



President's Corner

October 3 is election day for Walk 'n Mass! No one else has said yet that they were interested in running for any of the offices, so here is the current slate of officers for re-election:

- President: Mary Frink
- Vice President: Keith Harlow
- Secretary: Marianne Marshall
- Treasurer: Karen Plichta

If you would like to be considered for any of the offices in this election, please contact Monica at footnotes.editor@gmail.com by October 1. All Walk 'n Mass members are allowed and encouraged to vote. You may vote in person at the next meeting on October 3, or by email until October 1. If you would like to attend the meeting, please contact Keith Harlow at krhguy13@yahoo.com. To vote by email, please send your vote to footnotes.editor@gmail.com. I promise we won't call you every 5 minutes to poll your opinion!

Another position we need to start thinking about is the Walk 'n Mass delegate for the AVA convention next year in Madison, WI. June seems like such a long time away, but AVA is already well underway in getting things together. The delegate needs to attend the general sessions and vote for AVA officers and on whatever motions have been put forward. The WnM board usually votes ahead of time on such things, so you don't have

by Mary Frink

to worry about not knowing how the club wants you to vote. There are also social events and workshops that you can attend. And of course, plenty of walks to do! I have done this a few times and it is always very interesting. It's hard to know where we will be with the pandemic next year, but if you are interested, please let me know and I'll give you the information I have so far.

I realized while writing this is that I have been a member of Walk 'n Mass for 10 years. That's so hard to believe! What makes our walking club so great is all of the members. It has been really hard this year for everyone and I'd like to say thanks to all of you for helping to keep the club going. I'd especially like to say thank you to all of the POCs for dealing with closed start points and figuring out ways to work around that keep people walking. A HUGE thank you to Bea Hait for keeping everything organized with the year-round, seasonal, and traditional walks. You had more spinning plates than anyone and you still managed to keep everything together. More thank yous to Monica Hait, Paul Graveline, Bill Howe, and Blake Mitchell for keeping everyone informed with the newsletter, email blasts, website, and Facebook respectively. Things were changing by the second and you guys did a tremendous job. I hope everyone continues walking and that I will see you soon!

Come Friends, Let's Walk

- ❖ Saturday, Oct. 3
Group Walk:
Wethersfield, CT
9:00 am (CVVC)
- ❖ Saturday, Oct. 17
Day Event:
Tiverton, RI
- ❖ Saturday, Nov. 14
Group Walk:
Kent, CT (village)
9:00 am (CVVC)
- ❖ Saturday, Nov. 21
Day Event:
Devens, MA

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:

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

Based on the IVV Event and Distance Award information in the September 2020 issues of TAW, **congratulations** are due to the following people:

Name	Events	Distance
Jack Suchodolski	275, 300, 325	3,500 KM
Mary Suchodolski	350, 375, 400	4,000 KM & 4,500 KM
Andrew Schmidt	650	6,500 KM
Joanne Izbicki	800	9,000 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



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Trail Master's Diary: Tiverton

by Ann Plichta

When Karen and I decided to revisit the Tiverton, RI walk, I was surprised to see that it has been 11 years since we held an event there. Time flies! But what wasn't surprising was how little Tiverton has changed along the walk route in those years. It remains a pretty, seaside town with many beautiful historic homes and sites. Walk 'n Mass invites you to see for yourself with 5km and 10km routes through town on Saturday, October 17.

Tiverton was first settled by the Pocasset tribe of the Wampanoags in the early 1600s. In 1694, it was incorporated by English colonists as part of the Massachusetts Bay Colony. After a long boundary dispute, it was annexed to Rhode Island in 1746, and was incorporated as a town in 1747. During the Revolutionary War, the British occupied Aquidneck Island across the Sakonnet River. Tiverton became a place of refuge for Americans fleeing the occupation, and as a mustering point. In May of 1778 the British attacked Tiverton, resulting in two deaths and several wounded. There were no casualties amongst the militiamen, but there was fire damage to a mill. Tiverton was mainly a fishing and agriculture town in the 18th and 19th centuries with some fishing and boating. Today, it is a suburban community and summer resort.

Both the 5km and 10km routes head down Highland Road with its many interesting houses. Included are one of the few stone houses in Tiverton, a Colonial Revival, some Greek Revival cottages, and Queen Anne houses. The 5km continues along Highland Road to Bridgeport Road. Along the south side of Bridgeport Road are the stone foundations of the Joseph Church and Sons Fish Factory and house. Their fertilizer and fish oil business thrived in Tiverton, and is one of the reasons why the Tiverton Town Seal has a fishing net. Walkers then head to Main Road, also with many historic and beautiful homes. The Stone Bridge District has some interesting historical background with the point of

embarkation for Continental Troops to attempt to take Aquidneck Island back from the British, and the site of an Indian Fort. Walkers then return to the finish.

The 10km route takes a detour from Highland Road by going up the hill to Fort Barton, a staging ground for colonial troops during the Battle of Rhode Island. It was named for Lt. Col. William Barton who captured the commander of the British troops occupying Aquidneck Island. The view from the observation tower is worth a quick side trip. The walk continues along Highland Road to the area known as The Gut on the lower end. This was the site of the Isaac Barker Homestead, used as a hospital for French soldiers during the American Revolution. Walkers also pass by Sin and Flesh Brook, where Quaker Zoeth Howland was killed by Native Americans in 1676. The route continues through residential areas, before crossing over Nanaquaket Pond and walking along the beautiful Nanaquaket Road neighborhood. Walkers then head to Main Road to finish.

Join Walk 'n Mass for 5km and 10km walks in beautiful Tiverton, Rhode Island on October 17. The 5km route has an AVA rating of 1A, on paved surfaces with a small hill. The 10km route has an AVA rating of 2A with one steep hill, and two smaller ones. Both are unsuitable for wheelchairs, and only the 5km is doable for baby joggers. Hope to see you on the trail!

Please note: we intend to hold this event on Oct. 17 though the situation remains a bit fluid. Check our website, Facebook, or contact Ann or Karen to confirm the event is on closer to Oct. 17. If attending, please wear a mask/face covering while participating in the walk. Bring your own pen if you wish.

Bulletin Board

THE 19TH ANNUAL

U.S. FREEDOMWALK FESTIVAL

16 – 18 October 2020

Will offer a virtual event option for awards and IVV credit

Coming in October 2020. The U.S. FreedomWalk Festival will now offer members and walkers of the AVA: America's Walking Club the option of walking the distances of the 19th annual event virtually in their local community for the IVV stamp and the event awards.

More info:
www.usfreedomwalk.org

Twin State Volkssport Club is planning a walk in **Middlebury, VT for Columbus Day Weekend in 2021.** Empire State Capital Volkssporters are excited to attend and would be interested in supporting other area events that weekend. Any ideas to make this a multi-club & event weekend? Please contact Bea Hait with suggestions.

VOTE

**Next Club Meeting
Saturday, October 3**

10:00 am

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

The walk box for the **Newton** year-round event is once again available with the following guidelines:

- Wear a mask.
- Enter the parking lot door paying attention to the COVID-required distancing as marked.
- Request the walk box and **TAKE IT OUT TO THE PARKING LOT** to complete your registration.

Currently the library hours are:
Monday-Thursday 10 am to 7 pm;
Friday 10 am to 5 pm;
Saturday 10 am to 3 pm

Newton Free Library
617-796-1360
www.newtonfreelibrary.net

WnM POC: Marianne Marshall
MRBwalker@verizon.net

Answer to September's Cryptogram:

I like long walks, especially when they are taken by people who annoy me. — Noel Coward

Newsletter Submissions to:
footnotes.editor@gmail.com
Deadline for next issue: Oct. 21st

Do you have a favorite volksmarching story to share?

Send it to footnotes.editor@gmail.com for possible publication in a future edition of **Footnotes**.

Reminder: the special AVA National Volkssport Month patch is the award for our Tiverton walk on October 17. A limited quantity will be available.



September Meeting Highlights

by Marianne Marshall

Meeting held September 12, 2020

Group Walks:

- Fri., Nov. 27, Fall River, 10:00 am
- Sat., Nov. 28, Concord, 9:00 am
- Possible: Sandwich/Bourne bike in Oct/Nov

Ice Cream Parlor: 131 books completed;

7 returned; 6 completed since August meeting.

Membership: 181 members; 7 responses after email reminder, 5 more reminders going by mail.

Specialties: If you would like to be in charge of Specialties, please let Bea Hait know.

Sunshine: Cards sent to Joe LaPointe and Blake Mitchell on the birth of their son, Teddy, and one to Nick, Teddy's big brother.

Walk Coordinator:

- **Holliston:** 43 participants. Thanks to Jean Morrissey for paying Fatima Shrine for start point. It was GREAT to have a day event.
- **Pawtucket:** Now scheduled for Saturday, June 12, 2021.
- **Devens:** Saturday, Nov. 21. Start will be in Museum building.
- **Tiverton:** Scheduled for Saturday, Oct. 17. Hopefully state restrictions will be lifted.
- **Bedford bike seasonal:** Joanne Izbicki assuming POC role as of 2021.
- **Attleboro:** Walk will be held in December 2021, not this year due to space concerns at the Museum, Shrine, and Zoo.
- **Provincetown seasonal:** slight route change being considered for 2021.
- Pat Damiani suggested walk/bike along **Shining Sea Trail in Falmouth** for 2021; need someone to scope out start location.

AVA News:

August Checkpoint: Convention in Madison, WI in June & July 2021. Speak to a club officer if you wish to be a club delegate.

September Checkpoint: AVA Bylaws not in compliance with the Texas Business Organizations Code. Amended bylaws will be sent to clubs for their vote. It is critical that changes be approved in order for AVA to operate legally.

New Business:

- October meeting **Saturday, Oct. 3 at 10:00 am** at the Harlows in Blackstone.
- Discussion held on who should have access to download event stamp copies for seasonal/year-round events where Start is closed. Contact Mary Frink or Bea Hait with questions.
- **WnM elections:** Voting for the four officer positions—President, Vice President, Secretary, and Treasurer—will be held at October club meeting. If you are unable to attend the meeting and wish to vote, you may email your vote and any nominations to footnotes.editor@gmail.com by Thurs., Oct. 1.

Old Business:

- Need an Activities Chairperson.
- Hopkinton still to be rescheduled.

Cryptogram Puzzle

by Joanne Izbicki

Can you crack this cipher to reveal a quote from a comedian originally from MA?

To solve, replace each letter with a different letter. Hint: K = T

C P C V E S Q C V C L O S J T R L U H Z L O K J U I C L B

E W N Q J P C K Q C K L F C.

-- O K C P C U S V L H Q K

Holliston Recap

by Bev Lange

After months of stay at home restrictions, lack of social interactions, and postponement of earlier scheduled events, we were finally able to hold our first 2020 Walk 'n Mass event in Holliston on August 22. Thanks to the help of our intrepid volunteers, we held a socially distanced event following COVID-19 guidelines, keeping everyone safe but still allowing for some much needed time amongst friends.

The walk began at Our Lady of Fatima Shrine and walkers were able to enjoy routes along the Upper Charles Rail Trail and through Wenakeening Woods. Although we have walked in these areas before, we modified earlier routes so that participants were able to see some different sections of both areas. From the feedback we received, it sounds like our participants enjoyed the new routes!

We were especially thrilled to have some of our younger members in attendance.

Welcome to our youngest member, Edward "Teddy" LaPointe who made his first appearance (at just 11 days old!) and was accompanied by his brother, Nicholson, and mom and dad (Blake and Joe). Bea's daughter (and Monica's sister), Elizabeth and children Rayna, Nico, and Priya also joined us on the 5km rail trail route and took a little extra time to enjoy their own mini picnic. Bea recently

shared some *Footnotes* articles from 1994 with me highlighting Elizabeth and Theresa's completion of a milestone 100 walks. It's nice to see that the next generation is following in their parent's footsteps and heading off on their own walking adventures!!

Although the day was hot, there was a beautiful blue sky and it was great to be outside to enjoy a much needed break and a short respite from thinking about the pandemic. I want to thank our Walk Coordinator and Holliston resident, Bea, for all her help in setting up this event and also thanks to my co-POC Jean Morrissey for coordinating our start location. As we all know, these events only happen because of the support of our volunteers, so many thanks to them all: Miriam Boucher, Patricia Graeben, Monica Hait, Jean Morrissey, Marianne Marshall, Diane Bucher, Margo Craven, Verna DeVine, Nancy Estrella, Mary Frink, Carol Giesecke, Dawn & Keith Harlow, Bill Howe, Agnes & Ernie Laviolette, Ann Plichta, and Karen Plichta.

During these trying times, please try to stay in touch with each other (it's amazing how even a short email or phone call can make someone's day), be safe, and try to enjoy some nice walks!

Breaking News! On September 22, the iconic Balancing Rock in Holliston became **Leaning Rock**. You may have driven past it going to the walk in August or in recent years. And some may have enjoyed the 1994 event where walkers went past the then balancing spectacle.

<https://www.wcvb.com/article/i-think-gravity-won-iconic-balancing-rock-comes-toppling-down/34127622>

<https://www.wcvb.com/article/hollistons-iconic-balancing-rock-which-george-washington-tried-to-knock-over-is-toppled/34115646>

<https://hollistonreporter.com/2020/09/our-balancing-rock-becomes-a-leaning-rock/>

Memorial Spruce Going Strong!

by Monica Hait

Helen Tolbert sent along a note wondering how many walkers still had their spruces from the Pat Major Memorial Walk in 2004. Based on her photo, Helen's tree has really enjoyed the spot she picked in her yard!

My mom reports the tree she received is alive and well in the front yard, though hasn't grown as tall as Helen's due to the proximity of a maple tree. Any other memorial spruces still around?



Beate Hait

Spruce seedlings in 1994 with WnM's Clara Petrosky (left); we believe the woman on the right was connected to Pat via the library which served as our start point

BOURNE **Massachusetts** **Pat Major** **Memorial Walk**

5 and 10km Walk Routes

sponsored by the
Walk 'n Mass Volkssport Club
www.ava.org/clubs/walknmass



Sunday, June 13, 2004

Start: 9 a.m. to Noon



Event Number: NE 04/67508

AWARD: The award for this event is a live and healthy 8 to 18 inch Serbian Spruce seedling, which grows to 50 feet, and is the most beautiful of the spruces with short, soft, bluish green needles with silver underneath, and gracefully drooping branches as the tree matures. This award honors Pat's love of nature and open spaces, and is a living tribute of her contributions to the walking community. Only a limited number of seedlings are ordered. Pre-registration is recommended.



Helen Tolbert

Helen's tree now, after 16 years!



Walk Coordinator Speaks

by Beate Hait

Changes – the theme for this year!

Attleboro – Our traditional walk at La Salette Shrine on the first Saturday of December will not happen this year due to limitations on the number of people allowed at any one time in our checkpoint locations.

Temporary Change to Lowell, MA Start Point – POC Bill Howe relays that Lowell National Historical Park Visitor Center is closing for renovations on Sunday, Sept. 27 and will reopen sometime in February after the upgrade to the HVAC system is completed. During that time, the Visitor Center staff is moving to the Boott Cotton Mills Museum, 115 John Street, Lowell -- and the Walk Box will move with them. Since that location is on the current Rivers & Canals loop, the walk directions will not change. Those doing 5km should walk the Rivers & Canals loop. Those doing 10km should start with Rivers & Canals, transition to the Pawtucket Falls loop upon arrival at the original start point (246 Market St.) then, after completing that loop, pick up Rivers & Canals again to return to Boott Mills.

You might recall that we've had traditional day events starting at Boott Mills. There is a city garage at 75 John Street (\$2 first hour; \$1 each additional hour); metered street parking with 2-hour max also available. Or, park for

free at the (closed) Visitor Center parking lot at 304 Dutton Street and walk 10 minutes to Boott Mills. For complete driving directions, see updated brochure at walknmass.org

Tiverton, RI – Saturday, Oct. 17 – With the large outside area at the restaurant Le Moulin Rouge, we anticipate setting up as we did at Fatima Shrine in Holliston on Aug. 22 when we had lots of room to facilitate social distancing. Please wear masks/face coverings while participating. As this newsletter goes to print, we are considering renting a port-a-potty due to current restrictions placed on restaurants due to COVID-19.

SPECIALTIES

Congratulations to club volunteers who were awarded \$5 coupons redeemable at the Specialties table or for IVV books. Here's a sample of items available for purchase: long-sleeved, blue T-shirt (only size XL in stock); short-sleeved, blue, V-neck T-shirts; denim shirts, fleece vests and jackets; polo shirts; 50-state/51-capital T-shirts; vinyl book covers; various pins; caps and visors; yellow umbrellas. Photos of some of these items can be found on the Products page of the club website (<http://walknmass.org/products.htm>). If you can't make it to a day event, contact Bea to arrange mailing or delivery at a group walk.

Fall River Photo:

A new memorial in remembrance of Gulf War veterans now graces Veterans' Memorial Bicentennial Park along the seasonal walk route in Fall River. There is also an 80% replica of the Vietnam Veterans Wall under construction in the park and due for dedication on Veterans Day 2020.



Ann Plichita