

President's Corner by Mary Frink

It's an election year! No, I'm not talking about national, state, or local elections. We get enough of that everywhere we look. I'm talking about Walk 'n Mass elections! There are 4 positions on the board that are elected every 2 years: President, Vice President, Secretary, and Treasurer. We have to have all four to have a club. The President keeps things organized, leads the board meetings, and works with AVA. You also get to write this wonderful column every month! The Vice President is the backup for the President and does whatever the President is not able to do. The Secretary attends all meetings, takes the minutes, and keeps all the board members up to date. The Treasurer keeps track of all the financials for the club and files the yearly reports with the IRS and AVA. There are no term limits which is good in some respects, but it also means that it's usually the same people doing the jobs. Fresh perspectives are always welcome! If you are interested, please let me know. We will all be at Holliston and you can ask us about what we do. You can also come to one of our board meetings and see what it's like.

If the elected roles don't interest you, but you would still like to be a bigger part of the club, we are looking for a new Activities Chairperson. We try to have 3 big gatherings every year: the soup walk, the picnic walk, and the after the holidays party! The Activities Chairperson coordinates who is bringing what, sets up the spaces, and organizes the food among other things. We all help out, but the Activities Chairperson is the overseer. If you like party planning, this is the job for you! Chris Lipson has retired from the position after many years of wonderful work. If you'd like to know more, please let me know and I'll put you in touch with Chris who can answer all of your questions. Someday we'll be able to all get together again.

Now that the recruiting bit is over...our Fall River walk is open! Holliston is August 22! Tiverton is October 17! Hooray! It's great that we're slowly being able to get out and do walks again (the cat wants me out of her house). Please be careful out there!



Come Friends, Let's Walk

- ❖ *Saturday, August 1
Club Meeting:
Blackstone, MA
10:00 am
[see page 4 for
address details]*
- ❖ *Saturday, August 22
Day Event:
Holliston, MA
BONUS POINTS for
35th Anniversary—
if you attend, earn
10 points on your
challenge card
(double event
value)*

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:

July Meeting Highlights – 2

Bulletin Board – 4

Walk Coordinator Speaks – 6

Trail Master's Diary: Holliston – 3

Thoreau's Walking Word Search – 5

Pictures – 6

July Meeting Highlights

by Marianne Marshall

Virtual Meeting held July 6, 2020

Awards:

- AVA award write-ups due November 1.
- Expiration date for 2019 WnM award coupons extended to December 31, 2020.
- \$5 coupons will be provided to volunteers reaching WnM award levels during period July 1, 2019 to June 30, 2020.

Group Walks:

- Sat., Nov. 21, Plymouth, parade???, time TBD
- Fri., Nov. 27, Fall River, 10:00 am
- Sat., Nov. 28, Concord, 9:00 am

Facebook: WnM page has 50 followers.

Specialties: Deadline to order 2021 *Starting Point* books is September 30, 2020. Contact Bea to place an order.

Sunshine: Get well card sent to Barbara Piffat.

Walk Coordinator:

- **Holliston, Sat., August 22:** coronavirus prevention procedures will be followed, participants asked

to bring own water, space available if people wish to bring own picnic lunch.

- **Tiverton:** Checking if possible to hold event in fall.
- **Devens:** Museum not yet open to see if possible to reschedule event for fall.
- **Attleboro:** Checking if zoo will be open and available for checkpoint.

AVA Checkpoint (June and July): Club Development & Support Committee seeking volunteers from North-east Region. July 10-11 AVA Board Meeting being held electronically and open to those interested.

New Business:

- Procedures for Group Walkers in July *Footnotes*.
- August club meeting location TBD [Editor: see page 4]
- Election of officers this October.

Old Business:

- Need new Activities Chairperson
- Business cards discussion moved to August

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Trail Master's Diary: Holliston

by Ann Plichta

There's no question that the year 2020 has been a challenging one for the Walk 'n Mass Volkssport Club along with everyone else. Several of our Year Round Events closed down in mid-March. Some of our Seasonal Events were not able to open on April 1. There still aren't definitive dates as to when we can access some Start Points. We were unable to hold traditional events this spring due to the pandemic, and are trying to re-schedule them. There is some good news, however. Walk 'n Mass invites you to walk a 5km or 10km route in Holliston on August 22. Some adjustments had to be made to the original plan. The Start Point needed to be changed, and our traditional picnic that was scheduled will not be held. However, there are picnic tables and plenty of room to bring your own chairs and food and catch up with your fellow walkers at a safe distance. After all, it's been a while since we've been together.

The first 5km loop passes by Our Lady of Fatima Shrine Church and the Xaverian Missionaries' Office/Residence Building on the way to the Upper Charles Rail Trail. The trail, built on a rail bed, will eventually reach approximately 24 miles, connecting the towns of Sherborn, Holliston, Milford, Hopkinton, and Ashland. The Holliston portion is 6.7 miles, stretching from Milford to Sherborn. It's a great place to walk on a summer day, since the trees provide plenty of shade. You never know what wildlife you might spot on this out and back route, so keep your eyes open. The route then returns to the shrine for the 5km finish and 10km checkpoint.

The second loop on the 10km route takes walkers around the Rosary Walk on the grounds of Our Lady of Fatima Shrine. The rosary is 950 feet long with an anchor donated by the US Navy. Boulders that were excavated during the building of Route 495 serve as rosary beads. Look at the plaques on the boulders. They have the Hail Mary written in different languages in alphabetical order. I like to look at them and try to figure out which

language will come next. Whenever I think I know, I always seem to forget one. The route then crosses Summer Street, passing Mission Spring Housing, before heading into Wenakeening Woods. The woods are a public access area gifted to the Upper Charles Conservation Inc. by the Avery-Dennison Corporation, and cover 100 acres. There's a network of trails, and our loop takes walkers along several of them. The natural trails are great for hiking. The route then joins the Upper Charles Rail Trail before heading back to the finish.

The two loops are relatively flat. The 5km loop is on paved and packed stone dust trails. It has an AVA rating of 1B, doable for baby strollers, but difficult for wheelchairs. The 10km route also includes natural trails, with tree roots and rocks underfoot, along with some paved and packed stone dust surfaces. It has an AVA rating of 1C, not suitable for wheelchairs or strollers.

I know I'm excited about finally having a traditional event this year. Join Walk 'n Mass on August 22 for 5km and 10km routes in Holliston, and catch up with your fellow walkers. Of course, all current health rules apply. Hope to see you on the trail!



Shade on the rail trail

Bev Lange

Is your **35th Anniversary Challenge Card** still somewhat empty due to this unusual year? We feel your pain. All participants in **Holliston** will earn double event value—**10 points**. Hopefully this bonus opportunity helps get you back on track to earn a free tote bag!

Participate during 2020 to total 35 points & earn a WnM bag!

5 points: any WnM event (traditional, group, or on your own)

3 points: any non-WnM AVA event or attend a WnM meeting

5 points: recruit a new WnM member & you both receive points

Bulletin Board



Joanne Izbicki

Club Meeting: Saturday, August 1 at 10:00 am

We'll be holding our August club meeting outside on the backyard covered deck of Keith & Dawn Harlow in Blackstone. Please wear face coverings and bring your own chair if you wish (approx. 10 chairs will be available if unable to bring your own). Social distancing protocols will be followed.

If interested following the meeting, sandwiches from local sub shops can be procured and Keith indicates their pool is open.



Next Club Meeting Saturday, August 1

10:00 am

the Harlows' backyard
32 Bellingham Road
Blackstone, MA

No decision has been made on whether to hold our September meeting virtually or at an alternate location since our normal meeting places are unavailable due to COVID-19. Expect details in the next *Footnotes*.

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: August 24th

AVA Monthly Online Webinar series

Starting with July, AVA is hosting a series of online, interactive webinars on walking topics and AVA programs. The July 22 theme was AVA Special Programs. August's event will focus on "Walking the non-traditional paths of ACE and Guided Walk Events." Check ava.org for specific dates and registration details. Contact Tim Miner at programs@ava.org for further information or help with questions.

Ice Cream Parlor Special Program

Finishers from WnM,

as listed in June 2020 *TAW*

—compiled by Marianne Marshall

If you have one or two more ice cream parlors to go, there's still time! You have until the end of this year, and perhaps even until next June if AVA decides to extend the deadline to offset walks missed due to COVID-19 closures.

Congrats to:

Carolyn Adams
Diane Bucher
Margo Craven
Pat Damiani
Mary Frink
Carol Giesecke
Cynthia Gray
Beate Hait
Monica Hait
Beverly Lange
Joanne Izbicki
Linda Lunt
Blake Mitchell
Tom Mongeon
Barbara Piffat
Joseph Piffat
Mary Suchodolski
Jack Suchodolski

Walking with Thoreau Word Search

by Joanne Izbicki

Words taken from Henry David Thoreau's classic essay. If interested, you can read it online or find a copy through your library.

<https://www.theatlantic.com/magazine/archive/1862/06/walking/304674/>



AMBULATOR
ART
AWAKEN
CAMEL
CLIMB A TREE
CRUSADE
ELYSIUM
EXPEDITIONS
FLOWERY
FREE
GLORIOUS
GLORY
GO
GRASSY PLAINS

HARMONY
HEALTH
HOME
INDEPENDENCE
LEISURE
MAGNETISM
MEANDER
NATURE
NOBLE
PARABOLA
PARADISE
QUAKING SWAMP
ROVE
RUMINATES

SAUNTER
SENSES
SPIRITS
SPLENDOR
STEPS
SUNSET
TOUR
UNDYING ADVENTURE
WALKER ERRANT
WAY
WEST NOT EAST
WILD
WOODS

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

Walk Coordinator Speaks

Holliston, MA – August 22 – We look forward to seeing YOU at our first walk event of this unusual year. Our processes will be modified to comply with COVID-19 guidelines to help keep all of us safe while getting back to a semblance of “normalcy.”

We ask that you wear a face covering, especially when not able to keep 6-foot distance from other people. Please bring your own pen to use for registering and bring your own water. To keep touchpoints to a minimum, we will not use our yellow water coolers. We will have bottled water available if you need to replenish your supply, and we'll also have sanitizer and sanitizing wipes on hand for regular cleaning of surfaces and common touchpoints. We are currently refining other processes to ensure safety for all.

There is PLENTY of OUTDOOR SPACE at our grassy outdoor Start/Finish next to the large Fatima Shrine parking lot. We invite you to bring your own lunch and a chair so you can safely socially distance while eating and enjoying in-person conversations with fellow walkers. The current group maximum in outdoor spaces is 100 people. Since our recent total walk participation number has ranged from 30 to 75, we should have no problem remaining in compliance.

Staffing August 22 walk in Holliston – At this time I am beginning the staffing process for this event. Please contact me (now while you're reading this: beateh1@aol.com or 774-292-9098) to let me know of your availability

Pictures:



Carol Giesecke

Left: Carol went adventuring to Bangor, Maine and found a lovely war memorial.

Right: Ann spotted a growing swan family in Fall River.



Ann Plichta

by Beate Hait

for a 2-hour shift. Staffing needs: Trail Marking (one 2-person team for each of the two 5km loops), Start, Finish, Checkpoint, Specialties, Trail Take-down (one 2-person team for each of the two 5km loops).

Tiverton, RI – October 17 -- The Tiverton event originally scheduled in April 2020 has been rescheduled for **Saturday, October 17, 2020**. We will, however, do things a bit differently to comply with COVID-19 guidelines and regulations. Rather than set up inside the restaurant that is our start point, we will set up outside. We'll also employ the same sanitizing practices as established at our August 22 event.

Attleboro, MA – December 5 – At this time, we anticipate that the walk starting at La Salette Shrine will take place on **Saturday, Dec. 5, 2020**. We have received the go-ahead from La Salette and the Industrial Museum (the start for the 5km route); still waiting to hear from Capron Park Zoo regarding setting up the checkpoint there and access to the zoo for our walkers. Stay tuned!

Devens, MA – As this newsletter goes to press, we are still waiting to hear back from our museum start point regarding their availability for **Nov. 21, 2020**. If this does not happen, we will reschedule that event in 2021.

YREs and SEs open: Bedford (bike), Cheshire (OLSB), Concord, Fall River, Greenfield (box on POC's porch), Hyannis, Lowell, Plymouth, Provincetown (OLSB), Sandwich (walk & bike), Shelburne Falls (box on POC's porch), and Bristol, RI.