

President's Corner

As I have said many times in this column, I am a fair weather walker. I do not like to be cold or wet and especially not both. That being said, I am starting to get cabin fever which for me is a twitchy feeling that I need to get outside and do something. As of the time of me typing this, the weather for Saturday is looking great for walking and I'm actually going to go outside! I have been doing a little walking. Not very far! I only go about .75 miles and then I turn around and go back home to the warmth. I hope you are getting out, even if only for a little bit like me!

While the weather has been good for walking much of this winter, I am

by Mary Frink

still looking forward to spring. The first sign is the soup walk which is in Hopkinton this year on March 28. It's such a good way to start off the walking season. It's also a good addition to your 35th anniversary challenge card! We have groups walks scheduled and day events in the pipeline. It's not too late to let me know if you have ideas for other walks. Are there any we've done in the past you'd like to do again? We can make it an anniversary celebration!

There's not much else going on at the moment. Keep an eye on the website, Facebook, and newsletter for our upcoming schedule and keep walking!

A note from the Editor:

As some of you already know, our family suffered a tragedy on February 21 with the death of my brother-in-law, Neel Ahluwalia. We appreciate your compassion and understanding during this difficult time, particularly as our focus is on my sister Liz and her three small children, Rayna, Nico, and Priya.

<https://www.luddyandpetersonfh.com/obituary/Neel-Ahluwalia>

Come Friends, Let's Walk

- ❖ *Sunday, March 8
Group Walk:
Hyannis, MA
10:00 am*
- ❖ *Saturday, March 14
Group Walk:
Mystic, CT
9:00 am (CVVC)*
- ❖ *Saturday, March 21
Group Walk:
Saratoga Springs,
NY 10:00 am (ESCV)*
- ❖ *Sunday, March 22
Group Walk:
Boston Freedom
Trail 10:00 am*
- ❖ *Saturday, March 28
Day Event:
Hopkinton, MA
(Soup Walk)*
- ❖ *Saturday, April 4
Group Walk:
Lexington, MA
10:00 am*

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



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Membership Renewal Time!

by Diane Peterson

This is a reminder that our membership year starts April 1st. It is easy to renew! Complete the renewal form included with this newsletter and send it in with the \$15 payment to ensure that your membership continues throughout the 2020 season. The mailing address is listed on the bottom of the form. You will then continue to receive your copy of the monthly *Footnotes* providing notices of upcoming walks and events like the annual picnic, soup walk, and the after-holiday party. Walk 'n Mass membership is a great opportunity to meet people and visit places in beautiful New England and surrounding areas.

Elizabeth Ann Nielson

by Monica Hait

We are sad to report the passing of longtime volkssporter Elizabeth Nielson of Durham, NH at the age of 98 on February 14, 2020. Her love of the outdoors was sparked during her childhood as a Girl Scout. Her many adventures included a coast to coast bike ride, caving in Borneo, visits to all 7 continents and all 50 states, plus countless volksmarches, hikes, and camping excursions. She lived a full life, taught for 30 years, advocated for women, and raised a family with her husband of 58 years, Mel. We send our thoughts to all her family and friends, and shall cherish our memories of Elizabeth.

<https://www.kentandpelczarfh.com/obituary/elizabeth-nielson>

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Trail Master's Diary: Hopkinton

by Ann Plichta

Every year on Patriot's Day, the town of Hopkinton is in the spotlight as the starting line for the Boston Marathon. Thousands of runners and spectators descend on the town to be a part of this world-famous event. But there is more to Hopkinton than the marathon. Join Walk 'n Mass Volkssport Club for 5km and 10km walks on March 28, and explore what else the town has to offer. As a bonus, it's our annual Soup Walk! So after walking, you can enjoy delicious homemade soups and more with good company.

Hopkinton was incorporated in 1715 with grain as the first major agricultural crop, before including fruits and dairy products. In 1840, the boot and shoe industry was first introduced, with 11 factories in town by 1850. By 1882, they had disappeared due to fires and migration to other areas of the country. Today Hopkinton is known for housing the headquarters of Dell EMC.

Both routes head out through residential areas and by a shopping plaza before continuing along West Main Street. Walkers will pass a gazebo at a small pond known as Ice House Pond. Before electricity, ice was harvested from the pond in pieces up to 60 feet long before being cut into blocks and stored in the ice house. The ice house was destroyed by fire in 1927 and again in 1950, but the foundation still stands on the south side of the pond. Walkers will also see the Hopkinton railroad depot built in 1872 and restored in 2005. It served the Hopkinton Railroad, but the line was closed in the 1930s as demand for rail service declined. The walk routes continue



Hopkinton Depot

past the Center Trail, which will eventually link up with the Upper Charles Rail Trail, to Hopkinton Lumber, the original site of the railroad depot. From there, the 5km route heads back to the finish and soup!

The 10km route continues to Hopkinton Middle School. The fields behind the school are used as an athlete's village for the Boston Marathon. Walkers will then pass through residential areas before heading to the picturesque Town Common, surrounded by historic properties. Look for the statue of famed marathoners Dick and Rick Hoyt in front of the former Center School. As you walk through the Common,



Town Common

note the beautiful fountain, sculptures, and war memorials around the area. The starting line for the

Boston Marathon is also located next to the Common. The route then passes the Hopkinton Library, Town Hall, fire station, and the old high school. After traveling through more residential areas, the route continues to the Hopkinton Lumber Company and back to the finish for soup!

Both walks are on paved surfaces with some inclines. They are AVA rated 2A, suitable for baby joggers, but difficult for wheelchairs due to lack of curb cuts and uneven pavement in places.

Get the spring walking season off to a great start with 5km and 10km routes in Hopkinton on March 28. Enjoy the walk, then come back and share good food and good company with our annual Soup Social. Hope to see you on the trail!

Photos by Bev Lange

Bulletin Board

With the imminent retirement of Chris Lipson from the club's **Activities role**, we are in need of a new volunteer to take this on. We know our social events are a hallmark of the club, and would love for **YOU** to consider taking on this important role. Please contact Mary Frink to express interest in or to learn more about the position.

Soup Walk Social—March 28

Following our morning walk in Hopkinton, soup will be served at noon. You are invited to join fellow walkers for this social gathering. If you would like to contribute an appetizer, soup, bread, or dessert, please notify Chris Lipson (c2lipson@msn.com or 781-275-0464) with what you are planning to bring.

Note that it is not necessary to come with anything other than your smiling face, an appetite, and perhaps your favorite soup bowl and spoon. Beverages and paper goods will be provided.

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: March 21st

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

Next Club Meetings Monday, March 2

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

Monday, April 6

6:30 pm

St. Michael's Parish Center
90 Concord Road (Rt. 62)
Bedford, MA

Please enter parking lot
from Liljegren Way

January Meeting Highlights

Meeting held January 25, 2020

• Group Walk Schedule:

- Sun., Mar. 8, Hyannis, 10:00 am
- Sat., Apr. 4, Lexington, 10:00 am
- Mon., Apr. 20, Concord, 8:30 am
- Sat., May 9, Fall River, 10:00 am

• **Ice Cream Parlor:** 228 books sold; 121 people have completed the program.

• **Membership:** 181 total members; 132 units.

• **Specialties:** Goal is to increase New Walker Packet sales and gain new members in 2020.

• **Sunshine:** Get well card sent to Emily Goyette.

Trail Master: Hopkinton Soup Walk measured (new route!). Lexington seasonal walk extended to traverse entire park. Slater Mill Park in Pawtucket, RI and Colt State Park in Bristol, RI both being checked as potential picnic walk locales. [Ed: since found to be not viable.]

Walk Coordinator: Physical stamp requested for 2020 Provincetown seasonal for planned group walks.

Franklin only had 19 walkers (14 credit, 5 free) of whom 17 worked the event. **2019 revenues:** Day events lost

by Marianne Marshall

\$133.71 and YRE/SEs gained \$1,017.00 (boosted by convention attendees).

2020 walks in various stages of planning:

- Hopkinton (soup walk), March 28
- Tiverton, RI, April 25
- Devens, May 16 (Armed Forces Day)
- Pawtucket or Bristol (picnic walk, August 22)

WnM 35th Anniversary Club Challenge: First two earned tote bags went to Joanne Izbicki.

AVA News: new AVA logo should be on materials by June 2020. Change from fiscal year to calendar year underway; Karen Plichta handling for WnM. Bill Howe to add AVA marketing video to WnM website. AVA designating first 7 days of April as National Walking Week, asking clubs to hold events (we will have a group walk in Lexington).

New Business: Chris Lipson stepping down as Activities Chairperson following Soup Walk on March 28. Her years of coordinating our soup walks, picnics, ice cream socials, potlucks, and more are truly appreciated.

Walk the Appalachian Trail: AVA's 2020 VOP by Carol Giesecke

We hope you're ready for adventure. Take on the Great Appalachian Trail from Georgia to Maine and get fit along the way! Originally conceived by forester Benton 1922, this trail stretches 2,200 miles of forest and wildlands, which we will accomplish virtually by averaging 5,500 steps a day. Don't worry, we'll pass through a few towns along the way for breaks.

That is the way the message came from the AVA Virtual Online Program advertising the 2020 virtual walking program. I joined the program in early January. Since I had previously completed the Walk Across Canada program (the 2019 theme), it was quite a seamless transition to the new promotion. This one is slightly more expensive than last year's event (\$35 to enter), but I realized that it takes quite a bit of coordination to run a program of this type and I do not mind contributing what amounts to \$3/month to a program that has such a beneficial goal.

I had to buy a new pedometer last summer as my Garmin Vivofit finally gave up after three years. The new Garmin products are designed to be more like the FitBit and the Apple Watch, which, like mobile phones, need to be charged regularly. The thing I loved about the Vivofit was that it contained a battery which lasted as long as 18 months so I never had to think about it. I got my Vivofit3 from an online store that sells outdated products in order to get one that still took a battery. Sometimes, progress doesn't seem so progressive to me! Luckily, Garmin still supports the Vivofit3.

Syncing to the AVA Virtual Online Program (VOP) is very easy and if there ever are any problems, the Walker Tracker support staff are quick to respond. I went through a time in early January where I was not able to sync to the program. It is very disheartening to get online and see that no steps were recorded day after day. Luckily, we figured out the problem and the support staff was able to manually enter those lost steps. So far I have walked about 536,000 steps on the trail and am about in the middle of the pack. There are 285 participants on the trail.

As the promotional paragraph mentions above, if one walks 5,500 steps a day, one can finish the AT by the end of the year. There is no penalty for

finishing early. I like the rather arbitrary goal of 10,000 steps a day, so of course I am way ahead of the Pacer, which is set at 5,500 steps a day. But many people are ahead of me. One gets to see that there are many people who walk a lot! My steps are counted all day long; even going to the kitchen for a cup of coffee is registered! Some people just count their steps used in actual walks, but I count everything to get to my goal. Living in a very walkable area (Cambridge) helps. If it gets to be 8 pm and I still have not gotten to 10,000, I sometimes decide to walk up to Central Square for an errand or just walk around several blocks until I get to my goal. Of course, having a dog would be helpful in these situations, but that would add unwanted complications to my life!!

The fun thing about these VOPs is they let me know when I have reached a new milestone. As with the Walk Across Canada trip, I'm learning some things that I hope to investigate in real time in the next year or so. For example, the last milestone I reached was in Damascas, VA. From the VOP: "The AVA YRE in Damascas, Virginia will be along The Appalachian and Virginia Creeper Trails. It is a very flat part of the Trail, through Town and joining multiple trails. Damascas is known as Trail Town USA because of the many trails that go through; its population is just a little over 800." Now I would really like to go there sometime and walk their YRE. People can post photos of their favorite walks or include insights about walking on a particular day. One thing I learned from a post from an Albany participant: "Grandma Gatewood from Ohio was the first woman to walk the AT in one season. She did it when she was 67 in 1955. Did it twice after that & walked the Oregon Trail in her 70s. She started doing such walks after raising 11 kids. There's a book & DVD about her life/walks."

This VOP is just one more way to provide an incentive to walk some every day. It would be so delightful if we had a Walk 'n Mass team or a group to participate in a New England team and could compete with other teams across the country! For information on registering for the Appalachian Trail VOP, visit the AVA website (AVA.org) or their dedicated Walker Tracker website: ava.walkertracker.com

Walk Coordinator Speaks

Soup Walk on March 28 – This will be the second time we're starting at St. Paul Episcopal Church in Hopkinton but Bev Lange has given us a new route to avoid that I-o-n-g uphill at the start, and you'll see some sights on the western end of Hopkinton that will be new for us.

Year Round and Seasonal Events – Sure hope you've been taking advantage of this unseasonably mild winter to walk some of our club's seven YREs (Boston Freedom Trail, Boston Back Bay, Hyannis, Lowell, Newton, Providence, and Sandwich) or some of the events from our sister clubs in the region – or wherever your travels take you. With the exception of Quincy, which opens on May 1, our other 13 seasonal events open on April 1.

Save the date for our traditional day events:

Sat., March 28 – Soup Walk – Hopkinton, MA

Sat., April 25 – Tiverton, RI

Sat., May 16 – Armed Forces Day, Devens, MA

Sat., Aug 1 – Pawtucket, RI

We're still looking for a location and date (July or August) for the annual club walk & picnic. Also seeking dates and locations for the fall. Please contact me ASAP with your suggestions.

Save the Date: May 16

Please plan to join us on May 16, 2020 (Armed Forces Day) for a 6km or 10km walk in Devens, Massachusetts. Devens is a regional enterprise zone in the towns of Ayer, Shirley, & Harvard. It is the successor to Fort Devens, a military post that officially closed in 1996 after 79 years of service. Fort Devens began as Camp Devens which was established on September 5, 1917 as a temporary cantonment for training soldiers during World War I. The 12th, 26th, and 76th Divisions were activated and trained at Devens during the war. The camp became a permanent installation in 1931 and was named Fort Devens the following year. During its hey-day, it was New England's largest military base.

by Beate Hait

National Walking Week: April 1-7, 2020 – AVA: America's Walking Club declared the first seven days of April as "National Walking Week," and has asked clubs nationwide to hold events during this week. On Sat., April 4 at 10:00 am we will be hosting a group walk in Lexington, starting at Minute Man National Historical Park Visitor Center off of Route 2A. Please arrive at least 15 minutes earlier to allow time to register.

Another option is to join our TTWC friends in Ipswich. Joe Piffat sends us this info:

The Two Town Walking Club will sponsor a group walk in Ipswich on Saturday, April 4, 2020. The start point is the Ipswich Family YMCA, 110 County Road, Ipswich, MA. Participants should arrive between 9:30 am and 10 am to register for the walk. There will be 5km and 10km distances. Both trails will go through the historic area that includes many first period homes. Ipswich has more 17th century homes than any other town in the USA. Come join us for a fun time. After the walk we will try to arrange a place for lunch for those who wish to linger a little longer in the area. [Editor: Ipswich lists Ice Cream Parlors among its AVA Special Programs.]

by Bev Lange

Our walk will begin at the Fort Devens Museum, (www.fortdevensmuseum.org) located at 94 Jackson Road, Suite 305, Devens, MA. The museum houses artifacts from World War I through Vietnam. Its collection of letters, photographs, uniforms, training manuals, and other items tell the story of those who lived, trained, and worked at Camp & Fort Devens. Please plan a little time to enjoy the museum.

Our walk routes will include war memorials and former military sites, as well as business and residential areas. A portion of each route also includes a lovely pond (Robbins Pond) or lake (Mirror Lake) setting. Hope to see you there!