

## President's Corner

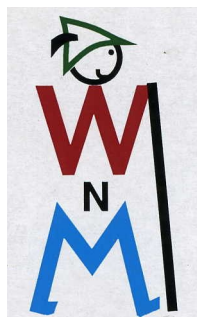
It's hard to believe it's the end of July already. I am really looking forward to the picnic walk in Medway on August 16. I didn't get to walk much of the route last year, so it will be like a brand new walk! I hope you are going to come and walk and stay for the picnic. If you are bringing something to share, please send me an email at [mfwalks2010@verizon.net](mailto:mfwalks2010@verizon.net) and let me know. I am in charge of the food this year and this will help me figure out how to set up the tables. I can't wait to see everyone! It will be great to catch up in person.

Have you ever participated in a special program or a club challenge? I've been thinking about them recently. I still have to walk Providence to finish the Rhode Island County Challenge. Fortunately, I have until the end of the year! While this is a challenge as opposed to a special program, it works the same. You have to walk events that fit certain criteria and stamp a separate book. You then turn the book in at the end for an award.

by Mary Frink

This isn't the first one I've done. I completed the National Parks special program a few years ago and of course I did our Ice Cream Parlor special program! That one was very yummy. Do you remember the Boston Marathon challenge we did? That was the first one I helped design. Who knew I would eventually start volunteering for the actual Marathon? Club challenges and AVA special programs are a lot of fun. I went to all kinds of places I may not have gone to otherwise. Of course, it has to be something you are interested in. There is one currently running that focuses on labyrinths that looks really interesting, but you have to complete it by the end of 2027 and I'm not sure I can do that many walks by then. I have to get to Providence first! You can find a list of all the special programs AVA is offering on their website [ <https://cb.ava.org/specprog.php> ].

Please stay safe walking in this heat and I'll see you at Medway!



## Come Friends, Let's Walk

- ❖ *Saturday, Aug. 16  
Day Event & Club  
Picnic: Choate  
Park, Medway, MA*
- ❖ *Saturday, Sept. 6  
Day Event:  
Blackstone, MA*
- ❖ *Saturday, Sept. 13  
Group Walk:  
Wickford, RI  
9:00 am (CVVC)*
- ❖ *Sunday, Sept. 21  
Day Event: Boston  
Special Places  
[map-guided,  
sign-in 8 to 10 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:

WnM Coupons – 2

Walks Word Search – 3

Bulletin Board – 4

Vineyard Day Trips – 5

Walk Coordinator Speaks – 6

Oak Bluffs Photos – 6

# Coupons!

by Marianne Marshall

IVV Book?? Item from the Specialties Table??  
Participation Fee??

Cash, Check, or WnM Coupons Accepted

The opportunity to purchase your next IVV book, a New Walker Packet, an item at the Specialties Table, or to pay an event participation fee, is coming up on Saturday, August 16, in Medway at the Walk 'n Mass walk and club picnic. For those of you who haven't used your WnM \$5 coupon(s) awarded last year, you can still use them as the expiration date has been extended through August 16, 2025.



## **President**

**Mary Frink**, Everett  
617-387-1577  
mfwalks2010@verizon.net

## **Vice President**

**Keith Harlow**, Blackstone  
508-353-3336  
krhguy13@yahoo.com

## **Secretary**

**Marianne Marshall**, Waltham  
781-899-5975  
secretary@walknmass.org

## **Treasurer**

**Karen Plichta**, Fall River  
508-673-2374  
karenp53@verizon.net

## **Activities Chairperson**

**open, volunteer needed!**

## **Email Contact**

**open, volunteer needed!**

## **Membership Chairperson**

**Diane Peterson**, Lowell  
978-987-3064  
di1258@gmail.com

## **Walk Coordinator**

**Beate Hait**, Holliston  
508-429-3564  
beateh1@aol.com

## **Group Walk Coordinator**

**Pat Damiani**, Sagamore Beach  
508-888-7366  
pmdwalks@comcast.net

## **Equipment Managers**

**Keith & Dawn Harlow**, Blackstone  
krhguy13@yahoo.com

## **Trail Master**

**Ann Plichta**, Fall River  
508-673-6553  
amplic@comcast.net

## **Assistant Trail Master**

**Karen Kolaczyk**, Marlborough  
508-481-7389  
kkolaczyk@comcast.net

## **Print Newsletter Circulation**

**Joel & Susan Weddig**, Waltham  
339-215-9559  
jands1971@gmail.com

## **E-Newsletter Distribution**

**Margo Craven**, Attleboro  
magoo249@comcast.net

## **Newsletter Editor**

**Monica Hait**, Holliston  
footnotes.editor@gmail.com

## **Publicity Chairperson**

**Karen Kolaczyk**, Marlborough  
508-481-7389  
kimba1959.kk@gmail.com

## **Specialties Chairperson**

**Beate Hait**, Holliston  
508-429-3564  
beateh1@aol.com

## **Sunshine Coordinator**

**Chris Lipson**, Bedford  
781-275-0464  
c2lipson@msn.com

## **Historian**

**Dawn Harlow**, Blackstone  
dawnvt@yahoo.com

## **TAW Coordinator**

**Joe LaPointe**, Holliston  
landogriffin78@yahoo.com

## **Volunteer Awards**

**Marianne Marshall**, Waltham  
781-899-5975  
secretary@walknmass.org

## **Facebook/Meetup POC**

**Blake Mitchell**, Holliston  
kblakemitchell@gmail.com

## **Webmaster**

**Bill Howe**, Chelmsford  
978-256-7370  
bill.howe@bvhowe.com

# Walks Word Search

by Monica Hait

In celebration of the club's 40th anniversary, this puzzle uses location names (L, N, and R) of prior WnM events. Happy finding!



Lancaster  
Lawrence  
Leominster  
Lexington  
Lincoln Woods State Park  
Lincoln  
Lowell  
Lynn Woods  
North Easton  
Nantucket  
Natick  
Needham  
New Bedford  
Newburyport  
Newport  
Newton  
Northampton  
Northborough  
Northfield  
Norwood  
Reading  
Roslindale

## Club Picnic

by Monica Hait

The Walk 'n Mass Club Picnic follows our walk in Medway's Choate Park on August 16, 2025.

The **bring-your-own picnic lunch** starts at Noon. The club will also be celebrating our 40th anniversary with **cake** to share. If you would like to bring an appetizer or dessert to share as well, please do! Contact Mary Frink at 617-387-1577 or [mfwalks2010@verizon.net](mailto:mfwalks2010@verizon.net) with any food queries.

**This is a carry-in/carry-out venue.** Please join your fellow walkers for the Walk 'n Mass club picnic after the Medway walk.



*Did you know a  
40th anniversary is  
considered the  
ruby anniversary?*



# Bulletin Board



## Membership Reminder from Diane Peterson

There is still time to renew your club membership for 2025. Complete the renewal form and send it in with the \$15 payment to ensure that your membership continues. The mailing address is listed at the bottom of the renewal form.

You will then continue to receive your copy of our *Footnotes* newsletter, providing notices of upcoming walks and events such as the upcoming club picnic and walk this August at Choate Park in Medway.

US FreedomWalk Festival

October 17-19, 2025

Arlington, VA & Washington, DC

[www.usfreedomwalk.org](http://www.usfreedomwalk.org)

## Next Club Meeting Monday, Aug. 4

6:30 pm

Stop & Shop  
40 Franklin Village Drive  
Franklin, MA 02038

Up the stairs past  
Customer Service Desk

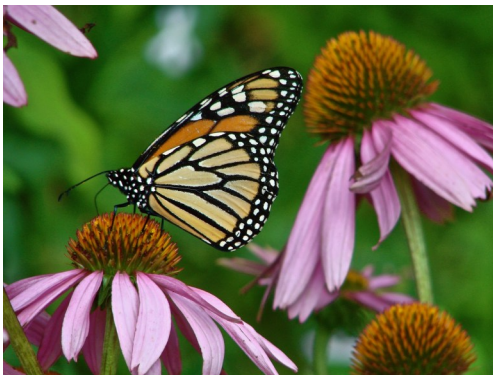
Did you try solving the **Scrambled Walks** in July's edition of *Footnotes*? We heard from one reader that suffered some sleepless nights, and apologize to anyone who lost sleep or experienced extreme frustration.

The 2 starting letters were G and P, and unscrambled answers are below.

- Gloucester Harbor
- Gloucester Park
- Groton

- Pawtucket
- Peabody
- Plainville
- Plymouth
- Providence
- Provincetown

*Scrambles again at left.*

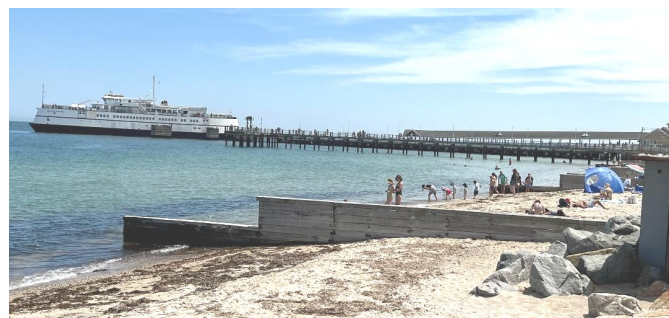


CLGEREUSOT RBOHRA  
TESOCGUERL AKPR  
NOOGTR  
EWPTKACEUT  
DBOEPAY  
VELAPNILI  
ULPYOHMT  
REDOCPIVEN  
WRENPONVECIN

# Day Trip(s) to Martha's Vineyard

by Beate Hait

Four people (Don Bolin, Linda Perrotto, Paul Kelly, and Beate Hait) met at the dock in Woods Hole on June 30 for the ferry ride to Oak Bluffs. It was easy to



find one another, since there were surprisingly few ferry passengers.

Arriving on Martha's Vineyard, we were joined by Ann Plichta and Karen Plichta who traveled to the island via the Seastreak out of New Bedford.



The following day, two other Walk 'n Mass members (Suzanne Laundry and Carol Giesecke) joined me on the Vineyard. Despite the forecast of showers on that Tuesday, the early morning rain stopped even before the ferry left Woods Hole, and Mother Nature eventually bathed us in sunshine and warm temps.



On each day, groups of two or solo walkers headed out on the trails. Some started the day by stopping for breakfast. Ann and Karen hightailed it out to complete the 10K route in time to get the early afternoon ferry back to

New Bedford. Others walked at a more leisurely pace, stopping at a bench in the shade of trees in Trinity Park, enjoying lunch at one of the many eateries, splurging on a treat at Mad Martha's Ice Cream, and being entertained by the a cappella group Vineyard Sound delivering an impromptu performance.

These days, the 5K distance is my route of choice. Being on the Vineyard for two days, I walked the Cottages route on the first day and the Lighthouse one on the second day. Timing worked in my favor on the second day when Carol texted that she and Suzanne were stopping at Nancy's for lunch. Sitting just steps away at a bench by the harbor, I joined them moments later before I headed to the ferry, and Carol and Suzanne headed to the lighthouse. We all agreed how delightful it was to spend a summer day on the Vineyard.



**Do you have a volksmarching travel story to share?**  
Send it to [footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com) for publication in a future edition of **Footnotes**.

Pictures by Beate Hait



## Walk Coordinator Speaks

by Beate Hait

### **Club picnic walk in Medway on August 16 —**

We are re-visiting Choate Park in Medway to celebrate Walk 'n Mass's 40th Anniversary. The walk happens in the morning and the picnic starts at noon. If not walking, please come to enjoy the camaraderie of fellow club members. We'd love to see you!

It's a bring-your-own-lunch picnic, and—if you wish—you may bring an appetizer, fruit, or something else to share. Enjoy a slice of the anniversary cake provided by the club while our club president, Mary Frink, shares some club news and recognizes members who reached a volunteer milestone in the past year. We'll set up at the picnic tables under a pavilion situated next to a pond and a playground with a splash pad. If you have questions, please contact Bea: 774-292-9098.

**Blackstone, Saturday, September 6** – Dawn Harlow invites us to Roosevelt Park in Blackstone, the start/finish for the 5K and 10K volkswalk routes. Except for the natural trails at the Blackstone Gorge with views to the Blackstone River and waterfalls, the rest of the trail is on paved surfaces, including the Greenway Rail Trail. Brochure is included with this newsletter.

### **Boston Special Places, Sunday, Sept. 21 –**

Carol Giesecke is excited about welcoming walkers to a map-guided walk in Boston that explores scenic areas that are not included in either our Freedom Trail or Back Bay routes. Register and get the written directions in the lobby across from the post office in the Prudential Center between 8:00 & 10:00 a.m. You may choose to walk with others or go out on your own.

Do you know where to find the Boston Bricks—an amazing hidden gem commemorating many important or pivotal events that happened in Boston? If you walk the 11K route, you'll find this gem! On the 5K route, note the impressive 4-story, granite Armory of the First Corps of Cadets that was listed on the National Register of Historic Places in 1973 and designated as a Boston Landmark in 1977. It is now used for trade shows and expositions.



## Oak Bluffs Photos

by Ann Plichta

*Delightful sights in Oak Bluffs on Martha's Vineyard included hydrangea blooms, gingerbread cottages, lighthouses, and island scenery.*

