



President's Corner

Do you like to walk by yourself or do you like to walk with other people? That thought occurred to me after the Springfield walk. I had done the Lexington group walk the weekend before and ended up doing the Springfield walk by myself. Both methods have advantages and disadvantages.

I like to do new walks by myself. I tend to take a lot of pictures and I always feel bad when I make other people wait for me. I also like the wonder of happening upon unexpected things. Did you see deer on the Springfield walk? Apparently two were spotted early in the day, but by the time I got there, one had gone. I doubt I would have seen them if I'd been walking (and talking probably) with someone else. We would have scared them away with our noise. That's something else I like about walking alone – the quiet. I don't necessarily mean walking in a quiet place, but walking without the noise in my head. I guess it's an extension of turning the cell phone off. It's nice sometimes to only have to think about reading the directions, making sure you are on the right track, and looking at the world around you. I saw so many beautiful things besides the deer in Springfield that I might have missed or seen differently if someone else had been with me. The things I find interesting or beautiful are

by Mary Frink

not always the same as the person I'm walking with.

That doesn't mean I don't like walking with other people! Sometimes, that's the only thing that gets me out and walking in the first place, knowing someone is waiting for me. It's nice to hear what other people are doing in their lives and to be able to moan and groan with someone if you need to. I've done walks with people who are very knowledgeable about the area or a particular something along the walk and it's great to learn things that aren't in the directions. Besides, it's nice to have someone to help you with the directions if it's a walk you haven't done much or at all. I can't tell you how many times I've misread directions and had to get help to make sure I was in the right place. It's also nice to have someone to go "Do you remember?" with. I try to keep a journal when I walk by myself so I don't forget what I've seen and done, but that isn't always enough (hence all the pictures!). It was nice to get back to the start point at Springfield and talk about the walk with other people who had done it and kind of cement the memory in my brain.

Do you feel like I do or do you have a definite preference? I guess you can miss out on things, but you also gain a lot no matter which way you go.

Come Friends, Let's Walk

- ❖ *Saturday, June 9*
Group Walk:
Plymouth, MA
10:00 am [see p. 4]
- ❖ *Saturday, June 9*
Day Event:
Menands, NY
(ESCV picnic)
- ❖ *Saturday, June 16*
Day Event:
Blackstone, MA
- ❖ *Saturday, June 23*
Group Walk:
Quincy, MA
10:00 am
- ❖ *Sunday, June 24*
Day Event:
Falmouth, ME
(SMVA) [see p. 5]
- ❖ *Saturday, June 30*
Group Walk:
Bristol, RI 10:00 am
- ❖ *Saturday, July 7*
Group Walk:
Concord, MA
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.

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AVA Achievement Awards (compiled from American Wanderer)

Congratulations to the following people on their achievements as shown:

Name	Events	Distance
Angela Allen	30	
Jack Allen	200, 225, 250, 275	1,500 KM
John Christiansen	125	
Mary Frink	150	1,500 KM
Sandra Hall		2,500 KM
Beverly Lange	30, 50	500 KM
Alida Lupsiewicz		500 KM
Philip Lupsiewicz		500 KM
Mary Saratora	425	5,000 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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Trail Master's Diary: Blackstone

by Ann Plichta

Walk 'n Mass Volkssport Club invites you to visit the "Birthplace of the American Industrial Revolution" with 5km and 10km walks on June 16 in Blackstone, MA. Blackstone is one of the mill towns along the Blackstone River that served as the source of power for Samuel Slater's mill, the first successful water-powered cotton spinning mill in the United States. Other mills followed throughout the Blackstone Valley, and then the rest of New England.

Today, the John H. Chafee Blackstone River Valley National Heritage Corridor is dedicated to the history of the Industrial Revolution and includes 24 mill towns along the river's course from Worcester County in Massachusetts to Providence County in Rhode Island. The quaint town of Blackstone was first inhabited by the Nipmuc before being settled by European immigrants in 1662. It was incorporated as a town in 1845.

Both the 5km and 10km routes travel through residential areas before heading to the Blackstone Gorge. View the impressive waterfall before heading through the woods to a spectacular overlook of the river 80 feet below. There is an option of two paths for walkers to proceed through the woods. Depending on the chosen path, the Blackstone River may be viewed along the way. Walkers will definitely hear the river no matter which path they traverse. The routes then head into town, continuing past an ice cream parlor, the Blackstone Post Office, and library on the way to the Blackstone Historical Museum. Plan to spend some time there, exploring the history of this mill town. The route then heads back past the War Memorial to the finish for 5km walkers and the end of the first loop for 10km walkers.

The second loop of the 10km route continues on the Blackstone River Greenway, part of the Southern New England Trunkline Trail. This will eventually become part of a 48-mile rail trail from Worcester to Providence. Walkers will

cross over the Blackstone River four times before turning around and heading back. Be on the lookout for wildlife and recreational canoers and kayakers. The

river is a popular place to enjoy water pursuits. POC Dawn Harlow and I spotted a majestic swan and several kayakers as we measured the walk route.

The 5km route has an AVA rating of 1B. It is mostly on flat and paved surfaces, but the natural paths along the Blackstone Gorge are not doable for wheelchairs and difficult for strollers. The second loop of the 10km has an AVA rating of 1A with flat, paved surfaces. There is a short incline with no curb cuts leading up to the trail which may make it difficult for wheelchairs, but doable for strollers.

Visit the Blackstone River Valley and the town of Blackstone with Walk 'n Mass on June 16. Whether you choose the 5km or 10km route, there's plenty to enjoy. Hope to see you on the trail.



Blackstone River (courtesy of Doug Kerr via Flickr)



POC Dawn Harlow captured a photo of husband Keith posing by the River

Bulletin Board

Summer Group Walks:

Sat., June 9 in Plymouth

Sat., June 23 in Quincy

Sat., June 30 in Bristol

Sat., July 7 in Concord

All start at 10:00 am, with participants asked to arrive 15 minutes early to sign-in.

We also recommend contacting POC in case of weather concerns to determine if the group walk will be held or rescheduled.

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

Note: there is **no club meeting in July**. Our next meeting after June 5 will be on August 7.

Next Club Meeting Tuesday, June 5

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

2019 Convention Committee seeks artistic individual to help with **8 award patch designs**. If you have (graphic) design expertise and are willing to help, please contact Mary Frink and she can connect you with the Convention Committee.

Hi NE Clubs!

Could you ask members who own **Subarus** to take photos of themselves with their car in front of a recognizable landmark and send to Lea Darling, ESCV member and co-chair of the 2019 AVA Convention? The photo should be a JPEG/.jpg file with the name of the local landmark.

We are trying to inundate Subaru with individual photos showing our devotion to Subaru as a dependable car that gets us to volkswalks all over the country. The photos will be sent to the National Subaru Corp. in an attempt to seek their sponsorship for our 2019 AVA Convention.

Please send landmark Subaru photos to leadarling@verizon.net by June 6.

Thanks,
Lea and Teresa

Co-Chairs of
2019 AVA Convention

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: June 21st



For the **June 9 group walk in Plymouth**, POC Margo Craven asks that you meet at Cordage Park (old start point) rather than Rite Aid. Gather inside the **10 Cordage Park Circle building** in its central seating area where walkers will sign-in starting at 9:45 am and then hit the trails at 10:00 am.

Walk Travels: You are Invited to Falmouth, Maine!

The Southern Maine Volkssport Association is hosting a Falmouth Peony Garden Walk in memory of Carroll Tiernan on **Sunday, June 24**.

The walk routes start at Village Park, one of many parks managed by Falmouth Parks and Community Programs. Both the 5km and 11km routes take walkers to Gilsland Farm/Maine Audubon where you can enjoy a cultivated peony garden as well as the wild peonies in bloom. Stroll to the location of a future Meditation Garden in Carroll's name. The 11km walk continues from Maine Audubon through picturesque residential neighborhoods and crosses the bridge to Portland. The majority of the routes are on sidewalks except at Gilsland Farm where there are grassy trails. These walk routes offer relatively easy walking for all though may not be suitable for wheelchairs.

This walk is in memory of Carroll Tiernan, long-time SMVA cheerleader, friend, and President as well as hearty Maine Audubon supporter. Light refreshments will be served at Maine Audubon in memory of Carroll. These memorial walk events are co-sponsored with Maine Audubon, Falmouth Parks and Community Programs, and the Falmouth Tercentennial Committee.

START: between 10 am and 1 pm, and finish by 4 pm.

LOCATION: Village Park, 20 Hat Trick Drive, Falmouth ME 04105 (behind Wal-Mart, Rt. 1)

Come enjoy the beauty of peonies in bloom at Maine Audubon as SMVA walks in memory of Carroll Tiernan.

Springfield Photos:

Near right: Dave Hooker of Colorado discusses his personal goal of completing a **volkswalk in each county in every US state**. Dawn Harlow begins to contemplate where to plan walks for his missing Rhode Island counties.

Photo by Beate Hait

Far right: Monica Hait, Jan Varnon, and Miriam Boucher at the Finish table.

Photo by Joanne Izbicki

Right: If you enjoyed last month's "Walk Memories" column by Janet Sherrod, where she described her fortuitous first introduction to Leo Bourque, then this photo of the two longstanding friends is sure to bring a smile.

And this time both wore appropriate footwear for the weather!

Photo by Monica Hait



Above: Joe LaPointe, Bev Lange, Monica Hait, Leo Bourque, and Jan Varnon at the Start/Finish tables.

Photo by Beate Hait

In Memoriam: Helen Purcell

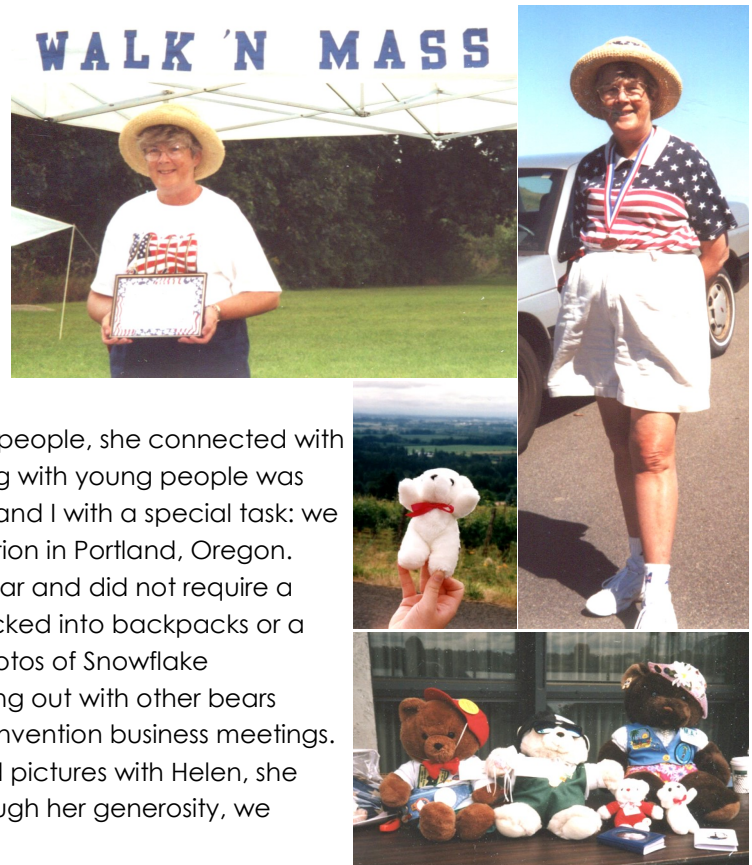
by Monica Hait

We are saddened to report the passing of long-time member Helen Purcell on April 29, 2018.

Helen greatly enjoyed volksmarching and completed events in all 50 states as well as walks in Canada. Her pride in being a retired Air Force Reserves service member was evident in her wide array of flag-embazoned attire and her frequent red, white, and blue color palette.

Through her nursing vocation and interest in people, she connected with and taught many. Helen's joy when speaking with young people was evident and in 1995 she entrusted my sisters and I with a special task: we were to bring Snowflake to the AVA convention in Portland, Oregon. Fortunately, Snowflake was a small teddy bear and did not require a separate plane ticket. He was able to be tucked into backpacks or a large pocket. We traveled with and took photos of Snowflake throughout the trip. He was even able to hang out with other bears during the (boring to bears and children) convention business meetings. After we returned and shared our stories and pictures with Helen, she revealed that Snowflake was now ours! Through her generosity, we gained a memorable adventure.

In addition to participating in many area walks, Helen was a frequent staffer for many years. She helped as a trail marker over a dozen times, often acted as a local guide meeting visiting bus tours at WnM events, and chaired or co-chaired 5 events in addition to numerous other event volunteer shifts. In 1998, Helen was named the WnM Volunteer of the Month for April. We shall miss her smiling face, humor, and cheer, and send our sympathies to her family.



Helen's Notable Walk 'n Mass Volunteer History compiled by Marianne Marshall

Member from 10/93 to present (active from 10/93 to 8/06)

Chairperson: Watertown Night Guided Walk 8/99

Co-Chairperson: Mt Auburn 4/95; Castled Island 6/97; Quincy 9/97; Cohasset 6/02

Volunteer of the Month: 4/98

Checkpoint: Belmont 5/95; Newton 6/95 and 4/00; Back Bay 7/95; Charlestown 9/01; Gloucester 10/01, Hyannis 4/03

Trail Marker: Lowell 9/91, JFK Library 8/95; Newburyport 4/96; Barre Falls 7/99; Deerfield 8/99; Concord Night Walk 5/00; Harvard Night Walk 6/00; Weston 8/00; Carlisle 8/00; Lincoln Night Walk 6/02; Needham 5/03; Lowell Night Walk 8/03; West Roxbury 5/05

Clean Up: Maynard 10/93; Worcester 9/94

Greeter: Holliston 9/94; Newton 4/99; Holliston 9/99; Wayland 7/01; Lexington 7/01; Westford Night Walk 8/01

Start/Finish: Lexington 10/95; Bedford 5/96; Hadley 9/96; W. Concord 5/97; Forest Hills 6/99; Reading 7/00; Waltham 6/02; Wareham 6/02; Lawrence 11/02; Fitchburg 5/05; West Roxbury 5/05; Devens 11/05; Newton 8/06

Bus Tours: Concord seasonal 1995, 1999; Newport seasonal 1999; Back Bay seasonal 1999; Freedom Trail seasonal 1999; Concord 2005

New Walker Info: Forest Hills 8/02

Guide: Sharon 3/03; Belmont Wednesday walk 7/03

Attended meetings: 1994 - 2003

May Meeting Highlights

by Marianne Marshall

Meeting held Tuesday, May 1, 2018

- AVA will be sending financial statements via email.
- **Ice Cream Parlor: 207 books sold; 52 people** have completed the program.
- **101 Membership renewals** received as of meeting date. Chuck to contact those who have not renewed via letter. Those who do not renew by mid-June will be removed from member roster.
- **Group Walks:**
 - Fall River on April 21 had 13 walkers
 - Plymouth—Sat., June 9 at 10:00 am, starting from Cordage Park
- POCs of WnM YRE/SEs to use Northeast Region Calendar for initial screening of group walk dates and then contact Bea.
- Bea ordering limited specialty items based on requests received.
- Diane Peterson to send “thank you for coming” **postcards** to new walkers following day events; Bea will send postcards to returning walkers who came but haven't been seen for a while.
- Plans underway to hold annual picnic walk on August 11 starting at the Woodville Rod & Gun Club (Hopkinton area).
- Walk in Pawtucket, RI potentially on Sunday, August 26.
- Club Meetings likely to change from 1st Tuesdays to 1st Mondays of month starting in October 2018.

AVA News

- AVA requires parents/guardians of children under age 18 to sign liability release at each walk.

WnM meeting attendees voted as follows on AVA Agenda Items:

- Allow Deputy Regional Directors to administer the Trailmaster Certification Examination (yes)
- Allow AVA Associate Members to self-report completion of achievement awards rather than sending books to AVA for AVA's audit of books (no)
- Establish a National AVA Calendar (abstain until better understanding of this motion)

Albany Convention 2019 (Empire State Capital Volkssporters host club):

- WnM will make streamers for the convention; how/when this will be done to be announced.
- AVA and Convention Committee seeking someone to **design the 8 walk patches** with a theme of walking through history. If interested, please contact Mary Frink to be connected with the Convention Committee.

Vacant Positions:

- Group Walk Coordinator position still needs to be filled.
- Reminder: club elections are slated for this fall. If you would like to **run for President, Vice President, Secretary, or Treasurer** please advise a current WnM officer or board member.

Editor: Thanks to Joanne Izbicki for acting as secretary during the May meeting in Marianne's absence and submitting the official minutes which Marianne has ably summarized here.



Seen It?

This rather unique decorative bench in the “See no evil, hear no evil, speak no evil” theme was spotted on the Wellesley seasonal route by Joanne Izbicki. Have you seen something particularly eye-catching on a recent walk?

Walk Coordinator Speaks

by Beate Hait



Beate Hait

Springfield, MA – The forecast of rain for the day of our event at Forest Park in Springfield did not dampen the spirit of the 44 walkers in attendance. And those who came early even completed most of the route before raindrops fell. While the majority of participants came from MA, 8 folks came from NY, 1 from NH and 1 from CO. Jan and Bob Varnon, who POC'ed this event, received kudos from all for this scenic route. We also thank the following volunteers: Carol Giesecke, Mary Frink, Joe LaPointe, Bev Lange, Leo Bourque, Monica Hait, Miriam Boucher, Phil Lupsiewicz, Alida Lupsiewicz, Bonnie Neggers, Tom Narcavage, Joy Peach, Rebecca Cook, Deb Redfield, Cheryl Syriac, Jack Fernandes, Ellen Fernandes, Diane Bucher, Joanne Izbicki, Margo Craven, Dawn Harlow, Keith Harlow, Ann Plichta and Beate Hait. [Editor: above is the Environmental Center checkpoint locale; see other Springfield photos on page 5.]

June 8-10, 2018 – AVA's National Executive Council meeting will be in Albany, NY at the Red Lion Hotel Albany on 205 Wolf Road. Volkssporters are invited and encouraged to attend. The meeting will start at 5:00 pm on Friday, June 8 and 8:00 am on Saturday and Sunday. On Saturday, June 9, there is a walk and picnic hosted by ESCV at Ganser-Smith Memorial Park in nearby Menands, NY. The picnic starts at noon. See walkescv.org for walk event & picnic details.

Woodville, MA – Included with this newsletter is the brochure for this year's Club Picnic Walk on August 11. Take note that this will be an AFTERNOON event with the walk starting at 2:00 pm followed by the picnic at 5:00 pm. Another twist is that soda and other beverages may be purchased at our start point's bar; water will still be provided by the club.

Providence POC – I thank Ann Plichta for offering to POC the Providence YRE starting in January. Since Ann already wears two other "hats" in the club, she is willing to let someone else who might want to jump in as a club volunteer assume that POC role. Do I hear any takers?

Picture Time:

On May 5, 11 walkers participated in the Lexington group walk and enjoyed a lovely spring day. Hmm, several people escaped the camera, but 11 were there.

Photo by Joanne Izbicki

