

## President's Corner

Just 3 weeks to go until Springfield! It's exciting and terrifying at the same time. As I've said before, I've never worked a walk with this many people. At last count, 298 people have pre-registered for our Springfield event! Walking Adventures is coming... Tater Tours is coming... Whew! I'm getting myself nervous. Thank you so much to Jan and Bob Varnon for being POC and to Bea and Monica Hait for keeping the ship upright. We wouldn't be where we are with preparations if it wasn't for all their hard work. I'm sure I'll be saying thank you over and over to lots of people over the next 3 weeks!

The workers' walk was on May 18. We actually had perfect walking weather, which was surprising given the wet, cold spring we've had so far. The sun was out, but it wasn't too hot. All the trees were that beautiful spring green. We saw lots of adult geese and ducks, but no little ones yet. Maybe by the time of the walk. If you did the walk last year, it's a similar route, but backwards to how we started, and this year all within Forest Park. It's such a beautiful park, hidden in Springfield! I really hope you can come!

Don't forget about the rest of the convention! Before Springfield, are Portsmouth, NH on June 9 and Danvers, MA on June 10. If you can volunteer, I'm sure they would be glad to have you. After Springfield is the actual convention! The whole point of all this coordinated chaos. It's great to see

by Mary Frink

everyone from all over the country (as well as other countries) and have a chance to talk to people who like walking as much as we do. There is some business to be done and there are some contests! We entered some brochures, newsletters, and our YRE/ Seasonal booklet in the publicity contest. Some people have told me they've put pictures in for the photo contest. I will keep my ear open for Walk 'n Mass if you win! I will also do my best to make sure you get your pictures back. You can also send me an email at [mfwalks2010@verizon.net](mailto:mfwalks2010@verizon.net) and let me know what you put in and I'll keep an eye out. I will do my usual write-up on what happened for the next newsletter.

After we've had a chance to catch our breath, it's off to Blackstone for our next traditional event walk on June 29!

### **VOLUNTEER to help at upcoming walks!!!**

#### **Sunday, June 9—Portsmouth, NH**

Volunteer Contact: **Pat Stark**, 802-478-1110, [pas91450@gmail.com](mailto:pas91450@gmail.com)

#### **Monday, June 10—Danvers, MA**

Volunteer Contact: **Joe Piffat**, 978-777-4619, [jpiffat@aol.com](mailto:jpiffat@aol.com)

#### **Tuesday, June 11—Springfield, MA**

Volunteer Contacts: **Mary Frink**, 617-387-1577, [mfwalks2010@verizon.net](mailto:mfwalks2010@verizon.net) & **Beate Hait**, 508-429-3564, [beateh1@aol.com](mailto:beateh1@aol.com)

#### **Saturday, June 29—Blackstone, MA**

Volunteer Contact: **Beate Hait**, 508-429-3564, [beateh1@aol.com](mailto:beateh1@aol.com)

## Come Friends, Let's Walk

- ❖ *Saturday, June 1*  
Group Walk: Quincy  
10:00 am
- ❖ *Saturday, June 8*  
Group Walk:  
Westport, CT  
9:00 am (CVVC)
- ❖ *Sunday, June 9*  
Day Event:  
Portsmouth, NH  
(TSVA)
- ❖ *Monday, June 10*  
Day Event:  
Danvers, MA (TTWC)
- ❖ *Tuesday, June 11*  
Day Event:  
Springfield, MA
- ❖ **AVA Convention**  
June 12-14  
Albany, NY [see p. 4]
- ❖ *Saturday, June 29*  
Day Event:  
Blackstone, MA

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.



### Issue Highlights:

Membership Renewal – 2	Pre-Convention Walks Preview – 5	AVA Achievements – 7
Trail Master's Diary: Springfield – 3	May Meeting Highlights – 6	Fall River Photos – 8
Bulletin Board – 4	Trail Master's Diary: Blackstone – 7	Bristol Group Picture – 8

# Membership Renewal Redux

by Diane Peterson

If you have not yet submitted your membership renewal form for Walk 'n Mass with \$15 payment this year, there is still time. We appreciate your membership and enjoy seeing you on the walks. Reminder that the address to send the renewal form changed this year. It is provided on the bottom of the renewal form and listed here for your convenience. If you are unable to find the form supplied to you with the March edition of *Footnotes*, please let me know (978-987-3064 or di1258@gmail.com) and I will be happy to resend.



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# Trail Master's Diary: Springfield

by Ann Plichta

This year, AVA's Biennial Convention is taking place in Albany in mid-June with a "Walk Thru History" theme. Walk 'n Mass is hosting pre-convention 5km and 10km walk routes in Springfield's beautiful and historic Forest Park on Tuesday, June 11. Whether you're planning on attending the convention or not, be sure to mark your calendar to walk in the park.

Forest Park is one of the country's largest urban municipal parks, covering 735 acres. It was designed by famed landscape architect Frederick Law Olmsted. The park was first established in 1884 when Springfielder Orick Greenleaf donated 65 acres. Shortly afterwards, wealthy philanthropist Everett Hosmer Barney donated an additional 178 acres, with their wealthy friends and neighbors contributing the rest to create the park.



Forest Park features many paths and trails passing by ponds, lakes, ball fields, a zoo, a rose garden, and more. It also boasts the first public swimming pool (1899), a beach volleyball court, and an ice rink.

Both the 5km and 10km routes pass by a memorial to JFK with an eternal flame that burns 24 hours a day. They continue alongside baseball fields on the way to the zoo entrance. Look for the statue of Stone Dog II, a golden retriever, in front. Walkers will then go past the Environmental Center for Our Schools before continuing on a road between two lakes. The routes then wind through the woods before heading to a picturesque checkpoint at a covered bridge. After leaving the checkpoint, they pass by a pretty duck pond, complete with water lilies.

*Photos by Monica Hait*

The 10km route then heads over a bridge to a statue created by Peter Wolf Toth to represent Omiskanoagwiak, the Wolf-People Medicine Man. It's part of the Trail of the Whispering Giants. From there, walkers head to the Barney family



mausoleum (Everett Hosmer Barney; his wife, Eliza Jane Knowles Barney; and their son, George Murray Barney) with an overlook from which you can see Route I-91 and the Connecticut River. The route then passes the beautiful carriage house, the only remaining building from the Barney Estate that used to be part of the park. 10km walkers continue past the covered bridge again before heading into the woods.



After leaving the woods, the route goes through a rose garden, which should be beautiful in June. From there, walkers head back alongside the baseball fields & the finish!

The 5km route also visits the mausoleum and the scenic overlook, as well as passing by the carriage house on the way back to the baseball fields and stadium and the finish.

The 5km route is mostly on paved surfaces with some small hills, and has an AVA rating of 1A. It is suitable for strollers, but some areas lack sidewalks, making it difficult for wheelchairs. The 10km has several small to moderate hills with approximately 1.5km on a wooded trail. It has an AVA rating of 2B, not suitable for wheelchairs or strollers.

Whether or not you're headed to Albany for the AVA convention, join Walk 'n Mass on Tuesday, June 11 as we host pre-convention 5km and 10km walks in Springfield's beautiful Forest Park.

# Bulletin Board

Reminder: there is no July club meeting. After our June 3 meeting in Franklin, we take a hiatus until the club meeting on August 5 in Bedford. On July 27 there is the annual club picnic & meeting in Woodville.

## Summer Group Walks:

Providence, RI on **Saturday, July 20 at 4:00** for Water/Fire on the 50th Anniversary of the Moon Landing. We start later in the day so participants can also enjoy the evening festivities.

Concord, MA on **Saturday, August 3 at 10:00**

## Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: June 21st

## Next Club Meeting Monday, June 3

6:30 pm

Stop & Shop  
40 Franklin Village Drive  
Franklin, MA 02038

Up the stairs past  
Customer Service Desk

Seen on Facebook: **Jack Suchodolski** earned a European Walker award while traveling in May. Congrats, Jack!

## AVA CONVENTION WALKS (pre, during, and post)

Day-of registrants are welcome!

**Sunday, June 9** – Portsmouth, NH –  
hosted by Twin State Volkssport  
Association

**Monday, June 10** – Danvers, MA –  
hosted by Two Town Walking Club

**Tuesday, June 11** – Springfield, MA –  
hosted by Walk 'n Mass

**Wednesday, June 12** – Cohoes/  
Waterford, NY – hosted by ESCV

**Thursday, June 13** – Saratoga/  
Schuylerville, NY – hosted by ESCV

**Friday, June 14** – Albany, NY –  
hosted by ESCV

**Saturday, June 15** – Cooperstown,  
NY – hosted by ESCV

**Sunday, June 16** – Buffalo, NY –  
hosted by Niagara Frontier  
Volkssport Club

[http://walkescv.org/  
ava2019convention/  
walks.html](http://walkescv.org/ava2019convention/walks.html)





Monica Hait



I was able to get a preview of the Danvers 5km route at the workers' walk held May 14, and was lucky to walk with local expert Barbara Piffat while her husband, co-POC Joe, led the 10km. Despite the drizzly weather, the historic sites along the trail were fun to see and hear about from Barbara. Highlights include the Salem Village Witchcraft Victims' Memorial erected on the 300th anniversary of the witchcraft hysteria; the fascinating archeological site of the 1681 parsonage house (above left), found by history student Richard B. Trask in 1970 (Trask is now an author & the Danvers Town Archivist); and the lovely grounds of the Glen Magna Estate (above right). We also spotted some scarlet tanagers while passing the community gardens—a real treat! The Danvers walk will be Monday, June 10 and day-of registration for walkers will be available.

On May 18, a group of nearly 20 came out for the workers' walk in Springfield. After some introductory remarks from POCs Jan & Bob Varnon (at right), everyone headed out to enjoy the lovely weather and Forest Park. Both the 10km and 5km routes were well received and we look forward to having even more people come see them on Tuesday, June 11. Day-of registration for walkers will be available.



Beate Hait

I haven't had a chance to see Portsmouth yet, but will be there Sunday, June 9.



Monica Hait



Beate Hait



Monica Hait



Monica Hait

- Above: covered bridge
- Upper right: the workers' walk participants
- Lower right: the Barney Family Mausoleum
- Far right: walkers return from Connecticut River overlook behind the mausoleum

# May Meeting Highlights

by Marianne Marshall

## Meeting held Monday, May 6, 2019

- Group Walk Schedule to date:
  - Saturday, June 1, Quincy, 10:00 am
  - Sunday, Oct. 13, Cheshire, 10:00 am
  - Friday, Nov. 29, #OptOutside groups
- **Ice Cream Parlor: 221 books sold; 90 people** have completed the program.
- **Membership:** 192 total members
- **Publicity:** Karen Kolaczyk submitted info on Springfield and other pre-convention walks in Portsmouth & Danvers to usual media outlets
- **Sunshine:** Easter card sent to Foxes; 60th anniversary card to Ernie & Agnes Laviolette; get-well card to Tom Mongeon; new home card to Gundersens

## Walk Coordinator:

- 2019 Traditional Events scheduled thus far:
  - Springfield on June 11 (pre-convention walk)
  - Blackstone on June 29
  - Woodville on July 27 (Afternoon Picnic)
  - Lowell on September 14
  - Malden in October/November?
  - Pepperell/Ayer in autumn?
  - Franklin on Dec. 7 (Cookie Walk)

## AVA Topics:

- AVA Motions being proposed at Convention, WnM meeting attendees voted as follows:
  - Add up to three At-Large Members to Board [12 Yes, 0 No, 1 Abstain]
  - Change AVA Fiscal Year to Calendar Year [13 Yes, 0 No, 0 Abstain] with knowledge that 6-month changeover time will occur 7/1/19-12/31/19 before starting new fiscal year 1/1/20
  - Change Committee Structure [12 Yes, 0 No, 1 Abstain] so some day-to-day decisions currently reporting to AVA President with approval of NEC/Board will instead report to Executive Director

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

- WnM's donation to the Silent Auction consists of 17 items with an approx. retail value of \$102; suggest starting bid of \$35 with \$5 increments
- WnM meeting attendees unanimously passed motion to pay rental charge of \$614 for tent, tables, chairs for Springfield and ask for reimbursement from AVA Convention Committee, along with other event bills



# We Stepped Up

by Joanne Izbicki

To make me get out and walk daily, my walks typically combine the practical with the plain enjoyment of being out in the fresh air (walking the 3+ mile round trip to return a library book, for instance). The "Step Up for Stepping Strong" challenge described in the May 2019 edition of *Footnotes* (check there for details) gave the opportunity to add fundraising, without the dreaded need to ask for contributions, as an incentive.

Signing up was easy and the smartphone app allowed manual entry of steps. I clipped on my ancient pedometer and logged my steps daily. Overall, 3,206 walkers signed up across 52 company/organization teams.

Collectively, we completed the month-long challenge to log 300 million steps in just 16 days and Cigna donated \$100K to the Reny Trauma Center at Brigham and Women's Hospital.

My team, Brigham and Women's Hospital, averaged 4,918 steps per day and ranked 45th. Top ranking team Watermark Environmental logged an average of 13,210 steps per day. I averaged 11,182 steps per day. Even though we met the fundraising goal early, the challenge continues (with no more funds being donated) to hit 600 million steps in the month of May. As of this writing on May 19, we are 59% there.

# Trail Master's Diary: Blackstone

by Ann Plichta

Did you know that the "Birthplace of the American Industrial Revolution" is right in our backyard? It started along the banks of the Blackstone River, which runs from Worcester, MA to Providence, RI. Water from the Blackstone River served as a source of power for Samuel Slater's Pawtucket, RI mill, the first successful water-powered cotton spinning mill in the United States. Many mills followed along the banks of the Blackstone as well the rest of New England. Walk 'n Mass Volkssport Club invites you to explore some of this history with 5km and 10km walks in Blackstone, MA, on Saturday, June 29.

Blackstone was first inhabited by the Nipmuc before European immigrants arrived in 1662. It was incorporated as a town in 1845. Today, it is one of 24 mill towns in the John H. Chafee Blackstone River Valley National Heritage Corridor, dedicated to the history of the Industrial Revolution.

Both the 5km and 10km routes travel through residential areas before heading to the Blackstone Gorge. On the way, POC's Keith and Dawn Harlow invite you to stop at the new Veterans' Memorial and find the bricks they have purchased to honor their families' service (Harlow and Vail). The gorge features an impressive waterfall before walkers head into the woods for a spectacular overlook of the river 80 feet below. There will be an option

of two paths to choose from. The river can be viewed from one path, and most certainly heard from both. After leaving the Blackstone Gorge, both routes continue into the town of Blackstone. Walkers will pass by an ice cream parlor, the post office, and the library on the way to the Blackstone Historical Museum. The routes then head back and pass by the War Memorial before the finish for the 5km walkers and the end of the first loop and checkpoint for the 10km walkers.

The second loop of the 10km route continues on a portion of the Southern New England Trunkline Trail called the Blackstone River Greenway. It will eventually become part of a 48-mile rail trail from Worcester to Providence. This scenic trail crosses over the Blackstone River four times before heading back. It's a popular recreation spot in nice weather. There's also plenty of wildlife, so be on the lookout.

The 5km route has an AVA rating of 1B and 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. A short incline with no curb cuts leading up to the trail may make it difficult for wheelchairs, but doable for strollers.

## AVA Achievement Awards (compiled from *The American Wanderer*)

Based on the IVV Event and Distance Award information in the June 2019 issue of *TAW*, **congratulations** are due to the following people:

Name	Events	Distance
Bev Lange	75	
Patricia Damiani	800	
John McClellan		11,000 KM
Barbara Piffat		21,000 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*.

-Marianne Marshall,  
mrbwalker@verizon.net

# Going, Going, Gone in Fall River

photos by Joanne Izbicki

Joanne Izbicki



On April 27, Joanne arrived early in Fall River to see the implosion of the cooling towers scheduled a few hours ahead of our planned group walk. She documented the excitement for those who chose to arrive closer to the walk time, as well as those unable to attend that day.

Along the walk route, the group stopped at the "usual place" for the obligatory photo. Anyone familiar with the scenery should note the absence of the cooling towers in the background.

L-R: Joe LaPointe, Blake Mitchell, Nicholson LaPointe, Ann Plichta, Bev Lange, Karen Plichta, Margo Craven



Joanne Izbicki

## Bristol Group Picture

by Margo Craven

It was an iffy day in Bristol for the May 4 group walk. However the day turned out to be a nice walking day. It did turn a little humid, but it didn't rain. As usual we stopped to eat just before we finished; this is where a very nice man took our picture. Bristol is a place full of history.

L-R: Bev Lange, Karen Plichta, Joanne Izbicki, Margo Craven



Margo Craven