

## President's Corner

Happy summer! We're just past the solstice, so summer is in full swing. I love being warm. I don't mind snow and cold, but sunny and warm is definitely what I prefer! I don't have any big vacation plans this summer. I'll be in Vermont for a kind of family reunion in July and we'll be near Quechee which has a fabulous walk. If you haven't done that walk, I highly recommend it. You walk through many beautiful areas and you get the "Q" for the Walking the USA A-Z which can be very hard to do, unless you've already walked our Quincy, MA seasonal!

The bad thing about summer is so many people are on vacation that we don't have a traditional walk until August 11! I hope you can come! It's in Woodville, MA and we will be having our annual club picnic. However, we're doing things a little differently this year. The picnic is dinner instead of lunch! It mostly has to do with logistics at the start point, but it's a fun idea! When I first started, there were walks on Tuesday nights which was great for after work (except for areas with mosquitos). It was especially fun when there was ice cream at the start/finish! Since we usually do walks early in the day, please let us know if the later start is something you would like to see more of.

Things are moving ahead with the AVA 2019 convention. Budgets are being worked on and walks and workshops are being finalized. If you would like to go,

by Mary Frink

the hotel is taking reservations starting July 20, 2018. Here is a clip from **Checkpoint**, the AVA newsletter.

"A block of rooms for the 2019 AVA Convention has been reserved with the Red Lion Hotel Albany. We have blocked room nights for June 11-15 at a discounted group rate of \$109 + tax per night.

Red Lion Hotel Albany, 205 Wolf Road Albany, NY 12205

The hotel will begin taking reservations starting July 20, 2018. To make your reservations: please dial 1-844-248-7467 or 518-458-7250. Please make sure to ask for the American Volkssport Association Block to get the discounted rate. Stay tuned for Convention updates on Facebook and our AVA.org website."

If you haven't been to an AVA convention, now is the time! You meet a lot of great people who love walking as much as you do (and don't think it's weird). You can go to [www.ava.org/2019\\_Convention.php](http://www.ava.org/2019_Convention.php) to see descriptions of all the walks that will be going on with the convention. This is the first time a convention has been in the Northeast and they are pulling out all the stops! If you need more incentive, rumor has it that I will be leading one of the workshops...

I hope you can get out and enjoy the fabulous summer weather we are having!

## Come Friends, Let's Walk

- ❖ *Saturday, June 30  
Group Walk:  
Bristol, RI 10:00 am*
- ❖ *Saturday, July 7  
Group Walk:  
Concord, MA  
10:00 am*
- ❖ *Saturday, July 7  
Day Event:  
Vestal, NY (FLVC)  
[Editor: See page 4]*
- ❖ *Saturday, July 28  
Group Walk:  
Providence, RI  
10:00 am [Water/  
Fire later that night]*
- ❖ *Saturday, Aug. 11  
Day Event:  
Woodville, MA  
Club Picnic*

*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
Diane Bucher	575, 600	
Cynthia Gray		5,000 KM
Beate Hait	950	
Joanne Izbicki		5,500 KM; 6,000 KM
Karen Kolaczyk	175	

Did I overlook either your event or distance award? Please let me know so I can include it in the next issue of *Footnotes*.

-Marianne Marshall,  
mrbwalker@verizon.net



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# Trail Master's Diary: Woodville

by Ann Plichta

One of my favorite things to do in summer is eat outdoors. It doesn't have to be fancy. I just enjoy eating and taking in the beautiful weather during our all too short summer season. It's even better to go for a nice walk first before indulging. Walk 'n Mass Volkssport Club invites you to do both with scenic 5km and 10km walks in Woodville on August 11, followed by the traditional Club Picnic.

Woodville is a quaint village in the town of Hopkinton. It was established as an historic district in 2005, encompassing 97 properties. In the early to mid 1800s, Woodville was known for its industry, including cotton, shoe, boot, and livery factories. The Hopkinton Sheeting Company is believed to be one of the earliest cotton weaving factories in the country. Many of the homes from that time can be found in the village. Also in the early 1800s, it was believed that the water flowing from the cedar swamp to Lake Whitehall contained healing powers when iron, sulfur, and magnesium were found in the springs. A resort hotel was built, attracting visitors from all over to drink or bathe in the water. In 1894, Boston seized Lake Whitehall as a reservoir and forced the factories along the shore to close or move. In 1909, a massive fire destroyed most of the remaining industry.

Both the 5km and 10km walk routes pass through the village center with the fire station and post office before heading to scenic Winter Street. Take note of the business located at #17, Bulldog Fire and Emergency Apparatus. Since the 1930s, this plot of land has housed the firetruck industry, beginning with the legendary Clarence Farrar. The route

continues through residential neighborhoods and passes by Lake Whitehall before entering more neighborhoods. Walkers will then go by the Sanctuary at Woodville and American Legion War Memorial before heading back to the finish and picnic for the 5km and the checkpoint for the 10km.

The second loop of the 10km route starts out on Winter Street before heading to a wooded path along Lake Whitehall. There are great views of the lake along the way. It is no longer used to provide fresh water to Boston, but is popular for water sports. POC Bev Lange and I spotted lots of recreational boats on the water enjoying the

beautiful weather the day we walked the route. After leaving the woods, the route continues through Evergreen Cemetery



Lake Whitehall

and residential neighborhoods before heading back to the finish and picnic time!

The 5km route has an AVA rating of 2A. It is on paved routes with moderate inclines, making it difficult for baby strollers. The 10km route has an AVA rating of 2C due to the natural path through the woods with roots and rocks, making it unsuitable for baby strollers. Neither route is suitable for wheelchairs.

Come enjoy the great outdoors with Walk 'n Mass in Woodville on Saturday, August 11. Walk the 5km or 10km route, then stay to enjoy good food and company at the Club Picnic. Hope to see you on the trail!

**Annual Club Picnic at 5:00 pm, Saturday, August 11 in Woodville, MA**  
Following the walk, please join in the festive picnic and share in delicious foods prepared by fellow walk participants. All are welcome!  
If you would like to contribute, bring a main course, salad, or dessert to share.  
Contact Chris Lipson at 781-275-0464 or c2lipson@msn.com to inform her of your tasty dish. Paper products and water will be provided. Other beverages may be purchased inside at the bar.

Bev Lange

# Bulletin Board

## Reminder:

Summer weather means lots of good days for walking. All our seasonal and year-round events are available to explore whenever your schedule and weather are agreeable.

Please carry water (and drink it!) especially while walking in summer. Sunscreen and sun protection equipment also highly recommended.

Get out and explore! Bring a friend if you prefer walking with others.

Join the Finger Lakes Volkssports Club in Vestal, NY on July 7 for a walk on the Binghamton University campus and enjoy the BU Nature Preserve, which includes woods, ponds, and wildlife. 5km and 10km trails rated 2B; bug spray recommended. Start between 10:00 am & noon from K&K's The Old Teahouse, 1101 Bunn Hill Road, Vestal, NY 13850.  
[www.flrvc.org/inghamton-university-walk.html](http://www.flrvc.org/inghamton-university-walk.html)

## Next Club Meeting Tuesday, August 7

6:30 pm

St. Michael's Parish Center  
90 Concord Road (Rt. 62)  
Bedford, MA  
Please enter parking lot  
from Liljegren Way

## Newest Club Member Arrives!

Proud WnM members Joe LaPointe & Blake Mitchell welcomed baby Nicholson in early June. He is already looking quite stylish and is clamoring to attend his first volkswalk later this year, probably before autumn.

Note: there is **no club meeting in July**. Enjoy the month break!

## Newsletter Submissions to:

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

Deadline for next issue: July 21st

Looking to rack up your event totals this fall? Plan a trip to Nebraska & Kansas as clubs in each state are hosting elaborate event weekends.

The **Nebraska Trailblazers** have 4 walks in the southeastern corner of the state **October 5-7**, with the theme to "**Discover Small Town Nebraska.**" Other activities include group dinners, wine tasting, game night, museum tour, and flea market shopping. Plus the host hotel is a floating B&B on the Missouri River! Pre-registration and event details at [www.netrailblazers.club/discover-small-town-nebraska-2018/](http://www.netrailblazers.club/discover-small-town-nebraska-2018/)

Stick around and travel north over the next week to enjoy the South Central Regional Round Up the following weekend in east central Kansas with 4 walks and multiple swim events hosted by the **Sunflower Sod Stompers** and **Kansas JayWalkers** from **October 12-14**. Get event details through [ava.org](http://ava.org) and reach out to the POCs for more.



# Blackstone Walk Recap

by Dawn Harlow

We had a beautiful day for our walk on Saturday, June 16 and ended up with 61 walkers (47 credit and 14 free). Many chose to start early and beat some of the heat predicted for later in the day.

During the workers' walk on Saturday, June 2, the Blackstone Gorge had a lovely surprise of pink Ladyslipper flowers everywhere. They are a rare flower and don't last long so you have to enjoy them while you can. On the day of the walk, two weeks later, the Gorge then had Mountain Laurel in bloom. The Gorge was a bit hard to see unless you stepped out on the ledge (turn-around point). The trees had filled in with their leaves so you should come back in other seasons to get the full effect.

I had a wonderful time creating this walk in my own new backyard. I have only lived in Blackstone for 1.5 years so this was my opportunity to learn the roads, and get out into the community and get to know my neighbors and their businesses.



Joanne Izbicki

Above: Peace Garden at the Blackstone Gorge Waterfall

Below: Some of the 30ish Ladyslippers spotted during the pre-walk for workers on June 2. Ladyslippers = Smiles!



Monica Hait

## June Meeting Highlights

by Marianne Marshall

### Meeting held Tuesday, June 5, 2018

- AVA invoices coming by email; system seems to be working.
- **Ice Cream Parlor: 208 books sold; 58 people** have completed the program.
- **168 Membership renewals** as of meeting date.
- **Group Walks:**
  - Concord on July 7 at 10:00 am
  - Providence on July 28 at 10:00 am
- **Specialties:** sold \$46 in merchandise and \$12 in IVV books at Springfield
- **Sunshine:** Sympathy card sent to Teresa Kennedy on death of her mother & one will be sent to Nancy Estrella on the death of her sister
- Woodville measured for picnic walk in August
- **North East Regional Calendar** posted on WnM website on Walks page
- No new candidates yet to run for WnM offices

### • Walk Coordinator:

- Springfield—44 participants
- Potential Pawtucket walk—Sun., Aug. 26
- Milford planning continues—Sat., Oct. 20
- Start/Finish for Boston walks returned to Faneuil Hall

### AVA News

- AVA no longer requires Event Registration Log form to have participant's address
- AVA to bill Club dues in July rather than May to align with AVA's fiscal year
- Requirement to use Release of Liability Forms for Minors accompanied by family or supervisory adult on hold until AVA determines best policy

### Albany Convention 2019

- Walking Adventures will be doing the convention walks plus other seasonals; Tater Tours itinerary not yet posted

## Walk Coordinator Speaks

by Beate Hait

**Blackstone in Review** – On a gloriously sunny day, 61 folks participated in the walk in Blackstone, MA on June 16. We thank POC Dawn Harlow for planning this route and providing the kettlecorn for snacking. Agnes Laviolette shared trail mix and Janet Sherrod brought a chocolate cake! Salty and sweet treats, a pleasant walk route and good company. What more can one ask for? Thanks also go to our volunteers: Ernie and Agnes Laviolette, Betty Ekstrom, Verna Devine, Monica Hait, Linda Perrotto, Paul Kelly, Mary Frink, Charles Boddy, Jean Morrissey, Keith Harlow, Marianne Marshall, Bev Lange, Margo Craven, Nancy Estrella, Jack and Ellen Fernandes, John Christiansen, Grace Maloney, Jack and Mary Suchodolski, Rick and Trish Almeida, and Joanne Izbicki.

**Boston and Sandwich YREs** – Renovations at Faneuil Hall have been completed and our Walk Box for the Freedom Trail and Back Bay routes is again at the National Park Visitor Center inside Faneuil Hall. Winter storm damage to the boardwalk in Sandwich has been repaired and the boardwalk is again part of the walk route.

### Confirmed Upcoming WnM Day Events:

- Sat., **August 11** – Woodville, MA – Walk and Club Picnic
- Sat., **Oct. 20** – Milford, MA – Upper Charles Rail Trail
- Sat., **Dec. 1** – Attleboro, MA – Holiday Lights at LaSalette

**AVA Special Programs** – Two new themes have been introduced for 2019: **Carousels Across America** and **Little Free Libraries**. If you can suggest a location for a walk that would include passing one of these items, please contact me.

Anyone want to organize a walk in Oak Bluffs on Martha's Vineyard for next year? There's a carousel right near the ferry dock! We have route maps from walks held there in the 1990s; would need to check if things have changed or if they're still accurate for our use now. Anyone going to Oak Bluffs this summer or fall and could check it out? Contact me for the maps, please.

To see themes for other AVA Special Programs currently underway (such as the Ice Cream Parlor program sponsored by our club), visit "AVA Special Programs" at [www.ava.org](http://www.ava.org) for more information and to purchase program books to record participation in qualifying events.

## Plymouth in Pictures by Margo Craven



Margo Craven



Joanne Izbicki

Eleven walkers spent a beautiful day in Plymouth on June 9. Everyone enjoyed the smiling sunshine, and some were lucky enough to see a blue heron with mallard duck [at far left], and a pair of swans with their 3 little cygnets [above]. Unexpectedly, the 5km & 10km groups reunited for a photo [above right] (minus Sandy Hall who had to rush along to other commitments). Let's hope all the groups walks have the same kind of lovely weather.