

## President's Corner by Mary Frink

Ugh... I'm sure you have all seen the Christmas things popping up in stores. My mom and I keep texting each other pictures of the stuff we're seeing. Then there are the Christmas-themed commercials on TV, and I even saw that some channels are starting to show Christmas movies! Don't get me wrong. I love Christmas! However, I don't want to start celebrating in October. Poor Thanksgiving. It gets the short end of the stick and it's such a wonderful holiday. It seems like everyone is rushing to get to Christmas faster each year.

While I'm trying to resist all the early Christmas stuff, I am starting to think of next year and what walks we're going to have. I hope you liked all the traditional walks we had this year. We are planning to have our first soup walk since 2019 to start off the 2023 walking season. What fun that will be! Many thanks to Bea Hait for getting that all set up. You have plenty of time to practice your soup recipes! We are also looking at having a Cape Cod walking weekend in May. Keith Harlow is working on the arrangements and we hope to have information for you soon. Thanks Keith for working on that! There are some other walks that are in the works, but nothing is definite. We are still looking for other places to walk, especially for somewhere to

have the picnic walk. Do you know a location that might work? I had to start working on permits for Lincoln Woods last January, so if you have any ideas, please let me know ASAP so we can start looking into it. We would need somewhere that has picnic tables where we can have the start point and where everyone can eat. If you have any place that will be a good start point, even if it's not for a picnic walk, please let me know!

While we aren't having any more traditional walks this year, there is still plenty of time to do many of our seasonal and year round walks before the snow flies. Some will be closing before the end of the year because the start points are seasonal, but most will be open until at least the end of the year. I hope you can get out and enjoy the autumn color while you can. The New Year's Day walk in Boston will be here before we know it!

I hope you have a fun Halloween and joyful Thanksgiving!



## Come Friends, Let's Walk

- ❖ *Tuesday, Nov. 1*  
*Walk & Lunch:*  
*Concord, MA 10:30*
- ❖ *Saturday, Nov. 5*  
*Group Walk:*  
*Provincetown, MA*  
*10:30 am*
- ❖ *Tuesday, Nov. 8*  
*Walk & Lunch:*  
*Bedford, MA 10:30*
- ❖ *Saturday, Nov. 12*  
*Group Walk:*  
*Mystic, CT*  
*9:00 am (CVVC)*
- ❖ *Saturday, Nov. 19*  
*Group Walk:*  
*Plymouth, MA*  
*9:30 am (Parade;*  
*see page 4)*
- ❖ *Tuesday, Nov. 22*  
*Walk & Lunch:*  
*Lowell, MA 10:30 am*
- ❖ *Friday, Nov. 25*  
*Group Walk:*  
*Fall River, MA 10:00*
- ❖ *Saturday, Nov. 26*  
*Group Walk:*  
*Concord, MA 10:00*

*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.*

### Issue Highlights:

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# In Memoriam: Joy Peach

by Monica Hait

Sadly, we share news on the passing of Joy Peach on September 23, 2022 at 90. Born in 1932 with a congenital heart defect, Joy proved her strength and resilience throughout her life. After open heart surgery in 1980, doctors encouraged her to walk regularly and strengthen her heart, and so in her 50s, Joy found volksmarching and Walk 'n Mass.

We were fortunate to benefit from Joy's kindness & volunteering spirit (starting in the early 1990s, see below), as were other groups, particularly those aligned with her interest in genealogy and history. Our heartfelt condolences to Joy's family and friends.

Joy's WnM volunteer contributions (compiled by Marianne Marshall):

Chairman/Co-Chairman: Worcester (2), Clinton, Lancaster (2), Devens

Checkpoint: Newport, Maynard, Walden Pond, Hadley, Uxbridge, Sudbury (3), Newton, Battle Road (2), Weston (2), Dedham, Marlborough (3), Westford, Gloucester, Wayland, Bellingham, Lawrence, Lowell, Duxbury, Milford (2), Framingham, Natick, Ashland, Springfield

Volunteer of the Month: September, 1994; November, 2010      Work Party: Tully Lake

Trail Marking/Clean Up: Jamestown, Watertown, Holliston, Needham, Marlborough, Lowell, Northampton, Woonsocket, Fall River, Arlington, Duxbury

Start/Finish: Deerfield/Holyoke/Quabbin, Annisquam, Sudbury, Arlington, Northfield, Devens bike, Orange, Ashland, Northborough, Wakefield, Devens



Beate Hait

Lexington, 2015

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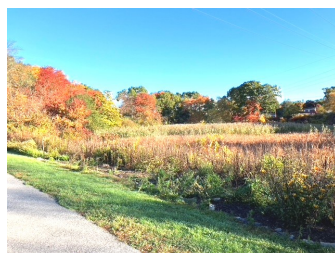
# Walking the Cochituate Rail Trail

by Bev Lange

The scenic Cochituate Rail Trail (CRT) was the destination for our event walk on October 15. The CRT is a 4-mile path connecting the village of Saxonville in Framingham to Whitney Field at the Navy Yard in Natick and follows the Saxonville Branch Rail Line. This rail trail is quickly becoming a very popular trail among the locals, as well as visitors to the region. We were fortunate to have wonderful weather, beautiful fall colors and lovely views of Lake Cochituate, which made for a very enjoyable walk for our 45 attendees.

The 6km route and first part of the 12km route covered the Saxonville portion of the trail and then crossed into Natick over the newly constructed pedestrian bridge above Route 30. The 6km turnaround point was near the site of the former Hostess/Wonder Bread plant on the Natick/Framingham line, which used to make the area smell like fresh bread. In addition to bread and Twinkies, the plant also made Hostess cupcakes and Snoballs. Walking on this trail definitely brought back many fond childhood memories – I remember that wonderful smell of baking bread and the taste of all those delicious Hostess goodies!

The 12km walkers continued along the Natick portion of the trail, crossing the new pedestrian bridge over Route 9 and passing many interpretive panels, with display information on the history of the rail trail as well as the local area (to include transportation, water, geology, indigenous history, etc.). The route then passed the entrance to the US Army Natick Soldier Systems Center before reaching the current end of the trail at Whitney Field at the Navy Yard (there are future plans to expand into Natick center). During the past couple of years, the Navy Yard was renovated and now has new playing fields, basketball courts, a community garden, picnic tables, and



Mary Frink

a new playground. It is a wonderful place to spend a couple of hours with the little ones (I'm sure Blake, Joe, Monica, Elizabeth, Nick, Teddy, Rayna, Nico, and Priya will agree!). After stopping at The Navy Yard for a brief respite, the 12km walkers then turned around and headed back on the rail trail to finish at the Saxonville Mills Café & Roastery. We thank the Saxonville Mills and the roastery for allowing us to use their facilities for our start/finish.

Thank you also to my co-POC, Beate Hait, and a HUGE thank you to our volunteers for being willing to help out with this event (many of whom put in double shifts): Sharon Stumpf, Monica Hait, Karen Kolaczyk, Sandy Hall, Margo Craven, Verna Devine, Joanne Izbicki, Joe LaPointe, Diane Bucher, Marianne Marshall, Don Bolin, Mary Frink, Miriam Boucher, Ann Plichta, Karen Plichta, Diane Peterson, Keith Harlow, Dawn Harlow, Phil Lupsiewicz and Alida Lupsiewicz.

Fall is such a nice time to get out and walk, since the weather is comfortable and there are no annoying bugs. I hope everyone enjoyed walking this trail, and we look forward to seeing you on our future walks.

Happy Trails!



Beate Hait



Bev Lange

Beate Hait



# Bulletin Board



Anyone interested in running for a 2-year term, or just learning more about, the **Northeast Regional Director (NERD)** or **Deputy Regional Director (NEDRD)** positions is encouraged to contact Bea Hait (beateh1@aol.com) who is serving on the Nominating Committee.

## Next Club Meetings Monday, Nov. 7 & Monday, Dec. 5

6:30 pm

Stop & Shop  
40 Franklin Village Drive  
Franklin, MA 02038

Up the stairs past  
Customer Service Desk

Be sure to update your address book: Paul Graveline asks that you contact him through **NSArtEvents@gmail.com** now for WnM email blast updates.

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Newsletter Submissions to:  
footnotes.editor@gmail.com  
Deadline for next issue: Nov. 28th

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**Group Walk Plans: GW = Group Walk**  
[sign in at 9:30, group walk at 10:00  
unless noted];  
**WL = Walk and Lunch weekdays with  
Keith [start at 10:30]**

- Concord **WL:** Tues., Nov. 1
- Provincetown **GW:** Sat., Nov. 5  
(start 10-noon, group walk at 10:30; rain date Nov. 12)
- Bedford **WL:** Tues., Nov. 8
- Plymouth **GW:** Sat., Nov. 19  
(9:00)
- Lowell **WL:** Tues., Nov. 22
- Fall River **GW:** Fri., Nov. 25
- Concord **GW:** Sat., Nov. 26
- Wellesley **GW:** Sat., Dec. 3
- Bristol, RI **WL:** Tues., Dec. 6
- Sandwich **GW:** Sat., Dec. 10
- Mystic, CT **WL:** Tues., Dec. 13
- Newton **GW:** Sat., Dec. 17
- Hyannis **WL:** Tues., Dec. 20
- Newport, RI **WL:** Tues., Dec. 27
- Boston Back Bay **GW:** Sun., Jan. 1  
(8:30 meet/9:00 depart)

## Plymouth Thanksgiving Parade

group walk plans—meet at 9:15 in Cordage Park for parking and sign-in; walkers will depart at 9:30 am. Be advised there is no bathroom access at Cordage Park.

Contact Margo if any questions:  
magoo249@comcast.net

# October Meeting Highlights

by Marianne Marshall

## Meeting held October 3 in Franklin, MA

**Activities:** Bea will be looking for volunteers for various "kitchen" jobs at the WnM soup walk in Holliston on April 1, 2023.

### Walk Coordinator:

2023 Events:

- April 1, Holliston, First Congregational Church, Soup Walk.
- April 29, Roslindale, Arnold Arboretum
- May 19-21, Cape Cod weekend, Hyannis

AVA's New Special Program, the Washington-Rochambeau (W-R) National Historic Trail, runs from September 1, 2022 to December 31, 2033. Individuals must walk or bike one AVA event in each of the states and Washington, D.C., on the W-R Trail or at a location historically linked to the journey of the French army and Colonial army. WnM's Boston and Providence walks qualify.

### New Business:

WnM election: since there were no new volunteers and the current officers were willing to complete another 2-year term, the current officer slate was unanimously voted again.

Upcoming club meetings:

- Monday, November 7 at 6:30 pm, Stop & Shop in Franklin, 2nd floor meeting room
- Monday, December 5 at 6:30 pm, Stop & Shop, Franklin, 2nd floor meeting room (cookies and regifting Yankee swap)

### Old Business:

- Meetup costs: \$45 October 2022 through March 2023; \$45 April 2023 to September 2023 for WnM's share as subaccount of Empire State.
- Alternate suggestion from Chris Mellen for accommodations in Hyannis for May's Cape Cod weekend considered, however features at Comfort Inn (included breakfast, function room) deemed more beneficial.

### Other Topics:

- Bea Hait is serving on the Nominations Committee for the Northeast Regional Director. Also on committee: Teresa Kennedy of Empire State and Barb Stafford of Niagara Frontier.
- Proposals being discussed on alternate ways to thank volunteers other than \$5 coupons for Specialties table.



**Do you have a volksmarching travel story to share?**

Send it to [footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com) for publication in a future edition of **Footnotes**.

# Reflections on Niagara Northeast Weekend by Ann Plichta

On Friday, September 16, my cousin Karen, her friend Sharon, Joanne Izbicki, and I headed to Niagara Falls for the Northeast walking weekend. I was looking forward to it, since I hadn't been there since I was a child. After checking in to our hotel, we took a short walk to the American Falls. Very impressive!

Saturday morning's walk was in Buffalo. I wasn't sure what to expect, but was pleasantly surprised. We walked along a waterfront boardwalk to a Veteran's Park with ships, planes, and memorials. Then we headed downtown, which featured many beautiful, architecturally interesting buildings.

After we headed back to Niagara Falls, Joanne and I were ready to play tourist. Our first stop was Cave of the Winds, where we took an elevator down to platforms near the bottom of the falls. We got wet in spite of our ponchos. The Hurricane Deck certainly lived up to its name! Then we headed to Maid of the Mist for a boat ride near the falls. Once again, our ponchos didn't do much. Karen and Sharon went later. That night, we walked to the falls to see them illuminated and watch the fireworks display.

Sunday's walk was along the river in Niagara Falls State Park. There were optional side paths and stairs where we could get a better look at the gorge for some beautiful views. That afternoon, we walked across the Rainbow Bridge into Canada. Karen and Sharon had left earlier, but Joanne and I caught up with them on the bridge. We had a much better view of the falls from the Canadian side, especially Horseshoe Falls.

Monday morning, we headed home from a busy but fun filled walking and sightseeing weekend. Thank you, Niagara Frontier Volkssport Club for your sponsorship!



Photos by Ann Plichta

Clockwise from top:  
Cave of the Winds; the Maid of the Mist; painted flower building in Buffalo; City Hall; Buffalo waterfront

# Autumn Word Search

by Monica Hait

A	R	I	B	O	K	A	L	E	D	S	R	E	T	A	E	W	S	M	E	I
D	E	C	I	D	U	O	U	S	T	R	E	E	S	R	N	H	A	D	U	L
B	X	W	R	S	P	M	E	T	R	E	L	O	O	C	L	E	U	P	E	A
O	A	Q	C	E	M	E	Z	B	U	A	E	G	A	H	O	T	P	A	S	W
N	K	Y	H	D	F	J	C	H	E	M	L	O	C	K	I	L	F	V	G	I
F	E	S	T	I	V	A	L	S	L	E	N	G	H	T	C	B	O	U	R	D
I	A	S	A	N	E	M	A	N	A	E	Y	M	A	P	L	E	X	R	E	L
R	B	L	E	G	N	A	R	O	N	S	K	R	D	O	J	F	E	P	S	E
E	H	G	L	N	R	R	Y	I	X	N	G	L	W	O	L	L	E	Y	A	F
J	F	S	P	I	L	T	P	T	O	R	D	E	N	R	Y	E	Q	H	G	L
H	Z	W	A	K	N	S	A	C	H	O	R	P	L	H	Z	E	V	E	N	U
D	R	U	B	A	Y	G	L	E	W	C	H	R	O	M	A	C	R	K	I	S
R	E	F	B	R	U	Z	L	L	Y	A	D	S	N	A	R	E	T	E	V	H
U	T	E	A	O	T	T	F	E	Z	P	U	F	F	Y	V	E	S	T	I	O
O	S	T	N	H	S	F	O	J	A	S	X	E	Q	R	A	W	H	A	G	T
G	A	E	X	E	O	O	L	S	P	V	I	P	U	M	P	K	I	N	S	A
A	N	W	V	N	R	E	D	T	P	A	E	Z	D	C	I	L	F	R	K	U
C	O	R	M	O	F	W	A	K	L	E	R	S	H	B	L	A	J	O	N	B
J	A	C	K	O	L	A	N	T	E	R	N	Z	M	F	E	N	I	G	A	Y
H	B	F	O	H	U	G	S	A	C	H	N	E	E	W	O	L	L	A	H	D
T	Y	I	A	C	H	R	Y	S	A	N	T	H	E	M	U	M	S	E	T	S

acorns

apple

ash

aster

autumn

birch

bonfire

chrysanthemums

cocoa

colors

cooler temps

deciduous trees

Diwali

elections

elm

falling leaves

festivals

fleece

flu shot

frost

gloves

gourd

gratitude

Halloween

harvest

hemlock

jackolantern

kale

leafblower

maple

oak

orange

pile

pine

puffy vest

pumpkins

raking

red

sweaters

tea

Thanksgiving

Veterans Day

yellow

[Editor: My testers rated this search as hard, so please be aware this edition may be extra challenging. Feel free to put it down after finding a few, and then searching more later.]



# Walk Coordinator Speaks

by Beate Hait

**Framingham in review** – As my co-POC, Bev Lange, notes in her article on page 3, the weather on October 15 couldn't have been more perfect for walking. Attendees found our start point inside Mill Building #1 quite interesting, and many enjoyed sampling the wares of Saxonville Café & Roastery before or after walking on the rail trail. Thanks, Bev, for suggesting and planning this route.

**Fall in New England** – While the colorful foliage is winding down, there's still time before the trees are bare to enjoy leaf-peeping both on the drive to the events and while walking. Why not head west to the [Shelburne Falls walk](#) that starts at McCusker's Market on 3 State Street or north to [Lowell](#) where the Visitor Center for the Lowell National Historical Park on 246 Market Street (use 304 Dutton Street to arrive at parking garage) is our start point. Our Cheshire, Lexington and Quincy seasonal events closed on Oct. 31, but the 15 other seasonal or year-round walks are open through Dec. 31.

The [Sandwich volksbike](#) ends on Nov. 11 (Do you know you are allowed to walk a bike route? Simply note the actual distance you walk in your Distance Book. POC Pat Damiani has noted the turnaround points for various distances in the route directions.) The [Bedford volksbike](#) ends on Dec. 31. POC Joanne Izbicki has also noted the turnaround points for specific distances in those directions.

**#OptOutside** – After your Thanksgiving Feast, plan to get outside and walk: **Friday, Nov. 25**, Fall River – Battleship Cove Gift Shop, 5 Water Street; **Saturday, Nov. 26**, Concord – Walgreens, 71 Lowell Road. Sign in at 9:45 to walk at 10:00.

**Walk Participation** – Take a look at the participation numbers at our traditional events from 2018 through 2022. What do you notice? Do you see the downward trend in participation numbers as well as in the number of events? Let's work on turning around that trajectory—for both categories—in 2023.

4/7/18	Holliston, MA	Soup Walk	62
5/12/18	Springfield, MA	Forest Park Trails	44
6/17/18	Blackstone, MA	Glacier Gorge	61
8/11/18	Woodville, MA	Club Picnic	39
10/20/18	Milford, MA	Upper Charles Trail	47
12/1/18	Attleboro, MA	Holiday Lights	41
3/30/19	Holliston, MA	Soup Walk	68
6/11/19	Springfield, MA	Pre-Convention Walk	426
6/29/19	Blackstone, MA		48
7/27/19	Woodville, MA	Club Picnic	36
9/14/19	Lowell, MA		52
10/26/19	Malden, MA		54
12/14/19	Franklin, MA	Cookie Walk	19

8/22/20	Holliston, MA	COVID-19	43
10/17/20	Tiverton, MA	COVID-19	23
11/21/20	Devens, MA	COVID-19	44
5/2/21	Boston, MA	Special Places	22
5/15/21	Devens, MA	Armed Forces Day	66
6/12/21	Pawtucket, RI		33
10/9/21	Turners Falls, MA		65
4/3/22	Boston, MA	Special Places	22
4/23/22	Fall River, MA	Quequechan Rail Trail	35
8/20/22	Lincoln Woods, RI	Club Picnic	58
10/15/22	Framingham, MA	Cochituate Rail Trail	45