

President's Corner

by Mary Frink

Were you supposed to go on vacation this year? I love to travel. I had all kinds of plans this year. In June, I was supposed to go to Utah to visit my brother and sister-in-law. We'd planned it for over a year. In 2018, they flew out here, picked up the last of my brother's stuff from my parents' house, and then drove back. One thing he took was our shared Lego collection. We used to spend hours building castles and city blocks and space ships. On this visit, we were going to spend a week playing with the Legos to see which sets we wanted to keep and which ones would go to his nieces. Hopefully I'll get to visit next year!

I was also supposed to be in Scotland rather than at home right now. I have a friend who is a huge Harry Potter fan and we were going to ride the scenic train that is featured in some of the movies. Even with COVID-19, we were going to go. We had it all figured out. We would make all kinds of plaid masks and stay at an Air BnB flat so we didn't need to go to restaurants. We'd even worked out the quarantine when we got back. We were looking to get some better masks for the plane which was our last concern. Then the UK put a travel ban on visitors from the US. So much for that. Perhaps I'll get to go next year!

2021 is the AVA convention in Madison, WI. I really want to go. I enjoy the conventions and I have some family connections to the area. The 2017 convention in Montana was the first time I planned my own convention trip. Prior to that I had only done bus tours (with Walking Adventures or Tater Tours) that included the conventions. I put a Montana map on the wall with Post-It

arrows pointing to all the places I wanted to go. Next to the map, I had a calendar with the schedule and lists of things to remember. I'm a visual person and it helped me to see it that way. I did the same for Scotland and now I have a map of Wisconsin on the wall with Post-It arrows and calendars and lists. If you've never been to a convention, I highly recommend it. You meet all kinds of interesting people, see new places, and you get a better understanding of how the AVA works. I'm already excited for next year!

Saturday, October 17 is our rescheduled walk in Tiverton, RI. As of my typing this, we are not sure it will be able to happen. With the conditions now, MA and RI residents are not supposed to cross the border for anything other than "essential" things like grocery shopping and medical appointments. While we likely consider walking essential, I'm not sure the authorities would see it the same way. Please stay tuned for future updates while we wait this out. Hopefully all the numbers will improve by then and the borders will reopen! It was surreal enough to be banned from Scotland, but to be banned from RI is beyond weird. Hopefully we'll get to walk there in October!

I know this all sounds a bit "woe is me" given all that's going on in the world. I can't help being disappointed and a bit sad. I think we've all felt that way this year as things were canceled and postponed due to COVID-19. We are getting back on track, slowly. Hopefully we will soon be able to do the things we love again, like travel and walk together!

Come Friends, Let's Walk

- ❖ Saturday, Aug. 29
Group Walk:
Fall River, MA
10:00 am
- ❖ Saturday, Sept. 12
Group Walk:
Westport, CT
9:00 am (Online
Start Box, CVVC)
- ❖ Saturday, Sept. 19
Group Walk:
Wellesley, MA
10:00 am
- ❖ Saturday, Oct. 3
Group Walk:
Wethersfield, CT
9:00 am (Online
Start Box, CVVC)

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



Issue Highlights:

Mayflower back in Plymouth – 2
August Meeting Highlights – 3
WnM Award Winners – 3

Bulletin Board – 4
Eagle River Nature Center – 5
Pandemic Walks: Exploring Local – 6

Cryptogram Puzzle – 7
Walk Coordinator Speaks – 8
Holliston Pictures – 8

Mayflower II is Back in Plymouth!

by Joanne Izbicki

It was a perfect day for a homecoming. The Mayflower II settled at her home base at Frazier State Pier in Plymouth at about 4 PM on August 10 after a three-year, multimillion-dollar restoration in Mystic, CT. Margo Craven, Carol Ann Dorer, and I chased the ship's voyage home from the Cape Cod Canal (where we just missed it), to a private beach on the outskirts of Plymouth (where we saw it at a



distance under tugboat tow), to, finally (and not part of our original plan), Frazier State Pier where we joined in the applause at her approach, still under tugboat tow and saluted by fireboat water spray. The atmosphere was thick with excitement, the spectators (a smaller crowd

because of the coronavirus) were masked and attempting social distancing, and we could tell that this homecoming was that bright spot in rather unconventional and trying times. The Mayflower II is now open for public tours; tickets are available for purchase at the Pier.



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August Meeting Highlights

by Marianne Marshall

Meeting held August 1, 2020

Awards: WnM volunteer awards for period 7/1/19 through 6/30/20 have been prepared. Coupons for award level achievers at Holliston finish table. Any not picked up will be mailed.

Equipment Custodians: Activities bins received.

Facebook: WnM page has **over 50** followers. Holliston, Tiverton, and Attleboro posted.

Ice Cream Parlor: As yet unconfirmed, we believe AVA will not be extending any special program deadlines meaning this **ends Dec. 31, 2020**. WnM will consider individual requests for leeway to complete program. Contact Mary Frink with any questions.

89 patches remaining as awards for program.

Specialties: If you want a Starting Point, please contact Bea. Order must be placed with AVA no later than Sept. 30.

Walk Coordinator:

- **Saturday, August 22, in Holliston:** Staffing being completed. To remind people of safety practices, traffic warden assigned. Walkers should bring own water, pen, and picnic items if desired.

- **National Volkssport Month Patches:** ten patches ordered as "A" awards for Tiverton walk on October 17.
- **Devens:** Bea and Bev Lange to check out facilities for potential walk on Nov. 21.
- **COVID-19 impact:** eleven of our 20 YRE/SE had \$0 income for Q2 (ended June 30).
- **Newport seasonal:** Start/Finish to remain closed the remainder of 2020. POC Verna DeVine seeking sign-up location for one-day group walk-type opportunity.

New Business:

- Next meeting **Saturday, Sept. 12 at 10:00 am** at the Harlows in Blackstone.
- Discussion held and thoughts presented for workarounds on YRE/SE where S/F is closed and may remain so into 2021. Online sign-up was one option.
- **WnM elections:** Voting for the four officer positions—President, Vice President, Secretary, and Treasurer—will be held at October club meeting. Anyone interested in any of these positions should notify Mary Frink.

WnM Award Winners

by Marianne Marshall

For award period July 1, 2019 through June 30, 2020

In spite of the coronavirus, WnM had enough activity—four day events in Woodville, Lowell, Malden, and Franklin; twenty YRE/SE; and other point earning positions—that twenty-four people reached award level achievements. Each achiever earns coupons to be redeemed at the Specialties Table.

Congratulations to the following people:

10 hours	Angela Allen, Elaine Johnson
50 hours	David Byers, Jack Fernandes, Jean Morrissey, Diane Peterson, Sharon Stumpf
200 hours	Tom Narcavage, Bob Varnon, Jan Varnon
300 hours	Paul Graveline
400 hours	Jack Allen, Dawn Harlow, Keith Harlow
600 hours	Mary Frink
700 hours	Ann Plichta
800 hours	Chris Lipson
900 hours	Monica Hait
1,000 hours	Pat Damiani, Agnes Laviolette
1,500 hours	Verna DeVine
1,800 hours	Marianne Marshall
1,900 hours	Margo Craven

Volunteers are key to the club having successful, fun events. Thanks go to all those who are able and willing to help at events, to serve as club officers or in other club positions, and to come to meetings to share thoughts and ideas.

Bulletin Board

Congrats!!!

Newest club member Edward "Teddy" LaPointe was born on August 11th. We look forward to walking with Teddy and Nick soon. — Joe LaPointe



Club Meeting: Saturday, September 12 at 10:00 am

We'll be holding our next club meeting outside again 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.



Next Club Meeting Saturday, Sept. 12

10:00 am

*the Harlows' backyard
32 Bellingham Road
Blackstone, MA*

STARTING POINT 2021

If you'd like a copy of the 2021 *Starting Point* book that lists all the year-round and seasonal events in the US – that's over 1,800 events! – please contact Beate (508-429-3564 or email beateh1@aol.com) by Sept. 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.

A special **thanks to Jean Morrissey** for ensuring the alternate start point at Fatima Shrine for our Holliston event after COVID-19 forced a change from the original start point which Jean had also coordinated.

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Sept. 21st

Have you forgotten or been unable to redeem your **WnM Coupons** which were originally due to expire on July 27? If so, don't worry; the expiration date has been **extended to December 31, 2020**. Mark your calendar to come to Tiverton on Oct. 17 or Attleboro on Dec. 5, 2020.



Liz Ahluwalia

Nico (4) and Priya (2.5) following sister Rayna Ahluwalia (4) along part of the 5km trail in Holliston

Walk Travels: Eagle River Nature Center YRE Redux

by Pam & Mike Medolo

Our favorite year-round event in the Anchorage area starts at the Eagle River Nature Center (ERNC) in Chugach State Park. While COVID-19 restrictions this year have closed the Nature Center, the trails remain open to the public. However, Friday-Sunday, staff set up an information table outside the building so the walk box is accessible those days.

When salmon are running in Eagle River, lots of brown and black bears come to fatten up on them so in late summer through mid to late autumn the Albert Loop Trail is closed to reduce risk of walkers meeting hungry bears. As this trail is a large portion on our YRE we have an alternate route set up. So instead of using Albert Loop, the 10K uses the Historic Iditarod Trail (part of the 1925 dog-sled serum run to Nome).

Departing the rear of ERNC, the trail heads downhill through boreal forest, mainly spruce, birch, and cottonwood. Shortly after it levels, there is a boardwalk over a marshy area and the trail also skirts meadows where we sometimes see black bears. During spring and early summer, wildflowers

line the trail. This late in the season mainly monkshood, fireweed, and yarrow are blooming. Many other plants have berries (in varying shades of red). Due to it being a wet summer, we saw fungi of all shapes, colors, and sizes. We even passed a couple gathering edible varieties.

After going past a boulder left by retreating glaciers, the trail starts to climb and one must take care not to trip over many rocks and



View looking up river from Echo Bend

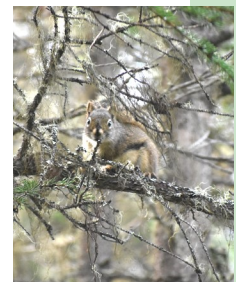
roots. At the top of a hill, we can hear the river rushing below and see over the edge to Class IV and V rapids. Descending the other side of the hill and crossing a narrow boardwalk, we soon reach Echo Bend. It is a fine place to rest on a driftwood log, eat a snack and admire views of the river and surrounding peaks.

This is a turn-around point so we retraced our route back about half-way (1.5 miles) along the Iditarod Trail up to Rapid Camp Trail cutting off to the right. We follow orange markers on the trees to Dew Mound Trail where we turn left to head back towards the

nature center. This meandering path is sometimes narrow due to bushes on either side and we cross a couple of short board bridges over stream beds but it is mostly downhill. Just past Four Corners we rejoin the Iditarod Trail. From here it's a moderate uphill climb back to ERNC to collect our stamps and something cold to drink. All while not crossing paths with anything bigger than a squirrel, especially hungry bears!



Mushroom beside the trail



Red squirrel observing volksmarchers

Above: Wood frog escaping



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

Pandemic Walking: Exploring Locally

by Eileen Anderson

Has it really been four months since everything shut down? At this time when we are starting to open, we are embarking on a new normal. Don't forget your masks, it's part of taking your keys, phone, and ATM card upon leaving home.

Long distance travel is risky, so what do we do? We take this opportunity to explore local venues. What modes of exploration do I use? Mostly bicycling, walking, and capturing photos.

It is time to dive into the sweet, simple things around us. The most important thing is movement. One of my greatest joys is doing walks and posting the pictures on AVA's Facebook page. Sanctioned walks are being postponed or cancelled, but that doesn't keep devoted walkers from walking them individually or in small groups.



Recently, my husband Peter and I were walking through Main Street in Wallingford, CT. Peter photographed me walking through Dutton Park, a small park dedi-

cated to Civil War veterans. Then we cross the street to the town cemetery, In Memoriam Cemetery, where many Wallingford residents rest in peace. I photographed Peter wandering through the cemetery, demonstrating social distancing while I placed a seashell from Hammonasset State Park on the grave of a friend's parents. By posting these pictures on the AVA Facebook page, I connected with a Texas club member formerly of Wallingford. She was delighted to see those pictures since COVID-19 prevented her from making her annual trip to visit her family.

We also do two walks from home which we've named the Durham Road Walk and the Shetland Road Walk. These walks show off old houses, railroad tracks (which, if lucky, a long freight train can be seen running by), a

park, another cemetery, and possibly a bunny rabbit or deer. There are always people out walking various breeds of dogs.

As sanctioned volkswalks open up there will be a bigger radius to explore. We will expand our local area to a two-hour radius. I am amazed by places not more than two miles from me like Tyler Mill Preserve and Orchard Glen. These are land trusts offering hiking trails, waterfalls, and different types of vegetation. Hiking with the Wallingford Senior Center has increased my appreciation for the surrounding state parks and linear trails. Wadsworth Falls in Middlefield allows one the choice of different level trails. One can climb a large hill to visit the Wadsworth mansion. We enjoyed walking on the Meriden linear trail along the Quinnipiac River, observing birds and enjoying the cool morning.

Walking and bicycling in East Wallingford offers some magnificent views. My biking buddy and myself, two retired women in their sixties, hit the hilly area. We see farms, budding magnolia trees, old estates, and cows and horses grazing as we ride by. While biking a level, wildflower-filled road, my friend relives her childhood by biking with no hands. We then hit one of the narrowest, windiest hills, called Whirlwind Hill Road, a perfect name. No more "no-hands-riding." I have walked up and down that road for years but never before attempted to ride it. We

stopped & took in the beauty of Gouveia Vineyard, a winery offering a scenic view and a venue for events with social



distancing. The grapes were ripening on the vines. Can't wait to sample that wine! The bottom of Whirlwind Hill greets us with a historical marker of the route George Washington took during the American

Continued on next page

Exploring Locally [continued]

by Eileen Anderson



Revolution right by the reservoir. Bicycling in a residential neighborhood two miles from home also revealed a little free library and another entrance to a land trust property walking trail.

My garden is bursting into color as flowers show off their blooms at different intervals. Garden & nature walks are very healing to us as we nurture them. Hammonasset State Park shows off beautiful beach roses and wildlife along its path. Sunsets over the sound and other areas show off their beautiful colors. I was recently invited to bike the Branford, CT shoreline, alerting me to the islands with houses in the middle of the sound. I took in the beauty of the different gardens and homes, ending with my friend's purple garden and colonial home.



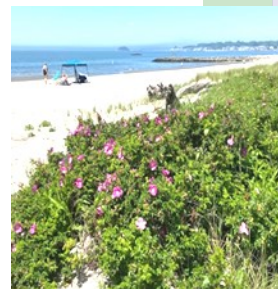
Laura Ingalls Wilder wisely stated, "The real things haven't changed. It is still best to be honest and truthful; to make the most of what we have; to be happy with simple pleasures; and have courage when things go wrong."¹

If we learn something from the Pandemic, this quote describes it. As we stay local, we become more appreciative of things locally. A very important aspect of this is exploring

local businesses, especially fruit stands and farmers markets. There will be sanctioned walks with social distancing in the Connecticut Valley Volkssport Club and Walk 'n Mass Volkssport Club. Walking in the fresh air promotes resilience.

"When we give ourselves over to the art of walking, we exist in the moment for no reason or purpose other than that of the experience alone, for the appreciation and apprehension of beauty. There is no purpose in this occurrence, only the immeasurable effect it has on our nerves, our body, our being. Woe the society that sees little or no value in this."²

According to many epidemiologists, being outside is the best place to be during this pandemic. Fresh air is said to allow for resilience and Vitamin D synthesis which definitely boosts the immune system. Let us be creative and take advantage of what exploring local gives us. Take pictures, post, and share them. You will definitely be surprised at your self-discovery.



¹ Laura Ingalls Wilder, "A Letter from Laura to the Children of Chicago," in *The Selected Letters of Laura Ingalls Wilder*, ed. William Anderson (New York City: Harper, 2016), 284.

² John Kaag, "The Art of Walking (Without Distracting Devices)", *Blue Zone*, Blue Zones LLC, July 19, 2020, <https://www.bluezones.com/2020/07/the-art-of-walking-without-distracting-devices>.

Cryptogram Puzzle

by Joanne Izbicki

Can you crack this cipher to reveal a quote from an English playwright?

To solve, replace each letter with a different letter. Hint: X = O

K S K P A S X E V Q T S P Z, A Z J A U K T S S G Q O A E

C O A G T I A C T P A E F G J A X J S A Q O X T E E X G Y A.

-- E X A S U X Q T I W

Walk Coordinator Speaks

by Beate Hait

Holliston in Review – Co-POC Bev Lange will have a full write-up about our first day event of 2020 held on August 22 that started at Our Lady of Fatima Shrine for next month's newsletter. We had 43 participants on this hot, sunny day, and all seemed to enjoy the sense of "normalcy," greeting friends behind covered faces and walking 5km or 10km distances on the mostly shaded trails. Looking forward to next year when, hopefully, we will again be able to resume food-related social gatherings in conjunction with walking events.

UPCOMING WALKS THIS YEAR

Saturday, Oct. 17 – Tiverton, RI: We plan to set up the Start/Finish outside the restaurant, and Checkpoints will also be outside. Protocols to minimize the spread of COVID-19 that were put in place in Holliston will be continued.

Saturday, Nov. 21 – Devens, MA: We are awaiting confirmation to set up the Start/Finish in the large lower lobby of the building that houses the Devens Museum on the third floor. Weather permitting, we could also set up outside on the large lawn.

Saturday, Dec. 5 – Attleboro, MA La Salette Shrine Holiday Lights: Details forthcoming.

2021 Walk Planning – We have no locations confirmed for walks in 2021. Suggestions, please!

NEW REGISTRATION PROCEDURES

Due to pandemic-related changes/closures at some of our YRE and SE start locations, we've modified the registration process to

make more routes available. Contact the POC to get directions and start cards. After completing the walk, mail start cards and fees to the POC to receive award, if purchased, and insert cards with the IVV stamp or an emailed image of the IVV stamp that you can paste into your IVV books.

Boston, MA – Contact POC Jack Allen 781-333-8129 or jeallen@gmail.com

Greenfield and Shelburne Falls, MA – Walk Boxes at home of POCs Jan and Bob Varnon, 22 Madison Circle, Greenfield, 413-244-4128 or jcvarnon@yahoo.com

Newport, RI – Contact POC Verna DeVine 508-399-8512 or vernadvn@yahoo.com

Newton, MA – Contact POC Marianne Marshall 781-899-5975 or mrbwalker@verizon.net

Quincy, MA – Contact POC Helen Tolbert 508-574-2807 or htolbert2@comcast.net

Providence, RI – Contact POC Ann Plichta 508-673-6553 or amplic@comcast.net

Wellesley, MA – The Walk Box located inside the front door of library on a stool; you must enter building from rear parking lot. The Wellesley College campus is currently closed to the public, so for a 10km distance, please walk the other 5km route twice.

Start locations that remain closed as of August 24, 2020: Boston, Greenfield, Newton, Quincy, Newport, Providence, Shelburne Falls.

Holliston Pictures:



Bev Lange

Our large, outdoor Start/Finish provided plenty of space for social distancing.



Bev Lange



Beate Hait