

President's Corner by Mary Frink

Spring is coming! By the time you get the next newsletter [April issue], the time will have changed, the vernal equinox will have happened, and we'll be a week or so away from Easter. I've already noticed how it's light out now in the later afternoons. So exciting! I have even started my spring cleaning which is a rarity for me. I usually start, get distracted by all the interesting things I find that I forgot I had, and never finish. Does that happen to you too? This year I am determined to make some progress.

Spring leads to summer which leads me to ice cream and the Ice Cream Parlor Special Program! In total, we sold 228 books and had 141 books turned in for patches. I'm saying "books" instead of "people" because some people completed more than one book and one person completed 3 books! That's a lot of ice cream! People from 32 states participated, the most coming from Massachusetts (29) with Maryland a close second with 26. Many thanks to Pat Damiani and Jeanine Girouard for having such a great idea in the first place! They did all the prep work to get the program off the ground and approved by the AVA. If you haven't completed your Ice Cream Parlor book yet, we have unofficially extended the program, so you can send me your book when you

are done and I will send you a patch. I think we would have had a lot more people complete the program if we hadn't lost all the time with the pandemic (like so many things).

It's hard to believe it's been almost a year since the pandemic shut everything down. It seems so long ago! Maybe spending so much time in my house has spurred the spring cleaning. It has definitely made me want to get out and walk! The current icy conditions have made that a little difficult, but not for long! As I typed this, I received an alert on my phone from the Weather Channel with the names chosen for the next hurricane season. Is that a sign of summer?



Come Friends, Let's Walk

- ❖ *Saturday, March 13
Group Walk:
New London, CT
9:00 am (CVVC)*
- ❖ *Sunday, March 21
Group Walk:
Cornwall-on-Hudson, NY
9:30 am (VCWP)*
- ❖ *Saturday, April 3
Group Walk/Bike:
Bedford, MA
Sign-in open:
10am-Noon
Group walks at
10:30 am*
- ❖ *Saturday, April 10
Group Walk:
Mystic, CT
9:00 am (CVVC)*

See AVA or club website for starting location details on these events. For group walks, please aim to arrive 15 minutes earlier to sign-in. Winter walks are subject to weather; please watch for email blasts, check website, or contact POC if unsure.

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TAW Coordinator Opening

With the recent announcement from Verna DeVine that she is resigning as our club's *The American Wanderer* Coordinator, we thank her most sincerely for her diligence in filling that role since 2007. Last year the publication of the AVA's newspaper transitioned to a quarterly publication from six times a year. Verna made sure that each edition contained an article in the Northeast section to publicize events hosted by our club to the national readership.

Verna would contact the POCs of events and either ask them to write something, or she would get information from them and write the article herself (maximum length is 600 words). Verna did a very good job of summarizing information in an upbeat style. Many thanks, Verna!

by Beate Hait

So, now that leaves this role open. If you would like additional info before making a decision, please contact me. I can provide you with the TAW Style Guide as well as other pertinent info that was sent by the editors in January 2021 regarding the new publication schedule of four times a year.



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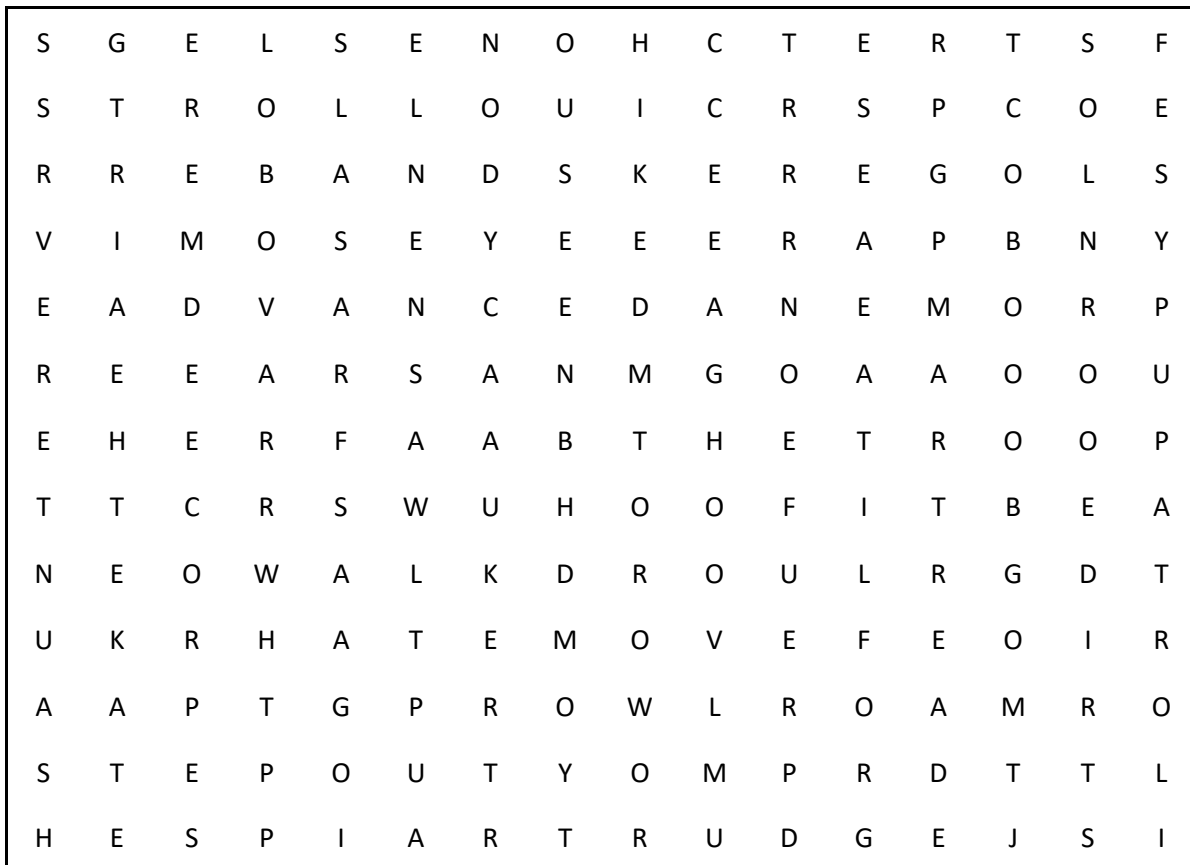
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Word Search: A Walk By Any Other Name

by Joanne Izbicki



Find the synonyms for the word (noun or verb) "walk"

traipse
tramp
tread
trek
troop
trudge
walk
wander
yomp

- | | | | | | |
|---------|---------|-------------|-----------|----------|--------------------|
| advance | hoof it | patrol | proceed | room | stretch one's legs |
| amble | march | perambulate | promenade | saunter | stride |
| go | mosey | plod | prowl | slog | stroll |
| hike | move | pootle | ramble | step out | take the air |

February Meeting Highlights

by Marianne Marshall

Meeting held February 1, 2021

AVA Bylaw Changes: Comments due to WnM Council members by February 21.

Group Walks:

Extended sign-in available 10:00 am-12 noon;
group departs at 10:30 am

- Sat., Apr. 3, Bedford Bike Walk
- Sat., Apr. 17, Concord
- Mon., Apr. 19, Concord
- Sat., Apr. 24, Lexington Battle Road
- Sat., May 8, Bristol
- Sat., May 22, Greenfield/Shelburne Falls
- Fri., June 18, Concord
- Sat., June 19, Fall River

Ice Cream Parlor: 141 books completed

Walk Coordinator:

- Boston Special Places, Sunday, May 2
- Devens, Sat., May 15 (Armed Forces Day)
- Pawtucket, RI, Sat., June 12

AVA News:

- Clubs need to vote on AVA's proposed amended bylaws by March 12.
- AVA will be hosting the **IVV Olympiad** in San Antonio, Texas in 2023.

New Business:

- **Monday, March 1** and **Monday, April 5** club meetings will be via Zoom, **at 6:30 pm**. Please contact Mary Frink if you wish to receive meeting link and attend.

Bulletin Board

Dear Fellow Walkers,

I wish to take this opportunity to extend my thanks to all the members of Walk 'n Mass who sent me cards wishing me well and sympathy on the passing of my sister, Alice. After sixty-nine days between hospital and rehabilitation, it is good to be home with a CNA caring for me and my cat sleeping with me.

Although it will be a while before I can join you in walking, I look forward to that day.

— Verna DeVine



Next Club Meetings
Monday, March 1 &
Monday, April 5

6:30 pm

Virtual Meetings via Zoom
Contact Mary at
mfwalks2010@verizon.net
to RSVP and receive
meeting details

National Walking Week, established last year, takes place from **April 1-7**, with the first Wednesday of April being **National Walking Day**.

Where will you be walking on Wed., April 7, 2021?

More at ava.org &
nationalwalkingweek.org

Reminder: our annual club membership renewal period has started. Please return completed forms with payment to Diane Peterson at the address listed on the form (provided with Jan/Feb newsletter).

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



Do you have a favorite volksmarching story to share? Did something especially memorable happen on a walk?

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

Answer to last issue's cryptogram:

Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it.

- Soren Kierkegaard



Reflections on the Pandemic, and Gratitude by Karen Plichta

Recently, I considered how being a member of Walk 'n Mass has given me many things to be thankful for in our "shutdown year."

First of all, I want to thank my cousin Ann for being willing to go do various volksmarches with me. Even though we are related...our fathers were brothers...we are not of the same household. Nevertheless, she was as gutsy as I was to go do some of our seasonal walks last year. We started with the Boston Freedom Trail which I wrote about [Editor: see *May 2020 Footnotes*]. Following that outing, we did walks in Concord, Plymouth, and Sandwich. We didn't cross the Rhode Island line in the summer, but ventured over in September to check out the new 5km route she designed for the Providence YRE.

In February 2020...Super Bowl Sunday...we scouted out the Tiverton, Rhode Island walk we configured in 2009. What a beautiful day that was...little did we know what was coming down the pike! While the walk was originally planned for April 2020, COVID forced it to be moved to October 17. While we had great fall weather prior, on Saturday the 17th the skies opened and rained on us at the start of the day. While we were disappointed with the attendance for that walk, we understood some members were fearful to cross state lines. A bright note is I now know the procedures involved in setting up a port-a-john. I was grateful that I was able to meet the young man who was sent by Mr. Cesspool to provide our members with a facility for bodily relief. His work clothing reminded me of Bill Murray in the movie *Caddyshack*. However, this lovely young man was very professional in setting up the port-a-john!

The sun couldn't have been any kinder to us than the November day we walked Provincetown. What a glorious Saturday that was to see people strolling Commercial Street in

P-Town! At the end of our walk, we were able to have a wonderful meal right on the wharf and watch all the tourists come and go. The temperature couldn't have been any better for a Volksmarch that day.

And then the highlight: Carol Giesecke agreed to be the POC for the Boston Back Bay walk on New Years' Day. Due to her willingness to step up to the plate and the luck of being in the right place at the right time, we got interviewed by Doug Meehan of Channel 5 News! This event sparked numerous emails to my friends and responses back from them. When someone says, "So, what's new?" this interview gives me lots of fodder to talk about.

At the end of January, I took a walk to visit (unannounced) fellow member Ruth Medieros. She lives a 45-minute walk from my house over the dreaded "state line" of Rhode Island. While visiting with her I mentioned I had planned to go see Verna Devine that same afternoon at her respite facility in New Bedford. I asked Ruth to use her phone and verify the location of the facility. She called the facility and the operator then connected me to Verna. We had a wonderful conversation as we chatted about the book "Lady Chatterley's Lover." I told her my father kept the book hidden in his closet because it was probably a "banned" book by the Catholic Church. Then I reminisced with her about the listing that the diocese would publish in its weekly newspaper about movies and books that were inappropriate for members of our religion. She knew exactly what I was talking about. We had a wonderful conversation and I publicly want to thank Ruth for allowing me to use the minutes on her phone to speak to Verna.

So these are the little things I have to be thankful for as a member of Walk 'n Mass during the years 2020, 2021, and into the future.

Walk Coordinator Speaks

by Beate Hait

Save the date for this spring's traditional day events! Pandemic protocols will apply, e.g., face masks required, social distancing at the Start/Finish area, and bring your own water.

Sun., May 2 – Boston Special Places – Due to logistical issues, we will be deviating from our standing operating procedure for traditional events in four ways: (1) Registration and stamping of IVV/AVA books will be done when you arrive, (2) the routes will NOT be marked with arrows and ribbons, (3) you will be given detailed written directions and sent on your way, or, you may choose to walk with a guide leading a group of walkers (see brochure for details), and (4) the only specialty items available for sale will be IVV/AVA books, unless you place an order in advance for an apparel item for pickup at this event.

Sat., May 15 – Devens, MA – For the 44 of you who attended this event last November, here's an opportunity to see the sights on this former military base in the spring. And we hope those of you who could not attend last fall will be able to join us now.

Year Round and Seasonal Events – At right are the 2020 participation totals for our year-round and seasonal events. Of the 21 events, 17 had totals between 3 and 30. The other

four had robust totals primarily due to two participants who made it a priority to get out and walk on a regular basis: Joanne Izbicki and Marianne Marshall.

With long-distance travel still being curtailed this year, how about making it a point to get out and walk a few of these events this year?

Bedford Bike	21
Boston Back Bay	15
Boston Freedom Trail	7
Bristol	14
Cheshire	3
Concord	114
Fall River	15
Greenfield	26
Hyannis	10
Lexington	100
Lowell	15
Newport	3
Newton	72
Plymouth	25
Providence	21
Provincetown	26
Quincy	3
Sandwich Bike	8
Sandwich Walk	24
Shelburne Falls	16
Wellesley	63
TOTAL	601

2020 YRE/SE Participation Totals

Seen it?

Ann Plichta captured these photos while walking last autumn. Can you guess on which YRE route she found these sights?



Yes, even snow figures are masking up to stay safe.