

## Co-President's Corner

by Mary Frink

Fall is my absolute favorite time of year. I know, I say this every year! The warm weather in the summer is great, don't get me wrong, but there's just something about the fall. It definitely is more comfortable walking weather! Now's the time to get out and complete your purple YRE/ Seasonal challenge card! Also, this is the last year for Cumberland, so go down and walk/bike it once more and enjoy the foliage.

We have a busy October coming up! The first is a whole walking extravaganza on Columbus Day weekend, out in the wilds of western Massachusetts and southern Vermont. Saturday's walk is in Lenox, MA, put on by the Empire State Capital Volkssporters. There is going to be a group dinner at Applebee's in Greenfield that night at 5:30 pm (see page 5 for dinner RSVP details). Sunday's walk in Shelburne Falls is being put on by us! Monday's walk is in Bennington, VT, hosted by the Twin State Volkssport Association. To get more information, check out the brochure on our website, [www.walknmass.org](http://www.walknmass.org).

The following weekend is our Lexington walk on October 17. It starts in the center of town and goes all around Lexington's network of walking paths; it's a completely different experience from our Battle Road seasonal. A special Walk Through History selection of "B" awards from past walks will be available as part of our 30<sup>th</sup> Anniversary celebration. All attendees will also receive a fun anniversary-related giveaway surprise! If you can help out at either of our walks, please contact Bea Hait at [beateh1@aol.com](mailto:beateh1@aol.com).

Looking ahead to next year, if you have any place you think would make an interesting walk, and/or somewhere we can have a starting point, please let myself or Margo know. We're always looking for new places! That's one of the great things about volkssporting. You end up going to all kinds of places you've never been before!



## Come Friends, Let's Walk

- ❖ *Saturday, Oct. 3*  
Day Event:  
Hadley, NY  
Oktoberfest (ESCV)
- ❖ *Sunday, Oct. 4*  
Group Walk:  
Sandwich 11:00 am
- Columbus Day Weekend**
- ❖ *Saturday, Oct. 10*  
Lenox, MA (ESCV)
- ❖ *Sunday, Oct. 11*  
Shelburne Falls, MA
- ❖ *Monday, Oct. 12*  
Bennington, VT (TSVA)
- ❖ *Saturday, Oct. 17*  
Day Event:  
Lexington
- ❖ *Saturday, Oct. 24*  
Group Bike/Walk:  
Bedford 10:00 am
- ❖ *Saturday, Oct. 31*  
Group Walk:  
Salem, MA 9:00 am  
(ITWC, W&E Gang)
- ❖ *Sunday, Nov. 1*  
Group Walk:  
Newton Centre 1:00 pm

See AVA or club 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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# September Club Meeting Highlights

by Marianne Marshall

## Meeting held September 1, 2015

Group walks report:

- Sandwich, October 4 @ 11:00 a.m.
- Bedford Bike/Walk, October 24 @ 10:00 a.m.
- Newton Centre, November 1 @ 1:00 p.m.
- Newport, November 8 @ 12:00 p.m.
- Plymouth (Parade), November 21 @ 9:30 a.m.

Sandwich 10km walk being revised for 2016; 6km requires no changes

Chuck Lipson will update membership form to include shipping fee for WNM name pins

Get-well cards sent to Agnes Laviolette and Teresa from Tater Tours; sympathy card send to John Balco's family

Bea to contact POCs for the Empire State Capital Volkssporters and the Twin State Volkssport Association to see about arrangements for a restaurant for walkers to gather at some point during the Northeast Regional Columbus Day weekend events

493 walkers reported for year-round/seasonal events from January through June

Potential walks for 2016:

- Ashland—start point still being resolved (needed to meet WNM requirements for Marathon Challenge)
- Hopkinton (new route, WNM Marathon Challenge)
- Framingham (WNM Marathon Challenge)
- Barre Falls to include annual picnic
- Webster
- New Bedford
- Milford

WNM books audited

2016 meeting locations:

- Stop & Shop in Franklin: March, June, September and November
- St. Michael's Parish in Bedford: January, April, May, August, October and December

WNM Constitution changes approved at Natick meeting; members should contact Margo Craven if they wish to receive a copy

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# In Memoriam: Bill Jenkins

by Monica Hait

We are sad to report the passing of Bill Jenkins, on Sept. 12 from Parkinson's disease. Bill was a longtime WnM member, joining during the inaugural 1985 season, and he frequently attended club meetings in the early days when they were held in local restaurants. In 1989, Bill was a founding member of the Two Town Walking Club and held various offices and volunteer positions through the years. He was instrumental in helping to expand volksmarching in New England and was the AVA's first Northeast Regional Director (NERD).

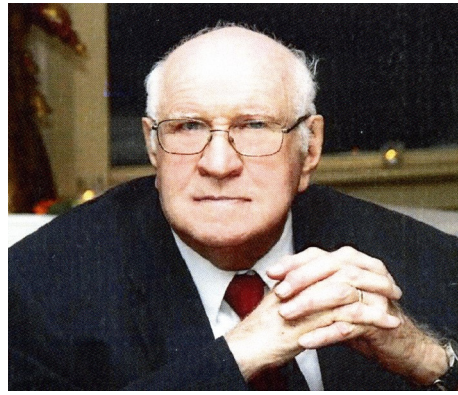
Bill frequently enjoyed volksmarch events around the region, country and world with his wife Vivianne. Bill walked in all 50 states, all the Canadian provinces, Germany, France, Italy, Greece, Austria, Ireland, Finland and Spain. He walked his first marathon from Marathon to Athens, Greece. Hiking all the 4,000-foot-and-above peaks in New Hampshire is yet another accomplishment.

If you ever witnessed a chicken dance near a Finish table, Bill was likely the reason, believing tradition dictated such a display when a book's final stamp was entered.

Bill was a walking evangelist, sharing his love for exploring the outdoors and volksmarch experiences with enthusiasm to any willing ears, including his many students and fellow teachers during his career as a teacher and track coach.

Our sincere condolences to Vivianne and the extended Jenkins family.

*With contributions from Marianne Marshall and Joe Piffat; walk photos from Margo Craven and Beate Hait.*



WnM volunteer records (since 1990) show Bill earned 151 volunteer points as a trail marker, road guard, checkpoint, start/finish, map maker, woods clean-up/work party, specialties and greeter at 28 events. This included walks in Bolton, Hyannis, Lowell, Hudson, Concord, Attleboro, Foxboro, Saugus, Sudbury, Reading, Mt. Auburn, Belmont, Back Bay, Bedford, Newburyport, Hadley, Tully Lake, Deerfield/Holyoke/Quabbin, Holliston, Gloucester, Wareham and Cohasset.



*Vivianne & Bill on a trail in Cambridge*



*Left: Three past NERDs Joe Piffat, Phil Hait & Bill Jenkins*



*Right: Bill working with Arlene Girouard at a local health fair*

# Bulletin Board

**Pre-order your 2016 copy of *Starting Point* today.** AVA has extended the pre-order deadline (**Oct. 15**) so there is still time to reserve your copy. There is no option to reorder later. Cost is \$25.

If interested, contact Bea ASAP at [beateh1@aol.com](mailto:beateh1@aol.com) or 508-429-3564.

## WnM Member Benefit

A quick reminder that one of the benefits of Walk 'n Mass membership is that you can save \$1 on credit/award each time you walk one of our 21 YREs or SEs (the ones listed in the lavender booklet mailed in January; and they're also on the website). Simply mark that you are paying \$2 credit (rather than the usual \$3) on the start card. Happy walking!

## Next Club Meeting Tuesday, Oct. 6

6:30 pm

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

**CORRECTION:** Information provided for AVA Achievements in the September *Footnotes* was incorrect. Valerie Kirley completed **2,300 EVENTS** not kilometers. Outstanding!! Congratulations, Valerie.

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

Deadline for next issue: October 21st

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## Crazy Horse Volksmarch

The Black Hills Volkssport Association has announced June 4 and 5 as the 2016 spring dates for this iconic event. A 2016 fall date is yet to be determined.

More information will be posted on the club website as it is available:

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

## Do you have a volkssport or walking travel story to share?

Send it to [footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com) for publication in a future edition of **Footnotes**.

New England is known for its spectacular autumn foliage. This year, why not combine your leaf peeping with scenic walks during the Northeast Regional Columbus Day Weekend? On Saturday, October 10, join the Empire State Capital Volkssporters for 5km and 10km walks in Lenox, MA. On Sunday, October 11, Walk 'n Mass offers 5km and 10km routes in Shelburne Falls, MA. And on Monday, October 12, walk 5km and 10km routes in Bennington, VT, with the Twin State Volkssport Association.

A visit to downtown Shelburne Falls is like taking a trip back in time to a traditional New England town. You won't find any chain stores along Bridge Street, just local shops and eateries. There's even a local pharmacy with a soda fountain. You don't see many of those anymore! And Shelburne Falls has the country's second oldest bowling facility, appropriately located down an alley. Both the 5km and 10km routes explore this picturesque downtown.

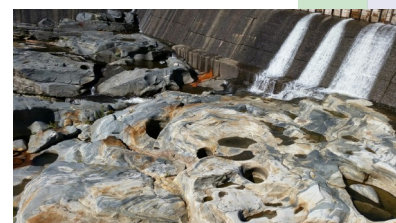
Walkers on both routes also visit the glacial potholes. They formed over 14,000 years ago when the Deerfield River first started to flow over the rocks after the last glacier age. The routes continue over the Iron Bridge into Buckland and the Shelburne Falls Trolley Museum, dedicated to preserving and operating Shelburne Falls and Colrain Street Trolley Car #10, built in 1896. It used to cross the trolley bridge known today as the Bridge of Flowers, and for 65 years it served as a chicken coop, tool shed and play house. Today, you can take a ride on it. When Karen and I were walking with POCs Jan and Bob Varnon, we got to see it in action.

Of course, both the 5km and 10km routes take walkers over the famous Bridge of Flowers. After the trolley service was discontinued in 1928, the Shelburne Falls Women's Club took over the bridge and have been planting beautiful flowers from April through the end of October since 1929. It was truly a spectacular sight the day we were there!



The 10km route visits all the highlights of Shelburne Falls, as well as exploring residential neighborhoods in Buckland.

While you're walking, try to spot the special mosaics. There's one for every town in the area, and you'll see many of them on commercial buildings as you walk along. Keep track of the mosaics on the trail



*Glacial Potholes*

and you may just win a prize. Two films were filmed in the area in recent years: *Labor Day* and *The Judge*. You'll see stars (not the people, but ones made out of slate) marking the filming locations.

Both walk routes have an AVA rating of 2A, not suitable for wheelchairs or strollers. While they are on paved paths, Shelburne Falls is located in the foothills of the Berkshires, meaning hilly terrain.

Plan on spending your Columbus Day weekend with great 5km and 10km walks in Lenox, Shelburne Falls and Bennington, and enjoy the fall foliage as well.



*View from the Bridge of Flowers*

**Dinner gathering Sat., Oct. 10 at Applebee's in Greenfield at 5:30 pm.** Interested eaters should contact Jan Varnon [jcvarnon@yahoo.com](mailto:jcvarnon@yahoo.com) or Beate Hait [beateh1@aol.com](mailto:beateh1@aol.com) by 10/9 so we can alert the restaurant with expected headcount.

# Trail Master's Diary: Lexington

by Ann Plichta

Walk 'n Mass invites you to take a walk through history with 5km and 10km walks in Lexington on October 17. Not only is Lexington historic, but it's an important year in Walk 'n Mass history as well. It's our 30<sup>th</sup> anniversary! To celebrate, some distinctive awards (trowels, suncatchers, nightlights, and more) from prior events will be available for purchase as "B" awards. Limited quantities available of each award so arrive early (but not before 9:00 am) for best selection.

The 5km and 10km routes take walkers through different parts of town using ACROSS (Accessing Conservation land, Recreation areas, Open space, Schools and Streets) Lexington, a series of recreation trails with over 17 miles complete to date. The goal is 40 miles of trails throughout town for walkers, runners, and trail bikers to use and enjoy.

ACROSS Lexington features several routes, currently A through D. The 10km route follows Route A. Walkers will start out through part of picturesque downtown Lexington before heading to the Minuteman Bikeway, one of the most popular rail trails in the country. From there, the route heads through the Parker Meadow Conservation Area, comprising 17 acres of fields, forests and wetlands. Another conservation area, Chiesa Farm, has 18 acres of pasture for walkers to enjoy. As I was walking with POCs Miriam Boucher and Mary Frink, Miriam pointed out a ring worn down by horses from an old farm. The route then continues to Willard's Woods Conservation Area with 107 acres of fields, meadows, pine

groves and wetlands. It also passes through Upper and Lower Vine Brook Conservation Areas, with the latter hosting Lexington's tree farm. Walkers will cross boardwalks and go through several neighborhoods along this scenic route.

The 5km route is based on Route B. After walking through downtown and the Minuteman Bikeway, walkers will enter a residential neighborhood, passing the Old Belfry and the former Monroe School which was the oldest continuous use school building before being turned into condos. The route takes walkers along a boardwalk through a protected wetland before heading to Lincoln Park. This was a town dump until the 1980s when the town of Lexington turned it into a 60-acre recreation site with trails, a pond and playfields. After following a bike path, walkers continue to the finish through Lincoln Park and residential areas.

Both walk routes are mostly on paved sidewalks or tilled paths and have an AVA rating of 1B. The 10km route is unsuitable for wheelchairs and strollers due to several small hills and uneven surfaces. The 5km route is not suitable for wheelchairs, but may be doable for strollers.

Celebrate the 30<sup>th</sup> anniversary of Walk 'n Mass with scenic 5km and 10km walks in historic Lexington on October 17. Enjoy walking through fields and forests, and the beautiful fall foliage. Hope to see you on the trail!

## Membership Notes: Name Pins

by Chuck Lipson

I would like to thank everybody who renewed their membership for the 2015-2016 walking season. Looking forward to seeing you at our club events.

The membership forms currently include an option to request club name pins and the cost per pin has been \$5.50 for a number of years. Recently, we had to find a new vendor and their production cost is higher than the previous vendor. Additionally, with postal rate increases, mailing costs for the pins have also gone up significantly.

To combat these increasing costs, the club will need to add a \$2.50 mailing charge for members wishing to receive their pins through post (making total cost \$8.00). The other delivery option will be pick-up at club meetings or events with no additional charge.

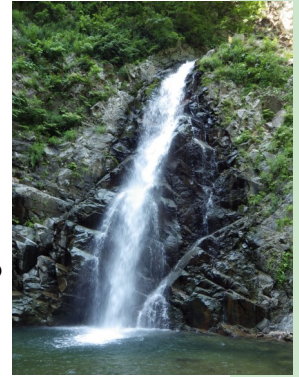
Summer in Misawa is hot and humid. Since we don't have air conditioning, we're always looking for a cooler place to be on our days off. So on July 11, we decided a return visit to Shirakami Sanchi sounded like a good choice. These mountains, located in western Aomori Prefecture, are home to a World Heritage beech forest. When we volksmarched Hirosaki in May, we took a side trip there and hiked a nature trail. This time our goal was Anmon Falls.



We parked at Aqua Green Village, a resort campground, walked back across the Anmon Ohashi Bridge and turned right

down a short paved road to a concrete dam and the trailhead. Ignoring the nature trail (seen on earlier visit) to the left of a small shrine, we followed the concrete trail that climbs past the dam then goes along the Iwaki River. We crossed the river several times on bridges but the trail is easy to follow. In places where the trail has been washed out, metal scaffolding with boards is installed. We encountered people of all ages using the trail so sometimes we had to wait at passing places when the trail was too narrow. We could see that there might be traffic jams when even more people hike it. Mike was especially pleased to see that some snow remained on the shady slopes - the breeze coming off it was cool and refreshing; ahhh...

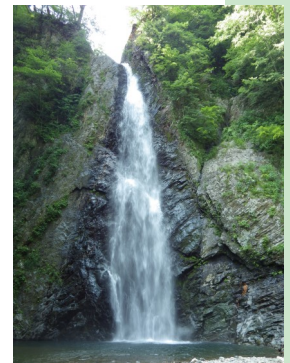
Shortly before the first waterfall we noticed a group of workmen taking a break. It took about 40 minutes to reach the first of the three waterfalls (85' high). We took a short break for a snack and pictures. Returning to the trail, as we started up the metal staircase along the first fall, we noticed some of the workers behind us loaded with metal pipes so we pulled over to let them pass. It took about ten minutes to reach the second fall (121').



Waterfall #1

Unfortunately this was as far as we could go, as the trail to the third and highest fall was still under construction. After taking more pictures, we started back. We detoured briefly to climb to a small Shinto shrine on a trailside hill then retraced our steps back to the trailhead.

Although we regretted not seeing the third waterfall, we were glad we made a second visit. We enjoyed apple ice cream cones at Aqua Green Village before driving east towards Misawa Air Base. Along the way, we stopped in Nishimeya to tour the Shirakami Sanchi Visitor Center (3D models of the fauna and ecosystem, including English captions).



Waterfall #2

Photos by Mike Medolo



## Where is it?

*Plichta cousins having fun on a seasonal route.*

*Last month's images were seen along the Concord seasonal trail.*

*Photo by Miriam Boucher*



## Walk Coordinator Speaks

by Beate Hait

**Columbus Day Weekend** – After walking in Lenox, MA on Saturday morning 10/10/15, there are multiple YREs in the area (Albany, Williamstown, Brattleboro and Greenfield). If you'd like to walk with a group, meet at the Greenfield start point at 2:30 pm.

To continue socializing with fellow walkers on Saturday over food, meet at the Applebee's in Greenfield at 5:30 pm. The manager will make every effort to seat volkswalkers in the same part of the restaurant. So we can give an estimate of how many to expect, please send an email to POC Jan Varnon:

[jcvarnon@yahoo.com](mailto:jcvarnon@yahoo.com) or me [beateh1@aol.com](mailto:beateh1@aol.com) no later than Oct. 9. There will also be a sign-up sheet at the start/finish point in Lenox.

On Sunday, 10/11/15 WnM hosts the walk in Shelburne Falls, MA, known for its Bridge of Flowers. On Monday, Twin State Volkssport Club hosts a walk in Bennington, VT.

I recently learned that there is an excellent German restaurant, The Munich Haus, in Chicopee, with easy access from I-91. Anyone interested in meeting there for dinner on Sunday?

**Events in 2016** – Would love to get some location ideas for our traditional Soup Walk next March/April. For this event we would need access to a dining hall and kitchen.

Where else could we walk next year? Planning starts now. Suggestions, please! [beateh1@aol.com](mailto:beateh1@aol.com).

### SPECIALTIES

The *Starting Point* published by AVA is a handy reference to see in what cities YREs and SEs exist. Considering there are more than 1800 such events, wherever you travel or even in "your own backyard" there is bound to be a nearby event. Most recently, when attending a résumé writer conference in Charlotte, NC, I was delighted to discover that the start point for a YRE was a mere 10-minute walk from the conference hotel.

Order deadline for *Starting Point 2016* has been extended to Oct. 16. If you have been thinking about ordering this book (\$25) that lists all YREs and SEs in the US, please contact Bea: [beateh1@aol.com](mailto:beateh1@aol.com). Delivery is expected in early December.



Just in time for fall weather, WnM has new "electric blue" fleece jackets (\$40). Take a look at the Specialties table in Shelburne Falls or on the Products page of the club website. If you'd like one mailed to you or for pick-up at an upcoming group walk that can be arranged.

**Inventory Close-out Sale** – Two club t-shirt designs are being discontinued: oatmeal-colored shirts and royal blue shirts. Both now on sale for \$5; limited quantities and sizes.

## Picture Time!

At the Quincy group walk on Sept. 19, the AVA Certificate of Appreciation Award was presented to our long-time checkpoint, Ginger Betty's. Owner Betty was there and tickled to receive such recognition. The group and pink-clad employees struck a pose with Betty to celebrate, before devouring a cookie or two.

