

## President's Corner by Mary Frink

I love ice cream. I am sure lots of you do too! I eat it all year round no matter the weather outside. What is that old post office adage? Neither rain nor snow nor dark of night shall keep me from my ice cream! It is my understanding that New Englanders eat more ice cream per capita than anywhere else in the United States. Given the number of ice cream shops and brands of ice cream in the grocery stores here, I believe it!

I bring this up because we have reached a milestone in the Ice Cream Parlor Special Program. We have sold our 200th book! A woman from Ohio is the lucky recipient. I knew the program would be popular, but I had no idea we would actually reach that many books! So I thought I would give you an update as to how the program is going and some of the details.

We started selling the books in April of 2016. By the time the program started in January of 2017, we had sold 106 books. Not too bad selling 94 more over a year after the program started! We have sold books to people in 30 states. Massachusetts has the most books at 26 followed by Washington with 21 and Maryland with 19. No books sold to Hawaii or Alaska! We have, however, sold some books to people in the armed forces in Europe! Not too bad for our little program!



As of the time I write this, 46 of the 200 have completed the program and gotten their patches. When I started sending out the books, I thought people would complete the program along the time they bought the book, so people who bought the book early would finish early and so on. It hasn't worked out that way! Some people finished really quickly! The fastest completed about 4 months after I sent them the book. That is a lot of ice cream in a short amount of time!

We can sell books until the end of next year, 2019, and participants have to complete the program by the end of 2020. If you want a book, you can either send me a check for \$10, or I will have some at the Soup Walk in Holliston on April 7. Sad to say, I am only about halfway through my book. I will have to do some serious catching up this year! While I will eat ice cream in any weather, I don't like to walk in any weather!

## Come Friends, Let's Walk

- ❖ Sat., March 10  
Group Walk:  
Mystic, CT  
9:00 am (CVVC)
- ❖ Sat., March 10  
Group Walk:  
Ithaca, NY  
10:00 am (FLVC)
- ❖ Sat., March 17  
Group Walk:  
Saratoga Springs,  
NY 10:00 am  
(ESCV)
- ❖ Wed., March 21  
Group Walk:  
Schenectady, NY  
10:00 am (ESCV)
- ❖ Sat., April 7  
Day Event:  
Holliston, MA  
(Soup Walk)

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.



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# Sandwich Boardwalk

As reported in the previous newsletter, severe winter storm damage in early January caused erosion of sand dunes and flooding of the salt marsh, and the boardwalk was impacted. An alternate walk route circumvents the beach & boardwalk portions of our year-round event's original route and will be in place until everything is safe & open. The boardwalk repair is hoped to be done prior to the summer season.

Joanne Izbicki, along with Margo Craven and Nancy Estrella, investigated and saw some of the damage firsthand.



All photos by Joanne Izbicki

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# Trail Master's Diary: Holliston

by Ann Plichta

As I write this, it's still February and there's plenty of winter left. But there are signs of the coming spring. As a baseball fan, spring training starts the countdown to warm weather for me. And as a walker, the Walk 'n Mass Soup Social kicks off the unofficial beginning of spring. Join Walk 'n Mass Volkssport Club on Saturday, April 7 in Holliston for 5km and 10km walks. Then stay to enjoy delicious homemade soups, socialize, and catch up with walking friends.

Holliston was first settled in 1659 by Massachusetts Bay Puritans. It was incorporated as a town on December 3, 1724, and named after Thomas Hollis, a Harvard benefactor who never actually visited the town. At one time, it was the largest producer of shoes in the United States. Although most of the factories are now gone, the Goodwill Shoe Factory on Water Street now serves as artists' studios.

The 5km route, which is also the first loop of the 10km route, takes walkers past many of Holliston's most interesting sights, including the impressive 8-arch granite bridge over Bogastow Brook. It has been named as one of the 1,000 places you should visit in Massachusetts. The route continues past the former railroad depot, now a restaurant, and by renovated mill buildings currently used as office space and artists' studios (the aforementioned former Goodwill Shoe Factory on Water Street). After passing under the smallest railroad bridge in the world, walkers will enter Mudville, the section of town where Irish immigrants who came to help build the railroad settled in the 1840s. This area contains my favorite part of the walk. As I said, I'm a baseball fan, and we walk by a tribute to "Casey at the Bat." It's not known for sure

whether this is the Mudville referred to in the poem, but the author, Ernest Thayer, was from the area. The route then continues back to downtown, past Fiske's General Store, known for its catchphrase "most everything," before heading back to the checkpoint for the 10km and the finish and soup for the 5km.



8-Arch Bridge

Courtesy of Martin & Jessica O'Brien via flickr

The second loop of the 10km takes walkers through the downtown area, going past the locally famous Superette, a neighborhood grocery and deli which has been featured on Phantom Gourmet. The route continues through residential neighborhoods and passes by Holliston High School. Look for a wood sculpture of the High School panther mascot by local chainsaw artist Jesse Green. [Editor: the current "Casey" in Mudville was also created by Jesse.] Walkers then head to the finish and soup! Both loops are on mostly paved surfaces with a few small inclines. They are AVA rated 1A, suitable for baby strollers, but difficult for wheelchairs due to the lack of some curb cuts.



Beate Holt

Arch Street: the smallest railroad bridge

Celebrate the unofficial start of spring with 5km and 10km routes in Holliston on April 7. Stay and enjoy homemade soups, appetizers, breads, desserts, and good company. It's not necessary to bring food, but if you wish to contribute, keep in mind that our host location is nut free. Hope to see you there!

Soup will be served at **noon** and you are invited to join fellow walkers for this social gathering. If you would like to contribute an appetizer, soup, bread, or dessert (**no nuts** please since **our host location is a nut-free facility**), please notify Chris Lipson (c2lipson@msn.com or 781-275-0464) to indicate what you are planning to bring. Remember to bring your favorite soup bowl and spoon! Beverages and paper goods will be provided by the club.

# Bulletin Board

Curious about the new stamps introduced this year? We'll have an opportunity for you to examine and practice with a new stamp in Holliston if you haven't already encountered one at a year-round or seasonal event box.

**The Big Give** is happening early than past years; it will be **March 15-22, 2018**. See [AVA.org](http://AVA.org) and [TheBigGiveSA.org](http://TheBigGiveSA.org) for further information on donating to help AVA HQ.

**Next Club Meeting  
Tuesday, March 6**

6:30 pm

Stop & Shop  
40 Franklin Village Drive  
Franklin, MA 02038

Up the stairs past  
Customer Service Desk

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Newsletter Submissions to:

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

Deadline for next issue: March 21st

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## Whidbey Walking Festival

September 7-9, 2018

Coupeville, WA

[nwtrekkers.org](http://nwtrekkers.org)

This three-day festival offers walk routes on Whidbey Island in Washington state. Explore the beauty of Puget Sound, with its small towns, mountain views, evergreen forests and expansive vistas!

**Do you have a volksmarching story to share?** Send it to

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

for publication in a future edition of **Footnotes**.

# Winter Olympics Word Search

by Monica Hait

F	I	G	U	R	E	S	K	A	T	I	N	G	G
U	C	O	G	N	I	E	R	T	P	L	A	R	N
B	E	R	B	O	B	S	L	E	D	O	S	E	I
A	H	D	I	L	P	K	L	S	F	U	N	G	C
D	O	H	E	A	E	E	I	O	L	P	O	I	E
S	C	N	C	U	R	L	I	N	G	R	W	O	D
E	K	R	A	S	D	E	F	C	N	I	B	L	A
M	E	L	T	T	A	T	O	P	A	S	O	E	N
I	Y	A	V	E	F	O	W	L	R	O	A	T	C
S	K	E	E	A	V	N	E	O	T	F	R	I	I
H	I	P	L	M	R	G	M	N	U	C	D	O	N
C	R	A	L	P	I	N	E	S	K	I	I	N	G
R	A	I	C	U	B	E	R	L	O	G	N	I	E
O	P	M	A	R	E	L	A	Y	A	O	G	E	R
S	E	T	N	S	L	I	E	H	K	O	J	V	A
S	K	I	J	U	M	P	I	N	G	R	U	I	S
C	O	U	N	I	R	T	W	R	E	A	M	L	P
O	G	A	E	T	P	H	A	L	F	P	I	P	E
U	N	E	R	D	U	O	Z	V	E	O	A	R	E
N	O	R	D	I	C	C	O	M	B	I	N	E	D
T	C	I	W	E	A	L	O	P	E	A	G	I	S
R	B	A	U	S	H	O	R	T	T	R	A	C	K
Y	D	L	O	L	E	E	N	P	L	O	R	W	A
E	R	S	P	A	R	H	L	U	G	E	M	C	T
U	B	C	R	L	I	M	E	L	O	S	E	D	I
R	E	A	D	O	K	B	I	A	T	H	L	O	N
S	C	I	P	M	Y	L	O	N	E	O	L	S	G

If you enjoyed watching all the competitions from PyeongChang like I did, then here is one way to keep the games going. Have fun with this word search and see if you can find a (secret) bonus word!

- |                |                 |
|----------------|-----------------|
| aerials        | luge            |
| alpine skiing  | nordic combined |
| biathlon       | relay           |
| bobsled        | short track     |
| cross country  | skeleton        |
| curling        | ski jumping     |
| figure skating | slalom          |
| halfpipe       | snowboarding    |
| ice dancing    | speed skating   |
| ice hockey     | team pursuit    |

## WnM Seeking GWC

by Monica Hait

Yup, this record is still on repeat ... will YOU please volunteer to help? As our spring walking season nears, we really need someone to help shape our events calendar by scheduling & hosting group walks.

Walk 'n Mass is seeking a volunteer or two to fill our Group Walk Coordinator (GWC) position. If two people wish to share the duties by working in tandem, we would be happy to have Co-GWCs. The primary responsibility of the GWC role is to schedule group walks of WnM's Year-Round & Seasonal Events.

By working with the various walk POCs, the GWC develops the group walk schedule

throughout the year and communicates it for publicizing via our club's news outlets.

While the GWC is not required to attend every single group walk, they should ensure a leader (walk POC or other club member) is present to help streamline sign-in if the GWC is not available to attend.

The GWC position has a large impact on the club's activity calendar. To express interest in this position, or to get further information, please contact Mary Frink at [mfwalks2010@verizon.net](mailto:mfwalks2010@verizon.net) or come to a club meeting or walk.

## Walk Coordinator Speaks

by Beate Hait

**Soup Walk in Holliston** – On Saturday, April 7, we'll get our walking season started with the eagerly anticipated Soup Walk. While this time we will not be walking on the Rail Trail, we will pass the 8-arch bridge and can view the refurbishing of that structure that will include hand rails along its length to make it safe for walkers & bicyclists to use as part of the Rail Trail. That will be an event for another year!

**Walk in the Park** – Forest Park, that is, in Springfield, MA on Saturday, May 12. Jan and Bob Varnon are laying out 6K and 10K routes through this park. See brochure enclosed with this newsletter for details.

**Event Volunteers** – If you would like to help staff any event, please contact the event POC or me. Here is an overview of the tasks:

Two-hour shifts are scheduled for **Start** (register walkers, issue start cards and directions, collect money), **Finish** (collect walk cards, stamp IVV books), **Checkpoint** (greet walkers, mark start cards), **Greeter** (welcome participants; pair walking companions), **New Walker Info** (answer questions, hand out information), **Specialties** (sell volkssport items and club apparel), **Trail Marking** (on team of 2-4, arrive 1 ½ hours prior to start time to mark the route), and **Trail Take-Down** (on team of 2+, one-half hour after end of start time, walk the route and take down ribbons and arrows).

**Ayer, MA** – Any of our club members familiar with Ayer? One of our long-time members, Ruth Regan, recently moved to Ayer and contacted me to invite us to plan a volkswalk in that picturesque town. If you are intrigued about planning a walking route here, please contact me.

**POC for Providence YRE** – As Mary Suchodolski begins a new chapter in her life as a retiree with relocation to year-round warm weather, she informed me that in 2019 she will no longer be able to be Point of Contact for the Providence YRE. Dolores Vaz indicated she would continue to be co-POC by monitoring the box, collecting the completed envelopes and mailing them to a POC who might live a distance from Providence.

What exactly does this entail? Checking the Walk Box at the Start Point at least every month – more frequently during summer – keeping the supplies stocked, collecting completed envelopes, submitting quarterly participation reports to me and money to our club treasurer, replying to inquiries from volkssporters by email.

The majority of the walker total for Providence each year consists of out-of-staters who participate in the Walk the USA and Walk Our Capitals special programs. Total participants in 2017 was 125. The club would very much like to keep offering this year-round event. Please contact me ASAP if you'd like to take on this POC role.



Carol Giesecke

## Picture Time: Newton in Winter

*During some mild weather in January, POC Marianne Marshall put together an impromptu group walk of the Newton YRE with Bev Lange and Carol Giesecke attending. The green grass at Lasell College provided a good photo op.*