

## President's Corner

Are you sick of them yet? The political ads, the "vote for me" phone calls, and all the crazy that goes with an election year gets tiresome very quickly. I promise this isn't any of that! However, it is an election year for Walk 'n Mass. Every two years, we vote for President, Vice President, Secretary, and Treasurer. Voting takes place at the October meeting and anyone who comes can vote. We'll be meeting October 1 at the Stop & Shop in Franklin at 6:30 pm. If you are interested in running, please let me know as soon as possible, so we can get the word out. By the rules of AVA, we have to have all 4 offices filled in order to have a club. I have said before that I like this job, but if someone else can do better at it, then they should! Please come and be part of the process!

Now is the time to start thinking about if you are interested in going to the convention in Albany next year. Booking at the convention hotel started in July. It's the Red Lion Hotel Albany and the number is 518-458-7250 extension 440. Ask for the American Volkssport Association Block to get the convention rate. I'm not sure how many rooms are left there. I'm sure they will work to get discount rates at other hotels when this one fills up. Also, last I heard, they are going to

by Mary Frink

start registration for the convention some time in October. Even if you can't go to Albany, there will be convention related walks going on here that you should go to, especially our walk in Springfield! 2019 is going to be a busy year!

Speaking of 2019, we are still working on getting walks for next year. Last month I talked about a possible theme of redoing walks that had weather related issues when done before. I've heard a lot of great stories since then about people walking in really bad weather conditions. We definitely have lots of hearty New Englanders in our club! We are looking into this theme, but that doesn't mean we don't want other walks! If you have a place you like to walk that you'd like to share that has a start point with bathrooms we can use and parking for about 50 cars, please let me or Bea know. We are always looking for places for the soup and picnic walks that have eating areas we can use.

By the time you get this, it will be officially Fall, my favorite time of year. The weather is perfect for walking and the views are amazing. We are so lucky to live where we do! Happy Fall!



## Come Friends, Let's Walk

- ❖ *Saturday, Sept. 29 & Sunday, Sept. 30 Group Walks: VT & NH Appalachian Trail 10:00 am (TSVA, Online Start Box)*
- ❖ *Saturday, Oct. 6 Group Walk: Bristol, RI 10:00 am*
- ❖ *Sunday, Oct. 7 Group Walk: Hyannis, MA 10:00 am*
- ❖ *Saturday, Oct. 13 Guided Walk: Litchfield, CT 10:30 am (CVVC)*
- ❖ *Sunday, Oct. 14 Group Walk: Wellesley, MA 1:15 pm*
- ❖ *Saturday, Oct. 20 Day Event: Milford, MA*
- ❖ *Saturday, Oct. 27 Group Walk: Lowell, MA 10:00 am*

*See club or AVA website for starting location details on these events. For group & guided walks, please aim to arrive 15 minutes earlier to sign-in.*

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## Picture Time!

A group of 10 enjoyed a lovely day walking the Lexington trail, on Sunday, Sept. 16, and posed for a photo at "the usual spot."



Joanne Izbicki

### **President**

**Mary Frink**, Everett  
617-387-1577  
mfwalks2010@verizon.net

### **Vice President**

**Keith Harlow**, Blackstone  
508-353-3336  
krhguy13@yahoo.com

### **Secretary**

**Marianne Marshall**, Waltham  
781-899-5975  
mrbwalker@verizon.net

### **Treasurer**

**Karen Plichta**, Fall River  
508-673-2374  
karenp53@verizon.net

### **Activities Chairperson**

**Chris Lipson**, Bedford  
781-275-0464  
c2lipson@msn.com

### **Email Contact**

**Paul Graveline**, Andover  
978-470-1971  
k1yub@comcast.net

### **Membership Chairperson**

**Chuck Lipson**, Bedford  
781-275-0464  
c2lipson@msn.com

### **Walk Coordinator**

**Beate Hait**, Holliston  
508-429-3564  
beateh1@aol.com

### **Group Walk Coordinator** **OPEN—volunteer(s) needed**

### **Equipment Managers**

**Keith & Dawn Harlow**, Blackstone  
krhguy13@yahoo.com

### **Trail Master**

**Ann Plichta**, Fall River  
508-673-6553  
amplic@comcast.net

### **Assistant Trail Master**

**Karen Kolaczyk**, Marlborough  
508-481-7389  
kkolaczyk@comcast.net

### **Print Newsletter Circulation**

**Ernie & Agnes Laviolette**, Hudson  
978-562-7023  
ealavio@verizon.net

### **E-Newsletter Distribution**

**Margo Craven**, Attleboro  
magoo249@comcast.net

### **Newsletter Editor**

**Monica Hait**, Holliston  
footnotes.editor@gmail.com

### **Publicity Chairperson**

**Karen Kolaczyk**, Marlborough  
508-481-7389  
kkolaczyk@comcast.net

### **Specialties Chairperson**

**Beate Hait**, Holliston  
508-429-3564  
beateh1@aol.com

### **Sunshine Coordinator**

**Chris Lipson**, Bedford  
781-275-0464  
c2lipson@msn.com

### **Historian**

**Dawn Harlow**, Blackstone  
dawnvt@yahoo.com

### **TAW Coordinator**

**Verna DeVine**, Attleboro  
508-399-8512  
vernadvn@yahoo.com

### **Volunteer Awards**

**Marianne Marshall**, Waltham  
781-899-5975  
mrbwalker@verizon.net

### **Facebook POC**

**Jack Suchodolski**, Cumberland  
suchodolskijack@yahoo.com

### **Webmaster**

**Bill Howe**, Chelmsford  
978-256-7370  
bill.howe@bvhowe.com

# Trail Master's Diary: Milford

by Ann Plichta

I always feel a little sad when summer ends. It seems to go by so fast! But since I'm not a big fan of hot, humid weather, I enjoy the cooler temperatures of the fall to get in some walking. It's a great time of year to enjoy the great outdoors! Take advantage of the cool weather and join Walk 'n Mass on October 20 for 5km and 10km walks in Milford. The air should be crisp, and the foliage beautiful. Whether you've walked in Milford before or if this is your first time, there's plenty to see.

The town of Milford was first settled as part of Mendon in 1662, and was destroyed by King Phillip's War in 1676 before being re-settled in 1680. It was incorporated in 1780 and named Milford after the fords of the Mill River that flowed through the town. It became an important industrial and mining community in the 19th century due to its location near waterways and its Milford pink granite. As you walk through town, you'll notice many local buildings built from the granite. The stone has also been used in the main Post Office in New York City, the original Pennsylvania Station, and many other structures.

Both the 5km and 10km routes explore Milford's downtown. Walkers will pass by the Town Hall, which is one of the few local public buildings not made of the famous pink granite. Instead, it is a two-story wood building designed in the Italianate style, built in 1854. It is listed on the National Register of Historic Places. The routes continue past a statue of

General William F. Draper, who served in the American Civil War. He then became a manufacturer of cotton machinery and patented many improvements. Draper also served as a Congressman, and later became president of Draper Company. Walkers then pass through residential areas before heading to Draper Park and the Memorial Elementary School. The routes continue onto the Upper Charles Trail, which will eventually connect Ashland, Holliston, Hopkinton, Milford, and Sherborn along former railroad lines. Enjoy lovely Lake Louisa, where you may see swans, geese, or other wildlife.

5km walkers will turn around at the Lake Louisa gazebo and head back to the finish along the trail, passing Cedar Swamp Pond and ball fields along the way. 10km walkers will continue along the Upper Charles Trail. Be on the lookout for wild turkeys, blue herons, turtles, and more. Enjoy the fall foliage along the way. There's lots to see before you turn around and head back to the finish.

Outside of one slight incline, both the 5km and 10km routes are mostly flat and are on paved surfaces. They have an AVA rating of 1A and are suitable for strollers and wheelchairs. Celebrate fall and take advantage of the cool weather by joining Walk 'n Mass in Milford for 5km and 10km walks on October 20. Enjoy history, wildlife, foliage, and more in this pretty town. Hope to see you on the trail.

# Fall is here!



# Bulletin Board

**Club Elections** will be held at the **October 1 Meeting in Franklin.**

Come vote for President, Vice President, Secretary, and Treasurer. All members present at the meeting are eligible to vote.

**Needed: 12 wire hangers** to hold the streamers being constructed for the 2019 AVA Convention in Albany, NY. If you have some metal hangers you can part with, please bring them to the Milford walk on October 20 or contact Mary Frink to schedule another time to hand off your donation.

**What's your most memorable volksmarch? Share your story.**

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

**Next Club Meeting  
Monday, Oct. 1**

6:30 pm

Stop & Shop  
40 Franklin Village Drive  
Franklin, MA 02038

Up the stairs past  
Customer Service Desk

**Seabreeze Walking Festival 2019**

Ocean Shores, WA Feb. 16-18, 2019

This fun walking weekend will offer 6 trails through town, along the beach, and up the coast of the North Beach. There will be a bike route, as well as two YREs within Ocean Shores and numerous YREs on the way to the beach. Two of the trails will be new this year.

Saturday Evening Buffet tickets always sell out so preregister now. Irish music provided by the six-piece Burren Band.

See lodging options at:  
[www.oceanshores.org](http://www.oceanshores.org)

Learn more about this Presidents Day Weekend of events at:  
[www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)

REMINDER: Club meetings are now the **first Monday** of the month, starting with the October 1 meeting in Franklin. All members are welcome to attend.

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Newsletter Submissions to:

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

Deadline for next issue: Oct. 21st

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**Do you have a volksmarching travel story to share?** Send it to [footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com) for publication in a future edition of **Footnotes**.

# Walk Travels: Sicilian Highs

by Paul Kelly

Photos by Linda Perrotto

Recently, I wrote about Linda and me walking in the Europiade in Sicily with Walking Adventures International. In addition to providing transportation to Selinunte for the IVV events, WAI transported us to several other locations for overnight stays and walks. Our first experience was in Erice, a mountain citadel on the western edge of the island about 60 miles from Palermo; our last was in Taormina, high on a cliff above the Ionian Sea at the eastern end. Our walks provided contrasting bookends for the trip.

Erice looms above the Western Sicilian plain like a dark, ghostly cowl topped with a crown of ramparts. In the sun it is a crisp grey nest of imposing walls. We approached the town in our bus through a series of switchbacks, Salvo, our driver, blasting his horn at each vertiginous turn to warn oncoming drivers of our approach. Courageous travelers (sometimes Linda or I) could peek down the mountain-side, steeper and more breathtaking with each new direction, at the fields & coastline below.



At length we arrived outside the town walls, now enshrouded with fog. The bus couldn't

navigate the arch that led up the main thoroughfare, a narrow cobbled street that climbed damply toward our hotel. The stones were slippery but somehow we made our way. We checked in and shortly gathered with our guides and the others on the tour for a walk around the town.

First we descended back to the town gate on those same slippery stones – I was glad I had bought better hiking boots and brought the poles along. At the gate we turned right and proceeded through a woody area on damp but not muddy ground, on a narrow, well-defined path beside the town wall. Where the wall diverged away from us, we continued along the path down an incline toward a

walled clearing, at the edge of a precipice. About fifty yards before us was another hill topped with a small stone building and an antenna. Beyond that, nothing. Just fog. The spectacular sights from the bus were now obscured in the mist.

We continued around the walls, arriving eventually at a set of difficult steps leading to a heavy wooden door. Here we took pictures of one another and imagined generations of invaders, Greek, Roman, Arab, Norman, standing as we were with weapons rather than cameras. History was in our minds, but the mist was in our eyes.

Six days later, we approached the cliff city of Taormina. From the bus it appeared to be a sapphire and emerald ornament embracing the crest of the promontory. We could also see Mount



Taormina View

Etna, off to our right, grey and watchful. Our walk began the next morning and circuted the town. We proceeded down the central promenade past bright touristy shops, and into the Duomo and then into Chiesa Sant'Antonio Abate, decorated with rustic carvings in a populous nativity scene. From there we walked into the well-kept municipal gardens, and then we picked our way on

paths and roads along the cliff edge, stopping at a terrace with a view of the Ionian Sea and Messina dimly off in the distance. Our guides led us back into town for a visit to the Roman theater. We climbed up



Bam Bar

to the cheap seats but with nothing playing, descended quickly. Alone now, we concluded with a visit to the recommended Bam Bar, which serves a granita that hits you with just the sort of icy force the shop's name suggests.

You might think of Sicily as unvaryingly sun-washed and stony, but we found there a richness that made us eager to return.

## In Memoriam: Valerie Kirley

by Barbara Piffat

Sadly, a long-time member of many New England clubs, including Two Town Walking Club & Walk 'n Mass, passed away this summer. Valerie was a unique individual who had taught English at military bases and traveled all over Europe while stationed there.

Valerie loved the AVA. She traveled and walked in all 50 states (only had a few capitals to finish) and enjoyed the events and people she came in contact with all over the country. Valerie



preferred to stay in hostels while on her adventurous jaunts. She believed interacting with the younger generation and folks from various walks of life gave you a positive outlook and made you feel younger yourself. Valerie was a fiercely independent and private person who had deep faith.

Valerie was a prolific letter writer, and her ability to describe events and places was almost poetic. I have practically every letter we received from Valerie over the years. She would regale you with her experiences on walks in New Mexico, Nevada, Canada, etc., and describe the people she met along the way....the folks in the diner, the motorcycle gang at her motel, the people who stopped to get her back on the correct road when she was lost, the farmer who showed her his farm animals when she walked past on her event walk. Valerie was also a volunteer at the Palace Theater in Waterbury, CT. She would write about the programs she saw and either enjoyed or gave you reasons why she didn't. When you met Valerie on a walk, you were sure to be greeted with a big smile and a hug. Valerie never married and had no children, so the AVA was her family.

I had written to Valerie at the end of June, but the letter was returned as "unable to deliver as addressed." I marched down to the Danvers post office because I was certain there had been a mistake. They said this concerned the CT post office. I phoned Valerie twice within one week, but never had a return call. Concerned, but worried that I was sounding like an alarmist, I phoned Carol West of the Connecticut Valley Volkssport Club. She was in Canada on vacation and phoned me when she returned home. No one had seen Valerie, so another club member, Luiza McDougall and her daughter Heather, drove to Valerie's apartment and learned that Valerie had passed away about 4-6 weeks before. This was a total shock to all of us.



I wrote this memoriam so you would all know what a special lady Valerie was, but I also wrote this to point out something I have always believed and have stated to family and friends. No matter where AVA/IVV members find themselves, here or overseas, a phone call to a local club will elicit some help or advice from members in those clubs. Walkers are a special group of people, and this scenario convinces me even more of this belief.

Valerie, our friend, you will be missed by your AVA family. Rest in Peace.

*This memoriam text originally appeared in Two Town Walking Club's Autumn 2018 newsletter. Reprinted with author's permission.*

*Photos courtesy of Beate Hait.*

*Above left: In 2011, WnM Co-Presidents Beate Hait & Margo Craven presented Valerie a certificate to commemorate her achievement of walking in all 50 states.*

*Above right: In 2015, NERD Betty Green awarded Valerie an AVA Certificate of Service, for which Twin State Volkssport Association submitted her nomination.*

# Answers for Two-Part Word Search

by Joanne Izbicki

Hope you enjoyed the extra challenge with this word search!

## CLUE ANSWERS

## PUZZLE ANSWERS



Quincy	Home to Abigail's roses
Lexington	A "Regular" walk
Plymouth	They landed on a rock?
Sandwich	First walk over the bridge
Hyannis	President's summer home
Bristol	Patriotic street marking
Providence	Settled for religious freedom
Newport	Cliff walk
Boston Freedom Trail	Follow the red line
Boston Back Bay	Annual New Year's Day walk
Fall River	Mini Lady Liberty
Greenfield	Pioneer Valley
Shelburne Falls	A footbridge lined with flowers
Cheshire	Part of a multi-state hike
Concord	A grape was cultivated here
Bedford	All along a rail trail
Lowell	Textile mill city
Wellesley	A stroll along Lake Waban
Newton Centre	Some heartbreak on the hills

## September Meeting Highlights

by Marianne Marshall

### Meeting held Tuesday, September 4, 2018

- Thank you to Sue Robertson for coordinating the Woodville picnic.
- After-Holiday Party scheduled for Saturday, January 12—snow date to be determined.
- AVA Meritorious and Commendable Service and Certificate of Appreciation Award Nominations to be prepared and submitted.
- **Ice Cream Parlor: 211 books sold; 69 people** have completed the program.
- **Specialties:**
  - Long sleeve T-shirts will be available for \$17.
  - Bea submitted ad to appear in *The American Wanderer* for our 50-state/51-capital T-shirts.
  - Contact Bea by Oct. 10 if you wish to purchase *Starting Point 2019* (\$25).
- **Sunshine:**
  - Chris Lipson and Pam Medolo thanked people for their get-well cards.
  - Congratulations to Sue and Dave Robertson on their 50th anniversary.
- Milford route measured.

### • Walk Coordinator:

- **Need location for soup walk next spring.**
- Patches ordered for Boston, Quincy, Bristol, Plymouth, and Shelburne Falls.
- Clubs in northeast region unanimously voted "no" to an increase in participation fee.

### Albany Convention:

- WnM to make orange streamers for 10km routes and green streamers for 5km routes.
- WnM will donate costs of making streamers (and labor) to AVA in lieu of cash donation.
- Walking Adventures convention trip itinerary includes walking Concord, Plymouth, Providence, and Newport in addition to the pre- and post-convention walks.
- Pre-registration for convention will be available in October.
- Members may still run for **WnM officer positions** (President, Vice President, Secretary, Treasurer). If no one new steps forward, current office holders have said they will stay on.

# Walk Coordinator Speaks

by Beate Hait

**Events in 2019** – Would love to get some location ideas for our traditional Soup Walk next March/April (need access to a dining hall and kitchen). We're going to re-do the Club Picnic Walk in Woodville since that falls into our "revisit in hope of better weather" theme. Other suggestions, please! beateh1@aol.com

**New Award Patches for YREs/SEs** – With volkssporters from around the country coming to New England next year for the AVA Biennial Convention, we know many of those folks will do other walks while they're in the area. So, we have new awards for Boston, Bristol, Plymouth, Quincy and Shelburne Falls. When the YRE/SE booklet lands in your mailbox in December, be sure to take a look at those new designs created by Johanna Henning (Shelburne Falls), and many contributors for the other four: Monica Hait, Elizabeth Hait Ahluwalia, Jack Allen, Emily and Dolores Vaz, Margo Craven and Helen Tolbert.

## SPECIALTIES

The *Starting Point* book published by AVA is a handy reference to locate YREs and SEs in the U.S. 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.

**Order deadline for *Starting Point* 2019 is Oct. 10.** If you have been thinking about ordering this book (\$25), please contact Beate now: beateh1@aol.com or 508-429-3564. Postage to mail the book to you is \$4.00. Can also arrange to deliver to you at a group walk or the after-holiday party on January 12.

There is a new addition to club apparel: a long-sleeved, blue T-shirt (\$17) in the same soft, breathable fabric as the short-sleeved T-shirts (\$12) that were well received this summer. Denim shirts, fleece vests and polo shirts have also been restocked. Only five bright blue fleece jackets (1 L, 4 XL @\$40) remain in inventory. Photos of these items can be found on the Products page of the club website [www.walkmass.org/products.htm](http://www.walkmass.org/products.htm)

Are you tracking the states in which you've walked? A fun way to do so is with the 50-state/51-capital T-shirts available for \$10. See photo and ordering information on WnM products page to have one mailed to you (postage is \$4). Also available at the Specialties table at day events.

## Pictures:



Top left: Shelburne Falls' Bridge of Flowers was in bloom [Bev Lange]

Top right: Dick Allen, Jack Allen, Johanna Henning, Diane Bucher, & Bob Varnon are all smiling [Bev Lange]

Bottom left: tile mosaic in Shelburne Falls [Bev Lange]

Bottom right: a happy table at lunch between walks [Jan Varnon]