

## President's Corner by Mary Frink



Happy Spring! I recently went out for a walk with only a windbreaker on. I forget how nice it is to be outside without being bundled up to the point I can barely move. I'm not the only one. The cat is shedding her winter coat like crazy! I haven't seen any flowers yet, but I see lots of buds on the trees. I love the bright green when the new leaves appear. There is a mourning dove nesting right outside my craft room/office window and there should be babies any day now.

I am still working on the Lincoln Woods walk. I have the permit for the pavilion and am waiting for the permit for the walk. At least we can have a picnic! Once the roads in the park reopen (they are closed in the winter), I will finish measuring the routes. Then there is the official measuring to be done. Things are moving right along! Have you given any thought to being a POC for a walk or do you have somewhere we can use as a start point? I know I keep asking, but we really do need ideas and more help. We do have lots of group walks (many thanks to Pat Damiani and all the walk POCs), but traditional day events offer a lot to the club. We get to walk in new places and people who are not in the club are more likely to come to a traditional event. You could also have a walk be a guided group walk like we are doing

on April 3 for Boston Special Places. If you are interested, come to the walk and see how it works!

Speaking of help, we still need an Activities Chairperson. The chairperson usually organizes the food for an event, making sure the potluck isn't just desserts (which wouldn't be so bad), and picking up paper goods and drinks. If you like organizing parties, this is the job for you! I could really use some help organizing the picnic in August. If you are interested, please let me know. If you are, but don't want to commit to a full time position, still let me know. Maybe we can work this out on an event by event basis. We try to have 3 social events a year: the "after the holidays" party in January, the soup walk in March/April, and the picnic in the summer. These are great opportunities for the club to get together.

This is also an election year for us. All clubs are required to have a President, Vice President, Secretary, and Treasurer. We vote on these positions every other year in the fall. More on this in a later article, but start thinking about if you are interested!



### Come Friends, Let's Walk

- ❖ *Saturday, April 2  
Group Walk:  
Lexington, MA  
10:00 am*
- ❖ *Sunday, April 3  
Day Event: Boston  
Special Places*
- ❖ *Saturday, April 9  
Group Walk:  
Westport, CT  
9:00 am (CVVC)*
- ❖ *Saturday, April 9  
Group Walk/Bike:  
Bedford 10:00 am*
- ❖ *Monday, April 18  
Group Walk:  
Concord 8:30 am  
(Patriots' Day)*
- ❖ *Saturday, April 23  
Day Event:  
Fall River QRT*
- ❖ *Saturday, April 30  
Group Walk:  
Plymouth 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.*

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# Boston Bricks Uncovered!

by Carole Giesecke

Marianne Marshall and I were re-walking the Boston Special Places route in March, to check the trail in advance of our event on April 3, and made a great discovery! All the bronze "bricks" on Winthrop Street are visible now (unlike last year when some were covered with construction materials). Come see a few of the previously hidden gems on Sunday, April 3!



*Bricks feature history, humor, and emblematic symbols for Boston/Bostonians*



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Walk 'n Mass invites you to explore the Alfred J. Lima Quequechan Rail Trail (QRT) in Fall River on April 23 with 5km and 10km walking routes. Fall River was first settled in 1620 by the Wampanoags and was incorporated as a town in 1803. It became a city in 1854 and was named after the native American word, Quequechan, which means falling water, due to the waterfalls along the Quequechan River. With Fall River's location on a deep water harbor and the power of the falls along the river, it became the perfect place to establish mills. Several industries sprang up with the most important being textiles. Mill buildings constructed from Fall River granite lined the river to harness its power.

The first railroad was built in 1845 to carry freight from New Bedford along the site of the present day rail trail. The cotton mills focused on print cloth, and by 1910, the American Printing Company employed over 6,000 people, making it the world's largest printer of cloth. However, beginning in the 1920s, manufacturers began to move south due to the cheaper costs. The 1930s brought the Great Depression and many businesses went bankrupt. Parts of the garment industry survived until the 1990s before falling to foreign competition. In the 1960s Route 195 was built, filling in parts of the Quequechan River and diverting the falls to underground culverts.

Most of the rail trails Walk 'n Mass has explored have been wooded, peaceful walks. This is not one of those trails. Route 195 runs parallel to it, and walkers pass under several overpasses. Part of the 10km route also travels along Route 6. The trail is broken up into three sections, separated by cross streets. The first section travels along the Quequechan River and features lots of wild-life. Keep an eye out for the pair of swans that

are always around. You'll also see lots of geese. They won't bother you unless you ruffle their feathers (sorry). Be careful where you step! Both 5km and 10km walkers will pass over boardwalk bridges, past soccer fields, and a piece of the original railroad track that ran through the area. Several of the old granite mill buildings are still standing along the river. They have been given new life as offices, businesses, and residences.

Both routes continue to the second section of the trail, passing under highway overpasses. The 5km route turns around at the first boardwalk to return to the Finish as the 10km continues straight. After passing a reconditioned mill building, walkers will come to a second boardwalk. Keep an eye out on the right for a rock in the water. It's a favorite spot for turtles to sun themselves, and I've seen them many times.

The third section takes the 10km walkers alongside South Watuppa Pond, a glacial-fed pond mostly used for boating recreation. At the beginning of this section, note the memorial to the fallen soldiers of WWII who had been employed by American Thread and Kerr Mill, businesses previously located along the shores. In January 1987 a massive fire caused \$50 million in damage, destroying 8 historic buildings and sending hundreds of people out of work. Today, walkers will pass by the Meditech Building, and the South Coast Research and Technology Park. The route continues along a section of Route 6 before heading back to the Finish.

Both routes are on flat, paved surfaces and have an AVA rating of 1A. Join Walk 'n Mass for 5km and 10km walks along the Alfred J. Lima Quequechan Rail Trail on Saturday, April 23. Hope to see you on the trail!



# Bulletin Board

Two Town Walking Club has planned a special walk in **Ipswich on Saturday, May 21, 2022**, honoring late member Karen Campbell.

Registration will be at the Ipswich Masonic Temple, 70 Topsfield Road, Ipswich, MA, from 9:00-10:30 am. Walkers must finish by 1:30 pm.

<https://my.ava.org/event-view.php?sn=121468>

The new **club membership** year is upon us! Remember that club dues are \$15 per year. Walk 'n Mass offers the opportunity to meet with people and, hopefully, soon we will be able to gather for events such as the soup walk, annual picnic, and the after-holiday party. A **renewal form** is included with this *Footnotes* for your convenience.  
- Diane Peterson, Membership Chairperson

## Next Club Meeting Monday, April 4

7:00 pm

Virtual Meeting via Zoom  
Contact Mary at  
[mfwalks2010@verizon.net](mailto:mfwalks2010@verizon.net)

to RSVP and receive  
meeting details

McCusker's Market, our start point in **Shelburne Falls**, has undergone renovations. Go to the cashier to ask for the Walk Box when you arrive to enjoy this seasonal route.

Newsletter Submissions to:  
[footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com)  
Deadline for next issue: April 24th

Are you interested in trying a Fall River delicacy? If so, April 23 will be your lucky day! **Stuffed quahogs** will be available for sale at the start point for our traditional day event in Fall River that day. Some of you may ask, what is a quahog? It's a large shelled clam. For this stuffed recipe, the clam is removed and ground up with stuffing and spices before being repacked between the two shells.

The price of the stuffed quahog is **\$3.00 which will be donated to the club**. If you'd like to buy one, please **contact Karen Plichta at 508-673-2374 or [karenp53@verizon.net](mailto:karenp53@verizon.net)** ahead of time so it'll be waiting for you. A limited quantity will be available to purchase that day without pre-ordering, but when they're gone they're all ate up!



## Important changes for Lowell YRE:

Parking is now available in city garage at 350 Dutton Street; validate at NPS Visitor Center for free parking.

NPS Visitor Center currently **opens at noon**; may switch to 11 am later in May, check website ([www.nps.gov/lowe/index.htm](http://www.nps.gov/lowe/index.htm)) before you go!



## March Meeting Highlights

### **Meeting held March 7, 2022 via Zoom**

**Newsletter:** Sincere thanks to Ernie and Agnes Lavolette who have been picking up and mailing out the club newsletter since 2000. We welcome Joel and Susan Weddig who have stepped in to take on this responsibility.

**Sunshine:** Sympathy card to Ellen Fernandes on the death of her husband, Jack.

### **Walk Coordinator:**

- \* Liberty Bell bus tour will be in Sandwich, October 11; Provincetown, October 12; and Plymouth, October 14. Club members plan to be in Sandwich to register people for both Sandwich and Provincetown as well as accompany visitors on the walk.
- \* Two Town's walk in Ipswich on Saturday, May 21, is in memory of Karen Campbell.
- \* Bea Hait proposed Saturday, Oct. 15, for walk in Saxonville on the new rail trail.
- \* Mary Frink working on a walk in Everett for 2023.
- \* Dawn and Keith Harlow will be updating Newport walk directions due to closure of portions of Cliff Walk.

### **AVA News:**

- Wayne Knapp, Northeast Regional Director, is chairing the AVA Policy & Procedure Committee and requests anyone with questions or suggestions for the documents under review to contact him.
- Carol Giesecke plans on attending the Olympiad in San Antonio, Texas, from Feb. 19-26, 2023, and offered to represent WnM if necessary.

### **New Business:**

- \* Upcoming club meetings:  
**Monday, Apr. 4 at 7 pm** via Zoom.  
**Saturday, May 7 at 10am** at Harlows
- \* WnM elections for club President, Vice President, Secretary, and Treasurer are this October. Anyone interested in a position, please contact one of the current officers.

Portion of **Sandwich Boardwalk** as seen in early March, further evidence of the damage caused in January blizzard

by Marianne Marshall

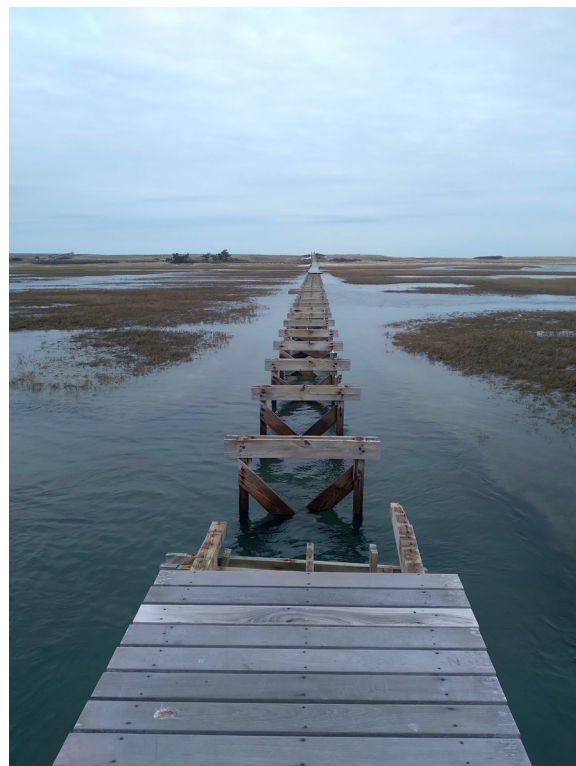
**Upcoming Walks:** times as below unless noted

**GW = Group Walk [sign in 9:30, walk at 10:00];**

**WL = Walk & Lunch Tuesdays [walk at 10:30];**

**TE = Traditional/Day Event**

GW Sat., Apr. 2 Lexington  
TE Sun., Apr. 3 Boston Special Places  
WL Tue., Apr. 5 Fall River  
GW Sat., Apr. 9 Bedford  
WL Tue., Apr. 12 Shelburne Falls  
GW Mon., Apr. 18 Concord 8:30 walk  
WL Tue., Apr. 19 Bristol, RI  
TE Sat., Apr. 23 Fall River QRT  
WL Tue., Apr. 26 Mystic, CT  
GW Sat., Apr. 30 Plymouth  
GW Sat., Apr. 30 Saco, ME 11:15 (northbound train arrival; SMVC)  
WL Tue., May 3 Newport (?)  
WL Tue., May 10 Newton Centre  
GW Sat., May 14 Bristol, RI  
WL Tue., May 17 Bedford  
TE Sat., May 21 Ipswich (Two Town)  
WL Tue., May 24 Concord  
WL Tue., May 31 Lexington  
GW Sat., June 4 Shelburne Falls  
GW Sat., June 18 Fall River  
GW Sat., June 25 Saco, Maine 11:15 (northbound train arrival; SMVC)  
TE Sat., Aug. 20 Lincoln Woods, RI  
TE Sat/Sun., Sept. 17-18 Niagara Falls (NFVC)



Bob Marshall

# Walk Coordinator Speaks

by Beate Hait

To date, we have four traditional day events scheduled this year with room for more on the calendar. Please note that we are required to submit a date and start location to AVA at least 90 days prior to the date of a day event. So, at this time, we could still schedule additional events between August and December. Please contact me with suggestions.

**1. Sun., April 3 – Boston Special Places** – At this guided map walk, there is a start window of two hours (8 am and 10 am), which means you may arrive and start walking anytime during those two hours. Books will be stamped before you head out since the staffing will end at 10 am, so you can take your time to experience the sights and finish the route at your leisure. If you prefer to walk with others rather than read the directions on your own, leaders for the 5K and 11K distances will depart at 9 am and 10 am.

Walking on the Esplanade along the Charles River is delightful (both routes). Many of the specialty bricks on Winthrop Street (11K route) have been refurbished. Take a short detour into the Public Garden (5K route) to see what fashions the ducks in the Make Way for Ducklings sculpture are sporting. What other scenes will you discover that pique your interest along either of these walk routes?

**2. Sat., April 23 – Fall River, MA** – This walk features the Alfred J. Lima Quequechan River Rail Trail. Karen Plichta also offers you the opportunity to taste a Fall River specialty: Portuguese-style stuffed quahog. [Page 4]

I thank the several club members who contacted me about volunteering at this event—a good start to fill this roster. I've begun making calls to club members who live in the Fall River vicinity to complete the staffing of this event. If you'd like to volunteer, contact me (508-429-3564 or beateh1@aol.com)!

**3. Sat., August 20 – Lincoln Woods, RI** – We look forward to welcoming walkers to our club picnic walk in August. Because the RI Dept. of Environmental Management, the operator of Lincoln Woods State Park, prohibits the exchange of money on the property, we must require pre-registration for all participants of this event. Stay tuned for details.

**4. Sat., October 15 – Framingham, MA** – This walk will start at the Saxonville Mill Café & Roastery at 2 Central Street with the walk route being an out-and-back on the Cochituate Rail Trail. Details to follow.

**Seasonal events** – We have 12 seasonal events opening on April 1. Two of these (Cheshire and Provincetown) use the Online Start Box (OSB) registration method. While one (Quincy) is available through OSB and Physical Start Box (PSB), the opening of our start location (National Historical Park Visitor Center in Quincy) has not announced its opening date yet. So, for now, please use OSB to register for Quincy or contact me or POC Helen Tolbert to register and get the route directions.

Nine events (Bedford Bike, Concord, Fall River, Lexington, Plymouth, Sandwich Bike, Shelburne Falls, Bristol and Newport) use the in-person registration method with the Walk/Bike Box at the start location of the event.

**Boston year-round events** – While our Freedom Trail and Back Bay events are available through OSB and PSB, please note that, at this time, the National Historical Park Visitor Center at Faneuil Hall, has modified opening hours: Wednesday through Sunday 11 am to 4 pm. Obviously, if you want to walk either of these routes on Monday or Tuesday, please register using OSB (or contact the POC in advance).

