website. I also drop off brochures to my local YMCA, library, and Senior Center. However, the latter three sources only let me drop off brochures if the event is local to my town and the surrounding towns. Previously, I could get our events posted to the Marlborough Cable TV, but that has changed recently too. Bea Hait has shared a few email/web contacts to use in the Holliston area. Our events are posted by Blake Mitchel to the club Facebook and Meetup pages, and Bill Howe updates our website (walknmass.org).

To make new people aware of volkssporting and attract them to our events, I believe we need good old footwork to drop off brochures or club flyers. I cannot travel all over the state of MA or RI to libraries or fitness facilities, grocery stores, coffee shops, Senior Centers, etc. to drop off brochures of our events so I need your assistance. A volkssporter or the POC in the event area knows the local options better than I. If you have ideas for any physical flyer or brochure distributions, please let me know!

Please consider this an APB to our members for other suggestions on attracting people to our events. Do you know of a free website, a local newspaper still being published, or a contact to add to my publicity list? Where do you learn about upcoming events? **Please help me to expand our publicity outreach.** Email me at kkola20151980@comcast.net

Welcome, New Members!

compiled by Diane Peterson

We are delighted to welcome our new club member, Kathy Mack of Schenectady, NY.

We look forward to seeing you on the trails!



Bulletin Board

SOLAR ECLIPSE

APRIL 8, 2024

SAVE THE DATE

World Walking Week
is 1-7 April, 2024

The Texas Hill Country will be one of the few places in North America in complete totality of the solar eclipse. Observers will see about 4 minutes and 29 seconds of totality starting at 13:32.

The Texas Volkssport Association is planning **5 & 10 km walks** in the Texas Hill Country

COME WALK WITH US
RandolphRoadRunners.info



Texas Trail Roundup IML

San Antonio, TX

February 23-25

texastrailroundup.org

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

Next Club Meeting
Monday, March 4

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk



While traveling through NY in December to enjoy 3 retiring walks in the Finger Lakes region and Ithaca, Karen Plichta and **Carol Giesecke** also stopped in Albany to walk with some ESCV folks (Larry and Rick).

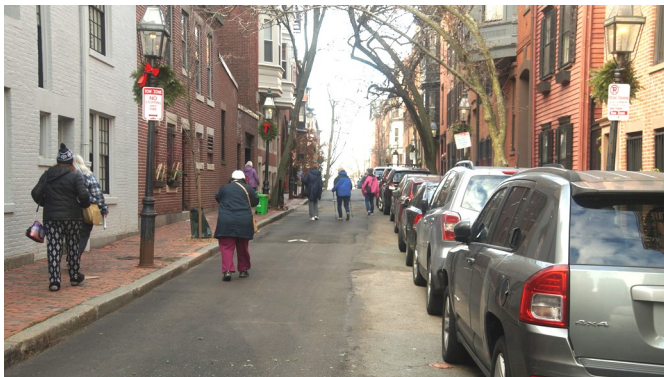
Since Carol is working on the *Par for the Course* special program, she decided to try a pull up on the Fit Trail. In Carol's words, "not a great outcome!"

AVA is seeking ideas for a parade float to fit the theme "Love is in Bloom" and submissions are due Jan. 31, 2024. If your idea is selected, you will get one free roundtrip airfare ticket to San Antonio to participate in the **King William Fiesta Parade with AVA on April 27, 2024!**

Please send float ideas (as well as drawings if possible) to Henry@ava.org with "Parade" in the subject line and include your name, address, and phone number. You may also reach out to Henry with any questions.



Boston New Year's Day



Bob Marshall

Bob Marshall

Another wonderful New Year's Day group walk in Boston to start 2024. Bob Marshall [7 pictures above and right] took photos of the participants at the usual spots as well as some capturing the ice sculpture beauty. Bev Lange [3 photos below] spotted and shared lovely holiday decorations as well.



Bev Lange

Walk Coordinator Speaks

by Beate Hait

Year-Round Events – In the first three months of the year, eight walk routes sponsored by WnM are available for your enjoyment: Boston (Freedom Trail and Back Bay), Hyannis, Lowell, Newton, Sandwich, Wellesley, and Providence. Check the club website or look for emails with info on group walks scheduled in these locations if you'd like to walk with other club members. A group walk in Sandwich is scheduled for Feb. 11; let's check the progress of the boardwalk reconstruction. Group walks are scheduled for Hyannis on March 10 and for Providence on March 23.

To finish the RI County Challenge (doing a volkswalk in each of the five counties in RI), I still need Providence County. If anyone would like to walk in Providence with me prior to March 23, let me know, and we can coordinate a date and time.

Walk and Soup Social in Hopkinton,

Sat., April 6 – Looking forward to seeing many of you at our first traditional event in 2024, and sharing camaraderie while eating soups, breads, snacks and desserts after we walk. In February I'll be making calls to staff the Start, Finish, Checkpoint, and Specialties table as well as the Trail Marking and Trail Take-down

crews. We will also need people to help with the food coordination portion of this event. Feel free to contact me to let me know how you'd like to help (beateh1@aol.com or 774-292-9098).

Save the date for these traditional day events in 2024 –

- ❖ Sat., April 6 in Hopkinton, MA – Walk and Soup Social; the labyrinth is at our start point!
- ❖ Sat., May 18 in Warren, RI – featuring the East Bay Bike Path
- ❖ Sat., June 22 in Blackstone, MA – featuring the Blackstone River Bikeway
- ❖ Fri. to Sun., September 6-8 – Northeast Region Weekend: Hudson to Housatonic

Please contact me if you have a suggestion for where else we could walk this year. Lots of dates are available! We especially would like a location and date for the annual picnic walk in August—or make it a Potluck-and-Pie walk in the fall, as we did in 2023.

Lowell Pictures:

On January 5, 2024, Beate stopped to enjoy a driving break on the way to Vermont, and her legs very much appreciated the 5K walk option in Lowell.



Beate Hait