



## President's Corner by Mary Frink

I think I have a love/hate relationship with technology. I do not have a smart speaker. Only while baking do I think a hands free something in the house is a good idea. I am not on Facebook or Twitter or any of those things. I do like keeping in touch by email & texts and I have been known to fall down the YouTube rabbit hole. I live streamed a soccer match and I own a digital camera. I work with a computer all day, so I know they can be helpful and completely frustrating at the same time. I've had a smartphone for some time, but my mom getting one recently made me realize how fast technology is moving and how hard it is to keep up.

Have you used the Online Start Box (OSB) yet? For those who don't know, the California Volkssport Association ran a pilot program a few years ago to use an electronic start box. You log in, pay the fee (via credit card), download the directions, and off you go. After walking, you log back in and say you are done. You print an insert card with "stamps" for all the walks you have done. Pretty nifty. It makes hosting walks in places where a start box is hard to maintain, like a National Park, a possibility. We currently use the OSB for our Cheshire walk as the Appalachian Trail is definitely a remote place where you can't have a start box. The OSB recently moved from the California Association to AVA which has streamlined the payment process for walk

participants. Check out [my.ava.org](http://my.ava.org) to create an account and see what it all looks like.

I bring this up, because we are planning a seasonal walk in Provincetown next year and will use the OSB to run it. As anyone who lives in MA knows, getting to the Cape & Provincetown is a dicey proposition at any time, but especially in summer. Using the OSB means no one has to trek out there every month to check if enough directions are in the box and collect money. Thankfully Pat Damiani has agreed to be co-POC and walk the route on occasion to check that the trail is still okay while Agnes Lavolette has agreed to be co-POC and will manage the online side.

This does NOT mean that we are moving all of our walks to use online start boxes. While it has good points, putting everything online does make it hard to have group walks (we're looking into how that is done) and to do a walk spontaneously. I suppose you could do everything on your phone or tablet, and download the directions and follow them that way. But I am one of those people that prefers actual books to e-books, so that would not be for me. The only time I've used a virtual start was when I walked Yellowstone, but their process was a tad different than the OSB. Doing it entirely online is beneficial, but I like real start boxes as well. I've met many nice people when asking for the box at a start point!

### Come Friends, Let's Walk

- ❖ *Saturday, Sept. 7*  
Group Walk:  
Portland, CT  
9:00 am (CVVC)
- ❖ *Saturday, Sept. 7*  
Group Walks:  
Vermont (TSPA)  
[Ed.: see page 2]
- ❖ *Saturday, Sept. 14*  
Day Event:  
Lowell, MA
- ❖ *Saturday, Sept. 28*  
Day Event:  
Kingston, NY (VCWP)

### Appalachian Trail Hikes

- ❖ *Saturday, Oct. 5*  
Group Walk:  
Kent, CT  
9:00 am (CVVC)
- ❖ *Sunday, Oct. 6*  
Group Walk:  
Cheshire, MA  
10:00 am

- ❖ *Sunday, Oct. 6*  
Group Walk:  
Newport, RI  
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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# Vermont Group Walks, Annual Meeting, & Picnic

The Twin State Volkssport Association invites you to join them on **September 7** for a series of activities—choose one or more to attend that day and please **RSVP to Carolyn Adams** (carri757@gmail.com) **by Sept. 3**, particularly for the picnic so enough food is prepared.

**Group Walks:** both planned walks use the **Online Start Box**, so please register in advance of arriving. If the planned group times are not convenient, you may walk earlier/later on your own.

- **5K of Middlebury starts at 10:00**, meeting Carolyn at the Middlebury Inn. Approx. 18 minutes drive to Salisbury for picnic.
- **Champlain Bridge, Chimney Point starts at 9:30**, meeting Cindy Gray. If planning to attend, email Cindy (crwgray@comcast.net) for meet-up location. Approx. 40 minutes drive to Salisbury.

**Picnic:** begins at **noon** in Salisbury, VT at **Branbury State Park Day Use Area** (free for VT residents over 62 with golden passport, younger VT residents can borrow park passes from library, or for those coming from beyond VT just indicate you are with the walking club to enter under Carolyn's camp pass which admits up to 8 people, otherwise \$4 fee). The club will provide a picnic of brats, hot dogs, potato salad, sodas, and water at no charge, and you are not required to bring food to share. Birthday cake is also planned to celebrate all the autumn birthdays.

**Annual Meeting:** for TSVA members and friends, at **1:30 or when the picnic ends**, whichever comes first, also at Branbury State Park.

## 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

**Diane Peterson**, Lowell  
978-987-3064  
di1258@gmail.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 **OPEN—volunteer(s) needed**

## Webmaster

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

# Trail Master's Diary: Lowell

by Ann Plichta

I don't know about you, but I enjoy walking in the fall. The temperatures are usually perfect, the air has a crispness to it, and I feel like I could keep on going for a while. Walk 'n Mass invites you to enjoy the weather with 5km and 10km walks in historic Lowell on September 14. I know it's not technically Fall, but close enough.

Lowell was founded in the 1820s as a planned manufacturing center for textiles due to its location at the confluence of the Merrimack and Concord Rivers. It became known as the cradle of the American Industrial Revolution due to its large number of textile mills and factories. As a result, Lowell attracted immigrants from all over, starting with Irish escaping the potato famine to construct the canals and factories. The original mill workers were generally girls from New England farm families called the Mill Girls. As Lowell continued to grow as an industrial center, more immigrants followed from Germany, French Canada, Portugal, Poland, Lithuania, Sweden, and Greece. In the 1970s the city took in Cambodian refugees, and now has the second largest Cambodian American population in the United States. These ethnic influences are still seen throughout Lowell. In the 1920s, the manufacturers moved South, and the textile industry declined. The National Park Service preserved many of the historic mills and Lowell National Historic Park was created in 1978.

After leaving the start point, the 5km walk passes by St. Anne's Episcopal Church, built in 1825. The house next to the church was an important stop along the Underground Railroad. The route continues through Lucy Larcom Park on the way to the Boott Cotton Mills Complex, one of the historic mills and part of the Lowell National Historic Park. Walkers will then follow a path along the

Merrimack River before crossing over the Aiken Street Bridge and walking along the other side. The route crosses back over the Merrimack via the Bridge Street Bridge before heading to the Massachusetts Mills Complex and Jack Kerouac Park, dedicated to the author who was a native son. Walkers then pass through part of downtown before continuing along the Industrial Canyon Walkway beside one of Lowell's historic canals on the way back to the finish.

The 10km route begins along Dutton Street before continuing along both the Western and Pawtucket canals on the way to Francis Gate Park, passing the gatehouse. The route then crosses over the School Street Bridge with a view of the Pawtucket Dam. Walkers will cross back over the river, following along the Northern Canal before heading through part of the UMass Lowell campus. The route passes by the September 11, 2001 Memorial and the Lowell Spinners Baseball field, then heads to the Aiken Street Bridge and river walk. It crosses back over the Bridge Street Bridge before heading to the Boott Cotton Mills and the Tsongas Arena. Walkers will visit Lucy Larcom Park before heading past St. Anne's Episcopal Church to the finish.

Both routes are mostly on paved sidewalks and canal walkways. They are flat with some small inclines and a few stairs, although the 10km route has a ramp option. Both are AVA rated 1A, suitable for strollers, but difficult for wheelchairs.

Enjoy 5km and 10km routes in historic Lowell with Walk 'n Mass on September 14. Hope to see you on the trail!

*If you've done our YRE route in Lowell, or participated in the (extremely rainy) day event in 2016, this is a great opportunity to see some familiar sights from a new perspective as the 2019 day event route is different from those other walks. You'll also get to see a few sights not on those other trails.*

# Bulletin Board

## Haunted Gettysburg Weekend

November 8-10

4 walks and 1 swim, fabulous  
Saturday dinner option

Hotel Reservations can be made  
at the Days Inn Gettysburg for  
rate of \$45.00 plus tax.

Reservations must be made  
by Oct. 8, 2019. Call 717-334-  
0030 and request the York White  
Rose Wanderers rate.

[https://sites.google.com/site/  
yorkwhiterosewanderers/home/  
gettysburg-weekend](https://sites.google.com/site/yorkwhiterosewanderers/home/gettysburg-weekend)

Pre-Order your 2020 *Starting Point* now!

This book lists all the year-round & seasonal events in the US and is a tremendous resource. To reserve a copy, please contact Bea (508-429-3564 or [beateh1@aol.com](mailto:beateh1@aol.com)) **by September 15** as the pre-order quantity determines how many books AVA will produce. Delivery is expected in early December. Cost is \$25, plus \$4 postage to mail to you or you can arrange to pick-up at a WnM event.

## Next Club Meetings

Tuesday, Sept. 3  
Monday, Oct. 7

6:30 pm

Stop & Shop  
40 Franklin Village Drive  
Franklin, MA 02038

Up the stairs past  
Customer Service Desk

## Mayflower 400th Anniversary Special Program

Program runs January 1, 2020 through December 31, 2022. Redeem books by Dec. 31, 2023. This program ties into Plymouth, MA, with its iconic Mayflower, site of a large 400th Anniversary in 2020. It honors the Pilgrim & Native American stories. Walkers are encouraged to walk in Plymouth or trail passing a Mayflower Hotel, street, monument, or sign with some connection. Neither a Mayflower moving truck nor a Plymouth car qualify but a building with Mayflower or Plymouth name on it will qualify. Cost of book is \$10 and you must complete 12 sanctioned events (one time per event per year) to finish. Patch is 4 x 4" embroidered with Mayflower in Plymouth Harbor, MA. Make checks payable to Twin State Volkssport Association. Order books from Carolyn Adams, 23 Terry Hill Rd, South Ryegate VT 05069 [carri757@gmail.com](mailto:carri757@gmail.com) 802-757-2500

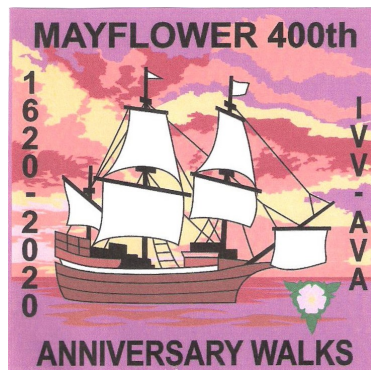
**Do you have a memorable walk or volksmarching travel story to share?** Send it to [footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com) for possible publication in a future edition of **Footnotes**.

Newsletter Submissions to:

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

Deadline for next issue: Sept. 21st

If planning to participate in the **Appalachian Trail** group walks on October 5 & 6, in Kent, CT and Cheshire, MA respectively, please note that both events use the Online Start Box due to their remote locations. It is recommended that you set-up an OSB account and register in advance of arriving at the walks. You can do this several days or even a week before you plan on walking.



# Walk Travels: In Motion Around the Erie Canal

by Paul Kelly

"Low bridge, for we're comin' through a town..." Cohoes, New York, was the town where the first Volkswalk of the 2019 AVA Convention in Albany took place. It sits on the confluence of the Mohawk and the Hudson River, and the Erie Canal begins there.

Our walk started at a senior center in Cohoes (the o is not silent) and quickly took us past Mohawk Falls, a thunderous cascade and impressive sight. We paused to take in the view and the sound, eternity before us.

A more historical scenario followed as we turned into the footpath alongside a finger of the Erie Canal system, the Old Champlain Canal. This branch is now apparently unused and overhung with foliage, yet one can imagine mules trudging the same path we were traversing. The scent, though, was vegetable, not animal, to our relief. Tree limbs appeared infrequently at painful angles from the surface of the canal, suggesting storms or catastrophes, though our walk was peaceful and the surface of the water was still. No traffic disturbed its lazy flow, so that it appeared to be navigable even today.

At length we came to a juncture with the main thrust of the canal and the concrete structure of a lock, idle as we took a turn toward the Hudson. Within the lock we could see two pleasure craft awaiting a rise, lawn chairs on the deck, apparent owners wearing sunglasses. Leisure not for Volkswalkers. We soldiered on around the lock and onto the main path of the canal, on a broad sidewalk to our first checkpoint.

Beyond this checkpoint we came to the end of the canal and a peninsula into the Hudson, at the extremity of which we could actually see the inflow of the Mohawk and many more boats. We turned back toward a bridge that crossed the Mohawk, scrambled up a hillside that led to the roadbed of the bridge, and crossed the river on a footpath that paralleled the single lane for auto traffic. Cars rumbled by on the metallic grid past the fence that separated us.

After some confusion (we are still novices in reading map instructions), we made our way onto Peebles Island and a narrow trail, sometimes rocky, sometimes crisscrossed with roots, that led up and down along the edge of the island. Below us flowed the Mohawk. We set a good pace, but were careful enough not to trip or stumble. Anyone who knows us recognizes that as an accomplishment.

The views of the other islands in the Mohawk and eventually, as we made our way to the southern tip of the island, of Cohoes, were calming. Then we turned back and proceeded along a somewhat smoother and wider path back of the island and on to the finish point.

Patient as mules, we waited a few hundred yards away for a bus to return us to Albany, but we seemed to be as forgotten as those mild animals, hot in the sun. Then we grumbled, we called on the cell phones unknown to the 19th century, and eventually a bus came. We found a seat, relaxed in the air conditioning, and watched the highway pass by.

## Concord Photos by Monica Hait



*A nice crowd turned out for the Concord group walk on Aug. 3, and though some sprinkles fell, it was welcomed to combat the heat.*

*This large, stone turtle is perfectly positioned in a garden to mimic crawling from a lily pond.*



# AVA Convention Thanks

by Lea Darling & Teresa Kennedy

## WE COULDN'T HAVE DONE IT WITHOUT YOUR ASSISTANCE!

The AVA 2019 Convention is already a pleasant, fun memory for all of us. You are back home in your daily routines with all the work of making the convention streamers, assisting our Northeast sister clubs with their Portsmouth and Danvers walks, the hours demanded for designing, implementing, and wrap-up of the Springfield Walk, the designing of an all-convention After-Action Walks Form, and lastly volunteering at Convention.

The volunteer man hours and donations of convention supplies from Walk 'n Mass to do the above tasks are truly appreciated by the 2019 AVA National Convention Planning

Committee. Due to the dedication of your club members to help us show the Volkssporting Nation what a beautiful, historic region we are privileged to live, work, and vacation in, we enjoyed a very successful pre-walks outcome. Our walk event numbers were the highest with volkssporters comments attesting to what a lot of history has taken place in your neck of the Northeast.

We salute you and your club!

Happy end of Summer, Fall, & Winter trekking,

Lea Darling & Teresa Kennedy, Co-Chairs,  
2019 AVA National Convention



## Scarborough Pictures

by Monica Hait

Despite a gray sky with bits of drizzle, the Scarborough Marsh Audubon offered a beautiful landscape for SMVA's walk on August 17.



We saw clammers, kayakers, cyclists, walkers, and cairns in the marsh or on the trail. And the promised Snowy Egrets! Walk 'n Mass made a good showing with at least 4 driving up to participate (Margo Craven, Joanne Izbicki, Bev Lange, and Monica Hait). I don't know the final count of walk participants, but I believe the humans outnumbered the egrets seen by a little.

# August Meeting Highlights

by Marianne Marshall

## Meeting held Monday, August 5, 2019

### • New POCs needed:

- Facebook—post club events
- Group Walk Coordinator
- Lowell yearly event

### • Group Walk Schedule:

- Sunday, Oct. 6, Cheshire, 10:00 am
- Sunday, Oct. 6, Newport, 10:00 am
- Friday, Nov. 29, #OptOutside groups

### • Ice Cream Parlor: 225 books sold; 103 people have completed the program.

### • Membership: 199 total members; 145 units.

### • Publicity: Walk POCs will be asked if their name, telephone, and email should be submitted to newspapers with publicity. If not, POCs will be encouraged to advertise event locally.

### • Specialties: Order placed for 24 more 50-state shirts to fulfill orders placed recently and restock missing sizes.

### • Trail Master: New second loop for Concord seasonal has been measured; Lowell day event route for September will be measured this month.

### Walk Coordinator:

- Springfield: 426 participants; all but 12 patches purchased
- Blackstone: 48 participants
- Woodville: 36 participants

- Providence and Boston yearly events benefitted heavily from AVA convention attendees walking capitals.
- Hyannis seasonal changing to year-round for 2020.
- Exploring potential in 2020 of (1) seasonal event in Provincetown, (2) walk in Turners Falls to team up with Empire State for multi-walk weekend, (3) soup walk in Hopkinton, (4) ice cream walk in Sudbury.
- All Massachusetts walks will qualify for Mayflower Special Program (starting January 1, 2020) as state's name comes from an Algonquin tribe name.
- 2019 Traditional Events scheduled thus far:
  - Lowell on September 14
  - Malden on October 26
  - Franklin on Dec. 14 (Cookie Walk)

### AVA Topics:

- July Checkpoint: **2021 AVA Convention** will be in Madison, Wisconsin and likely dates are June 29-July 3, 2021.
- **AVA 2019 Convention in Albany, NY:** Mary Frink provided a thorough and interesting recap.



### Where is that?

Have you spotted this fishy sight on one of our seasonal walks?

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

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

Name	Events	Distance
Carolyn Adams		2,500 KM
Archie Campbell		2,000 KM
Betty Green	950	
Michael Green	950	
Sheila McClellan	700	7,500 KM
John McClellan	1050	
Kathy Piffat		5,500 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

# Walk Coordinator Speaks

by Beate Hait

**Lowell event on Saturday, Sept. 14** – I am hopeful that many of you will be able to participate in our event in Lowell. Please see a description of this route on page 3. As this newsletter goes to print, I am just starting to make calls to staff the various stations (start, finish, checkpoints, trail marking and trail take-down). If you are reading this, would like to volunteer, and I haven't contacted you, please pick up the phone or send an email to me right now while you're thinking of this! (508-429-3564 or beateh1@aol.com) Also consider: if you can't walk for any reason, sitting at a station is a terrific way to support the club and meet other club members.

**STARTING POINT 2020** – If you'd like a copy of the NEW *Starting Point* book that lists all the year-round and seasonal events in the US – that's over 1,800 events! – please call (508-429-3564) or email (beateh1@aol.com) **by September 15** because all books MUST be pre-ordered. Delivery is expected in early December. Cost is \$25 plus \$4 postage to mail it to you. This is an invaluable resource when traveling for business or planning a vacation.

**Year-Round and Seasonal Events** – Below right are the participation numbers for our YREs and SEs as of the end of June. You'll note a spike in the numbers for Boston and Providence (and a few others) primarily due to volkssporters visiting the Northeast for the AVA convention based in Albany, NY in early June who took this opportunity to walk in state capital cities. We thank Walking Adventures International for bringing a tour bus that gave volkssporters a chance to also walk our events in Concord, Newport and Plymouth.

As the fall season gets underway, make it a point that YOU will participate in our events. Please support your club by getting out and walking! There are up-front costs for each event though these vary by event type. For example, with a traditional day event there is a \$30 AVA sanction fee; printing costs for the brochure and the route directions; candy for

start/finish and checkpoints; plus ice for the water coolers. For each \$3.00 credit fee collected, the club must pay \$1.25 to AVA. The remaining \$1.75 helps offset the event expenses. That means that we need 18 credit walkers just to cover the AVA-related fees for a day event. Additional participants then help cover the other costs mentioned above – and some event locales require a rental fee (such as for our soup walks and club picnic).

The Lowell YRE and Cheshire SE will have new POCs next year. We thank outgoing POCs Ernie and Agnes Laviolette and Mary Suchodoloski, respectively, and thank Bill Howe (Lowell) and Mary Frink (Cheshire) for stepping up as new POCs.

In 2020 we will have a NEW seasonal event in Provincetown, MA, which will be offered through the Online Start Box. Co-POCs are Pat Damiani, who will be refining the route used in 2015 along with her husband Roy (Pat tells me he's looking forward to checking out the new craft brewery in Ptown), and Agnes Laviolette with support from husband Ernie, who will be managing the online administrative piece. What a great attitude Agnes had in response to my mentioning this need at our club picnic in July. She said, "I know nothing about the Online Start Box, but how hard could it be? I'll figure it out!"

Bedford-Bike	10	Lowell	41
Boston-Back Bay	35	Newport	55
Bos.-Freedom Tr.	122	Newton	30
Bristol	20	Plymouth	39
Cheshire	28	Providence	125
Concord	90	Quincy	26
Fall River	29	Sandwich-Bike	12
Greenfield	4	Sandwich-Walk	35
Hyannis	22	Shelburne Falls	14
Lexington	48	Wellesley	13

Participation Totals as of 6/30/19