

Co-President's Corner

by Margo Craven

Happy New Year & Good Health to all!

Now that the holidays are over, my outside decorations are back in the cellar and the stockings I'd hung from the fireplace have been put away in hopes that next year Santa will stop by my house again.

I don't know about you but I did not make many New Year's resolutions. I would like to do more walks, maybe in other states, and perhaps even go on a whale watch boat trip. Try to go to the beach more than once would be nice. Time will tell.

Many thanks to Chris and Chuck Lipson for organizing and ordering the main course foods for our WnM After-Holiday Party! Thanks also to the members who brought snacks and delicious desserts!! Besides eating, those that wanted to exchange re-wrapped presents joined in our Yankee Swap. Anyone who received a "not so wanted gift" can re-gift the item at next year's Yankee Swap! Sorry if you missed the party as everyone seemed to have a good time.



This is also the time WnM finalizes plans for walks in the New Year; note the first quarter's list of group walks at the right. I hope those walkers we missed seeing last year, or didn't see often, can make it to more walks in 2016.

The Attleboro walk on December 5 had nice weather. Nice enough for the animals at the Zoo to come to the fences for the walkers to see. Once again there was plenty of food to munch on at the museum checkpoint. A thank you to those that worked at the start/finish, specialties, greeter, or checkpoints: Verna DeVine, Dolores Vaz, Emily Goyette, Sandy Hall, Monica Hait, Betty and John Ekstrom, Pat Graeben, Nancy and Paul McEnanly, Nancy Estrella, Bea Hait and Jean Morrissey. For marking the trail and then taking it down thanks goes to: Marianne Marshall, Ellen and Jack Fernandes, Don Bolin, Miriam Boucher, Karen Plichta, Ruth Medeiros and Keith Harlow. I also want to thank my sister, Carol Ann, for running around with me that day making sure all was going well everywhere.

Hope to see you on the trail in this New Year!

Some Yankee Swap fun at the After-Holiday Party

Come Friends, Let's Walk

- ❖ *Sunday, Jan. 31
Group Walk:
Providence, RI
10:00 am*
- ❖ *Saturday, Feb. 13
Group Walk:
Sandwich 10:30 am*
- ❖ *Sunday, Feb. 21
Group Walk:
Lowell 10:30 am*
- ❖ *Sunday, Mar. 13
Group Walk:
Freedom Trail
Boston 10:00 am*
- ❖ *Saturday, Mar. 19
Group Walk:
Newton 10:00 am*

*See club website for starting location details on these events. **Winter group walk schedule subject to weather, please contact POC to check on sidewalk clearing status. For group walks, please aim to arrive 15 minutes earlier to sign-in.***



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AVA Achievement Awards (compiled from American Wanderer)

Congratulations to the following people on their achievements as shown:

Name	Events	Distance
Richard Allen		500 KM
Sharon Stumpf	75, 100	1,000 KM
Roy Damiani	375	4,000 KM
Mary Saratora		4,500 KM
Kathryn Piffat		5,000 KM
Gordon Drake	375	6,500 KM
Joanne Izbicki	375	
Betty Green	550	
Michael Green	550	
Pat Damiani	650	7,000 KM
Janet Varnon	750	
Robert Varnon	750	
Joe Piffat		20,000 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*.

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December & January Meeting Highlights by Marianne Marshall

Meetings held December 1, 2015 & January 9, 2016

Group walk schedule:

Providence, Sun., Jan. 31 @ 10:00 am
Sandwich, Sat., Feb. 13 @ 10:30 am
Lowell, Sun., Feb. 21 @ 10:30 am
Boston Freedom Trail, Sun., Mar. 13 @ 10:00 am
Newton Centre, Sat., Mar. 19 @ 10:00 am

All winter group walks above subject to cancellation due to weather the day of the event or prior days storms; please call POC with any questions.

Specialties: All 12 Starting Point books have been sold; no more available.

Sunshine: Get-well/thinking of you cards sent to Roland Melcher, Carol Raposa, Jean Twedt, Kathy Piffat, and Emily Goyette. Congratulations card to be sent to Elizabeth (Hait) and Neel Ahluwalia.

Soup Walk in Norwood on April 16.

Proposed 2016 day events:

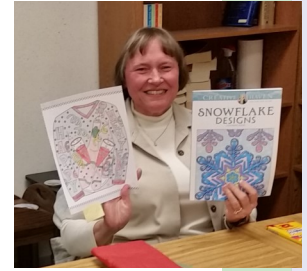
- Ashland (May?)
- Barre Falls (July 23)
- New Bedford (August)
- Framingham (autumn)
- Lowell (TBD)

Walk Coordinator:

- Attleboro had 52 participants.
- Year-round/seasonal events for 2015 finished with profit but day events suffered loss overall. Possible methods to offset losses at day events, mainly due to costly facility fees, were discussed. One way is to ask for donations, particularly at food events. More discussions in future.
- Year-round booklets and 2016 incentive cards mailed out.
- Jack Allen will be taking on POC duties for Boston capital walks. Additional contact person being sought.
- Connecticut Valley Volkssport Club hosting a walk in Guilford, CT on May 21.

Other topics:

- AVA Survey results show respondents feel AVA should do a better job of advertising, marketing, and publicizing events and volkssporting.
- Northeast Regional Director (NERD), Betty Green, moving out of region necessitating a new NERD be identified.



Marianne Marshall won the coloring contest organized by Chris Lipson at December's fun-filled meeting

Senegalese Peanut Stew

[Editor: at the Shelburne Falls workers' walk, talk turned to food and Jan has kindly shared this recipe she spoke about that day. Sounds good for a winter meal.]

When Stephanie and I started Weight Watchers, we began cooking many recipes off their website. Of all of the recipes we tried, this was definitely a favorite. For a while, we were cooking it nearly once a week, and it has become a go-to entrée for potlucks and gatherings. It works great as leftovers, and it is a very forgiving recipe. You can alter it in many different ways. We often use kale, instead of spinach, and we've used white and red sweet potatoes, and even African yams. You do need a large saucepan, especially until the spinach cooks down.

- Cooking spray
- 2 medium onions, roughly chopped
- 1 medium green pepper, roughly chopped
- 2 medium sweet potatoes, peeled and chopped
- 2 medium carrots, peeled and sliced
- Fresh diced garlic, to taste
- 2 Tbsp minced fresh ginger root

by Jan Varnon

- ½ tsp ground cloves
- ½ tsp salt
- ½ tsp cayenne pepper
- 4 cups vegetable broth
- 6 Tbsp peanut butter
- 8 cups spinach, torn into pieces

Coat a large saucepan with cooking spray and set over medium heat. Add onion and bell pepper; cook, stirring often, until softened, about 3 minutes. Stir in the sweet potato, carrots and garlic; cook for 1 minute, stirring often. Add the ginger, cloves, salt and cayenne; cook for 30 seconds.

Pour in the vegetable broth and bring to a simmer, scraping up any browned bits from the bottom of the pan. Stir in the peanut butter until smooth. Cover, reduce the heat to low, and simmer slowly, stirring once in a while, until the sweet potatoes are tender, about 30 minutes. Add the spinach; cook, stirring occasionally, for 10 minutes.

Yields about 1 ⅔ cups per serving; approximately 6 servings.

Bulletin Board

**Columbia River Gorge
Cascade Locks, OR
June 16-19, 2016**

12 walks, 1 bike, 1 swim

columbiagorgewalks.com

With the 2016 YRE/SE booklet mailing in December, a blue Challenge Card for our All the Old Familiar Places was included, ready to go as you begin enjoying our 2016 YRE events. But **did you notice a second Challenge Card?** In the back cover of the 2016 booklet, there is a card you can cut out for another WnM member in your household or for you to use after your first card is full. Additional cards can be picked up as needed from our YRE/SE boxes.

Atlantic Region Conference

March 18-20 in Hagerstown, MD

Three walks available each day, swim event, Friday Meet 'n Greet Buffet, Saturday Dinner, General Session, Workshops, Silent Auction, info at www.mdvolks.org

**Next Club Meeting
Tuesday, March 1**

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Congratulations!

Nancy Estrella and Verna DeVine have completed the Marathon Challenge!

Winners of the 2015 All the Old Familiar Places drawing, from 27 entries:

Robert Varnon
Jack Suchodolski
Ann Plichta
Beate Hait

Joanne Izbicki was the most frequent walker, with **6** completed cards!

Wow!

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: February 21st

Emerald Coast & Pensacola Volkssport Clubs are hosting 4 walk events in Panama City Beach, FL over Presidents' Day weekend, Feb. 12-14, 2016.

See ava.org for more details.



A Walk Up Diamond Head

by Paul Kelly & Linda Perrotto

In chilly January, Linda and I now fondly recall our 2.2-kilometer walk up Diamond Head and back. The trail isn't sanctioned by the AVA, but it is sponsored by the National Park Service. As we mentioned in our earlier volkswalk summary, in O'ahu we walked in windless, humid 90-degree temperatures. In such weather, this ascent isn't for the faint-hearted. As we shiver today, memories of the gorgeous scenery on our arrival at the peak have overtaken those of the rigor of the route.

Our walk started with a ride on Honolulu bus 2 to Kapiolani Community College, site of a Saturday morning farmer's market. Luckily, there was a bakery stall with excellent croissants for our breakfast. We visited many other stands and found chocolate and spicy nuts to taste and bring back to Boston. Satisfied and provisioned, we headed toward the park, about half a mile away.

Some reviewers have divided the trail into three parts: gentle, strenuous, and challenging. On the day we went up, we would have categorized the levels as gentle, challenging, and arduous.



From the station at the base, an asphalt path disappears into a grove. We followed this path and saw that soon a

gravel walkway replaced the pavement, and the incline steepened. Thus ended the gentle stretch. On the gravel path, the pebbles and stones slipped under our feet, but we persevered. At this point, we noticed that there was little shade, and my shirt began to soak.

The path was etched into the side of the mountain, and the park service had installed a railing on the outside with a precipitous overlook beyond. It had rained the night

before, so much so that ruts in the middle of the trail had filled with water. To avoid the puddles, we pulled ourselves along the edge or tiptoed along the cliff wall and when the path widened, we stood aside to let dozens of more surefooted climbers pass.



Forbidden Climbers

Finally, the ascent continued up steep stairs and through a lighted 225-foot tunnel to a spiral iron staircase. We avoided the staircase by clambering through a horizontal gap in the rock about 2 ½ feet high. A few more steps brought us to the peak and a tall concrete structure that was originally a gun emplacement and which had a warning not to mount it. Several teenagers had chosen to ignore the sign.



Waikiki from Diamond Head

The view was spectacular. Honolulu was spread below us. We picked out our hotel, admired the beaches and the ocean, watched planes land, and relaxed in the heat. Then we returned to the base and enjoyed a cooling shave ice in three flavors. If we return, we would climb again in a heartbeat.



Do you have a volkswalking travel story to share?

Send it to footnotes.editor@gmail.com for publication in a future edition of **Footnotes**.

First Night Trail Walk

by Karen Kolaczyk

A couple of old sayings come to mind: 'In With the Old, Out With the New' and of course 'Out With the Old, In With the New.' I was never a night owl. My body clock is set with a 9:30 pm bedtime. Never could stay up to watch the ball drop in Times Square. Although, when Worcester had its inaugural First Night years ago, my Dad took the family and I stayed up to midnight for the fireworks display. Of course I didn't have a choice cause my Dad was the driver and the frigid cold kept me awake.

I'm also one for trying to save a buck and usually luck out in finding an event that's budget worthy. I was referred to as the social director at my workplace and could pretty well hit it on the money when looking to bring some culture into our lives at a reasonable price.

Well, I was browsing the Community Event section of the papers and in the MetroWest Daily News I found a First Night Trail Walk event in Holliston scheduled for December 31st from 5-8 pm. Two start points, one section longer than the other, family friendly, and dog friendly. It was the 3rd year this event was being held. Perfect! I scoped out the venue to make sure I knew where I was going, and the name Blair Square was somehow familiar to me. Sure enough, it was! Our club did a walk on that Rail Trail!

On Dec. 31, I took my dog Kimba and my sister, Kim, took her dog Kenzie. It was fun! The Friends of the Holliston Trails hosted the walk. Donations were accepted along the route. Lanterns were set-up to line the route plus some small bonfires where you could roast marshmallows and put together a smore. There was hot apple cider, hot chocolate and hotdogs being served in the tunnel, which was the midpoint of the trail. I believe the walk route from end to end was one mile to and from. An inflatable Olaf, from the Disney

movie Frozen was at the trailhead. The weather was wonderful and tons of families with kids donned with glow sticks and Christmas lights were out enjoying the trail! There were also the dog lovers and some of the four legged pets had glowing collars! Guess who I ran into? Bea Hait! She was a first timer too and was busy handing out snacks at the Holliston in Bloom table!

Needless to say, I was home at a reasonable time. I had bought some family pack Chinese food at Wegmans the day before, which saved me from waiting in line at the local Chinese restaurant and I had Sparkling Raspberry Wine chilling in the fridge. It was a perfect way to end 2015.

The First Night Trail Walk is definitely something I would do again next year! Maybe some other towns will catch on. It was a terrific family & doggy-friendly event!



WV Bridge Walk by Ted Wall

[Spoiler alert: No AVA clubs are based in West Virginia. Neighbors from Pennsylvania and Virginia maintain some half a dozen walks across the state. None of these walks are near the state's iconic bridge.]

As Pauline and I planned our annual migration away from the regions of cold and snow down toward the Gulf Coast (aka Suncoast), we decided to accept the invitation from Florida neighbors to visit their "northern" residence in West Virginia. These poor folks struggle through the summer at a gated community with only three golf courses, in a nice little house bordering one of the greens. Sadly, the nineteenth hole is some distance away.

During our late October drive south, nature's foliage colorists were fully active among the hillside trees across eight states. We passed many a notable scene but none more impressive than those in West Virginia. The hills and valleys of Appalachia seemed to extend to forever, each slope topping its predecessor in autumnal exuberance. Cruising smoothly along the Interstate it was hard not to think back to the early pioneers who trekked these hills and valleys with only grit and guts. No GPS, no 911, no motels, gas stations, or fast food. Of such are nations grown.

The Bridge Walk of the title sits about an hour's drive from our hosts' home. They were more than generous in transporting us to the walk site and enjoying the scenery/shopping with Pauline while your humble scrivener ventured across the bridge.

The bridge itself carries US Highway 19 across the New River Gorge in Fayetteville, WV. The span stretches "only" a mile and a half across the gorge but the river flows 850 feet (about 1/6 mile) below. Strangely to me, none of our small group of eight seemed upset on looking down into the valley below. Not even queasy me. Even as we watched an eagle glide some 200 feet below us. I doubt I'll ever see that perspective again.

Short as the bridge crossing might be to a highway traveler it cuts some twenty miles of slow sinuous switchbacks from the drive across the river. For height and length this is the second ranked publicly accessible bridge walk in the world, passed only by Sydney Harbor bridge. But that includes a look at the opera house.

In that iconic structure Sydney may have a beautiful work of man. Fayetteville has beautiful works of nature. Trees that stand 200 feet tall seem quite tiny when they are 800 feet below you. More so when they stand surrounded by dozens of their cousins. And even more so when

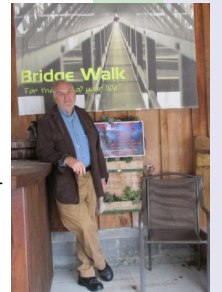


the trees fill the gorge for mile upon mile. Similarly, the rock walls of the gorge reflect the force of the waters that, over time, carved the river's path through many, many layers of sediment. In a bit of counterpoint, the water flowing below seems peaceful. Not really so. The New River ranks a 3 or 4 on the scale of 1-to-6 used by white water rafters. Our guide claimed that he had once traveled a stretch rated 6, and vowed never to try it again. To me, that statement captures the impact of the hills. Awesome!

The bridge is a single arch design constructed of Cor-Ten steel that develops a strongly adhering protective layer of rust. Costly, but how much would one have to pay a painter to climb out on the metal structure every few years? Still, a mile-long structure needs a lot of thermal expansion joints. Each is a potential weak point that needs inspection monthly. The two-foot wide walkway we followed is the access path for inspectors. It crosses the gorge in a straight run directly under the center line of the bridge deck above. The arch is a sturdy, self-reinforcing design that feels stable even to a casual walker. Yet, when an 18-wheeler passed overhead, it was obvious.

The bridge walk operates every day of the year, winds permitting. And the walk is not the only secondary use of the bridge. One day each year the bridge is closed to traffic and some 200 thousand visitors gather to "celebrate" the bridge. Bungee jumpers bring elastic cords. Parasailers bring people-sized kites. Free fall jumpers bring parachutes. Rapellers bring climbing gear. Lesser adventurers just climb the rock walls of the gorge. And rafters frolic down below. All this attracts musicians, craftsmen, food vendors, and the curious. Generally a good time is had by all and cash infuses the local economy.

Should fate take you to West Virginia I heartily recommend you visit the New River Gorge. Oh, spring for the seventy bucks to walk a mile.



Ted & bridge above



Host Sylvia & Pauline



Foliage and river from high atop the bridge

Walk Coordinator Speaks

by Beate Hait

Group Walks – Twenty-three walkers gathered to walk the Boston Back Bay route on New Year's Day led by Ernie and Agnes Lavolette. See page 1 for a list of upcoming group walks, which meet at the start point listed for each event in the YRE/SE booklets that were mailed to all club members in December.



Photo by Bob Marshall

Co-POC needed for Boston Walks – Ernie and Agnes Lavolette say it's time to give someone else a chance to be POC of the Boston YREs. Jack Allen, POC for Boston & Beyond, will assist with the quarterly reporting and maintenance of the Walk Box for all three Boston walks but would like assistance, especially when it comes to meeting a tour bus or leading group walks. Please contact Bea if you'd like to do this or if you just want more info before making that decision.

New Year's Walk Pictures:



Photos by Bob Marshall

Year-round Events – Seven events are open now: three in Boston (Freedom Trail, Back Bay and Boston & Beyond), plus Lowell, Newton, Providence and Sandwich. Put on your walking shoes and explore one of these cities along the designated route.

Mark your calendar – On Saturday, **April 16** the annual club Soup Walk will take place in Norwood. On Saturday, **July 23** the annual club picnic will be at Barre Falls Dam in Hubbardston. Dates for other event locations are still being firmed up.

Despite the warm (for December) temps, ice sculptures were still part of the First Night/First Day decorations.



Photos by Beate Hait

From left: Mark Lavolette, Marianne & Bob Marshall, and Agnes Lavolette and Jean Morrissey were among those enjoying the first walk of 2016.

Attleboro Pictures:



Left: Betty Ekstrom and Nancy Estrella keep tally at the checkpoint.

Right: Santa oversees proper treat distribution, giving only to good & deserving walkers.



Photos by Beate Hait