

## President's Corner by Mary Frink

Happy New Year! Unfortunately, my year has started with a positive test for COVID. As of my writing this, my temperature is back to normal and the sore throat is gone. I still have a cough and very little energy. I'm also about halfway through my quarantine. Fortunately, I am vaccinated and boosted, so the symptoms haven't been that bad. Also fortunately, everyone I was in contact with when I was contagious has tested negative. Please keep vigilant. I have no idea how I got this & I always wear a mask.

Before I head back to bed, I just want to put out a call for start points for traditional events for this year. We have a few walks percolating, but can always use more! A start point needs to have parking for about 30 cars, a bathroom we can use, and a place for us to put up tables. It's fine if you don't have walk route. We can help you with that! Getting a start point is usually the hardest part.

Be careful out there and I hope to see you after my quarantine is over!

### Come Friends, Let's Walk

- ❖ Saturday, Jan. 29  
Group Walk:  
Sandwich, MA  
10:00 am
- ❖ Sunday, Feb. 13  
Group Walk:  
Hyannis, MA  
10:00 am
- ❖ Saturday, Feb. 26  
Group Walk:  
Providence, RI  
10:00 am
- ❖ Saturday, Mar. 12  
Group Walk:  
Newington, CT  
9:00 am (CVVC)
- ❖ Saturday, Mar. 26  
Group Walk:  
Wellesley, MA  
10:00 am

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.



## Dec. & Jan. Meeting Highlights by Marianne Marshall

### Meetings held December 6, 2021 & January 3, 2022 via Zoom

**Group Walks:** [Editor: please see page 4.]

**Sunshine:** Sympathy cards to Bonnie Neggers on the death of her mother, Tom Narcavage on the death of his sister, and Bev Lange on the death of her mother. Chris Lipson thanked all those who sent her cards, called, and/or attended Chuck's funeral. Get well cards to Leo Bourque.

### Walk Coordinator:

- \* Boston Special Places guided walk on Sunday, April 3. May also walk on own if desired following registration.
- \* Quequechan River Rail Trail in Fall River on Sat., April 23.
- \* Two Town will host a Karen Campbell memorial walk on May 21.
- \* Lincoln Woods, RI being planned for August 2022.
- \* Multi-event weekend in Buffalo, NY area being planned by Niagara club for Sept. 17-18, 2022.
- \* Milford rail trail walk for October 2022.

### AVA News:

- Volunteers for 2023 IVV Olympiad 2023 needed.
- Joanne Izbicki's photo selected for cover of Starting Point 2022. Congrats!
- WnM one of 11 clubs that held #OptOutside event
- Price increase on AVA merchandise

### New Business:

- \* Upcoming club meetings:  
February—no meeting  
**Monday, Mar. 7** and **Monday, Apr. 4 at 7 pm** via Zoom.  
**Saturday, May 7 at 10am** at Harlows (subject to change)
- \* WnM business cards: 2 cards sent with YRE/SE booklets mailed to members.
- \* Specialties: WnM inventory will be pared down to AVA event/distance books, New Walker packets, and book holders. All other inventory to be sold off without restock.

### Issue Highlights:

AVA Achievements – 2	Bulletin Board – 4	In Memoriam: Ruth & Charlotte – 7
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# AVA Achievement Awards (compiled from *The American Wanderer*)

Based on the IVV Event and Distance Award information in the December 2021 issue of TAW, **congratulations** are due to the following people:

Name	Events
Carol Giesecke	200
Nell Graham	500
Kathryn Piffat	600

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: Newton

by Ann Plichta

Those of us who have walked the Newton YRE through the years know that POC Marianne Marshall has several routes so she can mix things up. This way we get to cover a lot of ground exploring Newton.

Now Marianne has come up with a whole new route that takes walkers through some previously unseen areas. Across the street from the start at Newton Free Library walkers will see the Newton Town Hall and War Memorial, built in 1932 in the Colonial Revival style. Then after passing through the Newton Centre Playground, both the 5km and 10km routes head to the Newton Centre Fire Department with the 911 Memorial in front. It honors the 8 Newton citizens lost in the attacks, as well as provides inscriptions with the timeline of events that day. There are two sculptures with the Roman numerals XI and IX

that mirror each other no matter how you look at them. Take some time and look around. Then walkers will visit the WWI Memorial, a flagpole inscribed with names of the men memorialized for their service in that conflict.

Both route distances pass through shopping and residential areas including Lake Avenue with beautiful homes on Crystal Lake, a 33 acre natural great pond before the 5km route heads back to the Newton Free Library. The 10km route passes through more residential areas featuring homes with historical colors and details. Walkers then head back through the Newton Centre Playground with tennis and basketball courts before returning to the library. Join Marianne for a group walk, or explore the new route on your own. It's a great way to see what Newton has to offer!

## Group Walk Photos

*Boston Back Bay on January 1, 2022*



Bob Marshall

*Concord on November 27, 2021*



Joanne Izbicki

*Plymouth on November 20, 2021*



Joanne Izbicki



# Bulletin Board

## Connecticut Valley Volkssport Club (CVVC) Group Walks for 2022:

All walks depart at 9:00 am

Sat., March 12 in Newington, CT\*

Sat., April 9 in Westport, CT

Sat., May 14 in Windsor, CT\*

Sat., June 11 in New London, CT

Sat., Sept. 10 in Kent AT, CT

Sat., Oct. 8 in Wethersfield, CT

Sat., Nov. 12 in Mystic, CT

Sat., Dec. 10 in Hartford, CT

\*new event for 2022!

Cryptogram answer from December *Footnotes*:

A line is a dot that went for a walk.

— Paul Klee



Be advised: AVA has decided not to have a **Virtual Online Program** for 2022.

## Next Club Meeting Monday, March 7

7:00 pm

Virtual Meetings via Zoom

Contact Mary at

[mfwalks2010@verizon.net](mailto:mfwalks2010@verizon.net)

to RSVP and receive  
meeting details

Congrats to **Karen Plichta** who was awarded the Marian Medal for dedicated services to her church, St. Stanislaus Parish in Fall River, on Dec. 5, 2021.

Newsletter Submissions to:

[footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com)

Deadline for next issue: Feb. 21st

WnM Group Walk Schedule to date:

**Unless otherwise noted: Sign-in 9:30, Group Walk departs 10:00**

Sandwich – Saturday, January 29

Hyannis – Sunday, February 13

Providence – Saturday, February 26

Wellesley – Saturday, March 26

Lexington—Saturday, April 2

Bedford Bike/Walk – Saturday, April 9

Concord/Patriot's Day – Monday,  
April 18 – Sign-in 8:00 Group Walk  
departs 8:30

Fall River – Saturday, April 23

Plymouth – Saturday, April 30

Bristol – Saturday, May 14



Looking for multi-walk weekends and special festivals? Check out <https://my.ava.org/find-a-fest.php> for a handy listing of planned events.

## Atlantic Region Conference

Friday, April 22 – Sunday, April 24 in  
Plymouth Meeting, PA

3 walks, 1 bike, 1 swim – plus bonus  
group walk or bike on **Thursday, April 21**

Preregistration, socials, hotel info, and  
more information:

[https://my.ava.org/files/fest\\_brochures/  
ARC-2022-BrochureV8RegisterV4.pdf](https://my.ava.org/files/fest_brochures/ARC-2022-BrochureV8RegisterV4.pdf)

# Volkssporting Treasures in Greenfield

by Eileen Anderson

What kind of activity would be great for a perfect fall day? Why of course, the Greenfield volkswalk! Two CVVC members and I picked a beautiful sunny day, October 28, 2021, to drive up and do just that. As a Contra, English, and square dancer, Greenfield, Mass is a familiar word in my vocabulary, especially as home to the Guiding Star Grange.

I reached out to POC Jan Varnon prior to arriving at the Greenfield CVS pharmacy, and she guided us to the walk box location as well as to an employee who was familiar with it. We signed up, retrieved the directions, and eagerly hit the trail. Thanks, Jan, for a hassle-free experience!

We enjoyed walking a neighborhood with houses of different styles and color. Everything went smoothly until we missed a street we were supposed to turn. We asked directions from a couple we met walking the neighborhood. They were very helpful and inquired about our walk. I then explained about the Walk 'n Mass chapter of the American Volkssport Association. They expressed interest and had been researching information on volkswalking. As I was offering information regarding the club activities, they were transcribing it into their phones. Hopefully they will attend our wonderful events and become members.

Walking down the correct road we came upon a road that led through Highland Park. We walked among the autumn leaves, meeting other residents walking their dogs. This brought us into the main part of town. We then noticed on the directions that we were to pass a Salvation Army, which excited us all.

The Salvation Army Store was a real treasure for us!. My companions came prepared to carry their purchases through the remainder of the walk. One of them runs a booth at an antique shop and found many interesting things to purchase for her booth. After waiting 45 minutes for them, I decided to peruse their finds when I came upon a wallet that accommodates a phone and can be worn around the neck. It was just what I was looking for and cost about \$2.00. For me, that was a treasure.

We emerged from the Salvation Army Store, meandered into town and stopped by the health food co-op, a reminder of my Greenfield dance days. Of course, I went in and bought loads of healthy chocolate to energize us for the rest of the walk. We enjoyed viewing the town and towards the end of the walk viewed the Poet's Seat Tower among a beautiful backdrop of fall foliage. During this walk we were fortified with little free libraries along the way. We happily returned to CVS and stamped our books.

We drove to the Guiding Star Grange as we bid our farewell to Greenfield. We got on the highway and stopped at Cracker Barrel for a nice hardy meal to equal our hardy walk. So, there are many activities to combine with volkswalking.

*Left: emerging victorious from the Salvation Army Store*

*Center: encounter with a ghostly Little Free Library*

*Right: admiring Poet's Seat Tower between the foliage colors*



*Photos courtesy of Eileen Anderson*

## In Memoriam: Chuck Lipson

by Monica Hait

Sadly, longtime WnM member and former Membership Chair, Chuck Lipson died December 14, 2021 at the age of 83. After joining WnM in 1992, along with wife Chris, Chuck took on the membership role in 1997 and held it for 22 years. He also had a frequent (unofficial) hand in assisting with the club's social events in support of wife Chris's Activities Chair position.

We shall certainly miss Chuck's friendly demeanor, humor, and excellent spirit of volunteerism. Our deepest condolences go out to Chris and the extended family.

*Chuck's Volunteer Records courtesy of Marianne Marshall:*

Membership Chairman 1997 through 2019

Chair/Co-Chair events in Bedford (2), Carlisle (2), Lynn Woods and Concord

Volunteered at Start/Finish/Checkpoint, etc. for 48 events

Co-chairman Club Activities for 2 years

Represented WnM at AARP meeting in Boston September 6-8, 2007

Registered and led Tater Tour bus group on walk in Lexington

Served on Nominating Committee in 1999

Volunteer of the Month December, 2019

AVA Certificate of Service 1999 and 2007

AVA Meritorious Service 2009, 2015, 2021



Pictures courtesy of Beate Hait

## Walk Coordinator Speaks

by Beate Hait

**Boston Special Places** – Our first day event of the year will be in Boston on Sunday, April 3. Register anytime between 8 am and 10 am. Event and distance books will be stamped when you register, so you may take your time and enjoy the sights along this Boston Special Places route that includes areas of Boston not covered on either the Freedom Trail or Back Bay routes. If you prefer to be guided by a group leader, 11K groups will leave at 8:45 and 10:00, and 5K groups will head out at 9:00 and 10:00.

**Save the Date** – Saturday, April 23 - Fall River - Queequechan River Rail Trail

**Year-Round Events** – We have 8 year-round events open for your walking pleasure, and 4 of these offer the option of both Online Start Box (OSB) and Physical Start Box (PSB). Please note that if you register through OSB, which affords you the benefit of downloading the walk

directions anytime and starting to walk anywhere along the route, you should sign in again using OSB to document that you completed the walk and to get your digital stamps. The PSB will be available during the respective start point's open hours. If you register through PSB, please also complete there.

**OSB or PSB:** Boston Freedom Trail; Boston Back Bay; Lowell; Providence

**PSB:** Hyannis; Newton Centre; Sandwich Walk; Wellesley

**Social Events** – With the COVID-19 pandemic seeing continued spikes, we will not have a Soup Walk this year. With gatherings at outside events being more safe and comfortable for attendees, we do plan to have a picnic walk in August. Stay tuned for details.



## In Memoriam: Ruth Cade & Charlotte Phillips by Beate Hait

In early December, we lost two AVA legends: Ruth Cade (Mar. 27, 1931-Dec. 1, 2021) and Charlotte Phillips (Sept. 6, 1931-Dec. 6, 2021). A native of Vermont, Charlotte was the founder of Twin State Volkssport Association and was also a member of many other North-east Region Clubs. When my family first met them in 1992, Charlotte and Ruth traveled to events in their RV along with their dogs. They enjoyed volunteering wherever they went. For Walk 'n Mass, they helped with Trail Take-down in Sturbridge, Annisquam, Gloucester (1998, 2000 and 2001, respectively), and Checkpoint and Trail Marking at Deerfield/Holyoke/Quabbin weekend in 1999. Eventually they wintered in Ruth's native state, Texas, and summered in Vermont. As members of the Army, Charlotte attained the rank of Colonel and Ruth the rank of Lt. Colonel. For the past 14 years, they lived in San Antonio's Army Retirement Center, but they still participated in AVA events, were staunch supporters of AVA through the Big Give, and attended the biennial conventions.

Never ones to miss an opportunity to get people together for a party, on the occasion of their 75th birthday year in 2006, they combined a volkswalk in Middlebury, VT with their birthday party. In 2017 when Charlotte decided to sell her family's home in Cornwall, Vermont, she invited friends and neighbors to select items from her house. Charlotte was delighted that my daughter Theresa chose a child's rocking chair [right], and I was the recipient of a vase, quilt stand, and table linens. Even without these tangible keepsakes, Charlotte and Ruth will be fondly remembered for their enthusiasm for volkssporting, humorous stories (travel and otherwise), their superb kindness, and welcoming spirits.

*Pictures courtesy of Beate Hait*



*75th Birthday Party for Ruth and Charlotte*



## Walk 'n Mass Specialties

**New Walker Packets** – The cost of New Walker Packets provided by AVA: America's Walking Club has increased to \$10. In addition to information about volkssporting, these packets include one 10-event book (value \$6), one 500km distance book (value \$6), 3 coupons for payment of 3 credit fees (value up to \$9) plus a coupon for a free issue of *The American Wanderer* – the newspaper published four times a year by AVA with news about events and US volkssport clubs. Even at the increased price, the packets are still a bargain for new walkers. To make the deal even sweeter, the WnM board has decided to sell the New Walker Packets currently in inventory at the old price of \$5. Contact Beate if you'd like to purchase one for yourself or a friend.

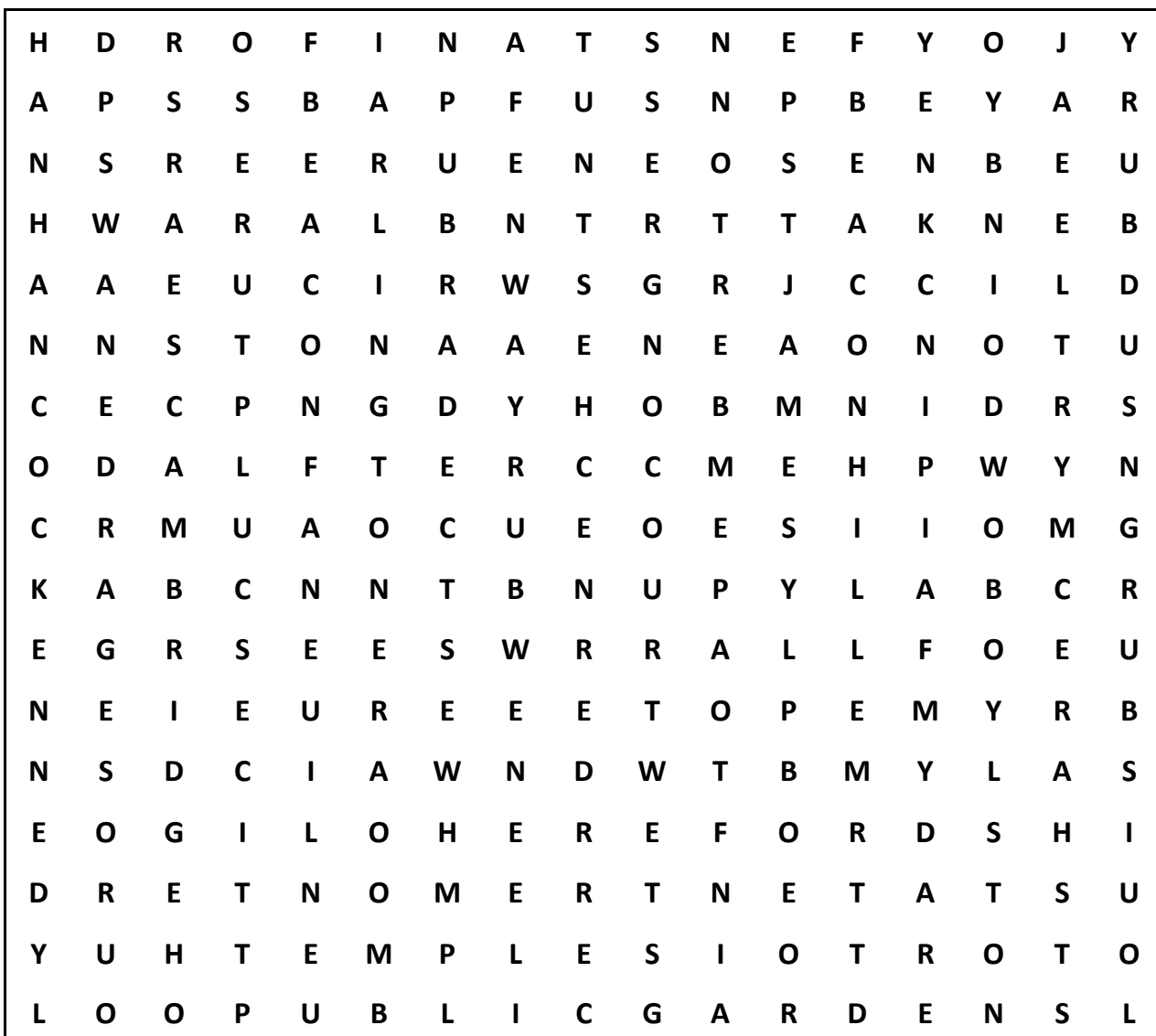
by Beate Hait

**Event and Distance Books** – If you find yourself in need of a new event or distance book, contact Beate and it will be mailed to you. Cost is \$6 per book plus 58 cents postage.

**Club Merchandise** – With the goal of reducing inventory, the WnM Board has decided to offer club merchandise at sale prices. For future new club apparel, advance orders will be taken and only those sizes and quantities will be ordered. Check out the sale items at day events this year or take a look at the Products page on the club website to see the t-shirts, jackets, and other items. Contact Beate for pricing if you'd like to order something and arrange for delivery.

# Back Bay Word Search by Joanne Izbicki

Find the streets you might walk and sights you might see on the Boston Back Bay YRE (including our annual New Year's Day group walk). Items in parenthesis in the word list are not part of the puzzle.



- |                      |                    |                      |                  |
|----------------------|--------------------|----------------------|------------------|
| ACORN (ST.)          | (BOSTON) COMMON    | ICE SCULPTURES       | ROSE GARDEN      |
| ARLINGTON (ST.)      | COMMONWEALTH       | JOY (ST.)            | SEARS (CRESCENT) |
| BACK BAY             | CONGRESS (ST.)     | KENNEDY (FED. BLDG.) | ST. JAMES (AVE.) |
| BEACON (ST.)         | COPLEY (PLACE/SQ.) | LOUISBURG (SQ.)      | STANIFORD (ST.)  |
| BEACON HILL          | COURT (ST.)        | MFA                  | STATE (ST.)      |
| BOWDOIN (ST.)        | DERNE (ST.)        | MYRTLE (ST.)         | SUDBURY (ST.)    |
| BOYLSTON (ST.)       | FANEUIL (HALL)     | NEWBURY (ST.)        | SWAN (BOATS)     |
| BPL                  | (BACK BAY) FENS    | PARK (DR.)           | TEMPLE (ST.)     |
| (BULL AND FINCH) PUB | (THE) FENWAY       | PEMBERTON (SQ.)      | TORTOISE         |
| CAMBRIDGE (ST.)      | HANCOCK (ST.)      | PINCKNEY (ST.)       | TREMONT (ST.)    |
| CHARLES (ST.)        | HARE               | PUBLIC GARDENS       | WEST CEDAR (ST.) |
| CHESTNUT (ST.)       | HEREFORD (ST.)     | (REFLECTING) POOL    | WILLOW (ST.)     |