

President's Corner

by Mary Frink

Are you looking forward to the Walk & Soup Social? I am! My very first walk with Walk 'n Mass was the soup walk in 2010. The Northwest Region was having their regional conference in Alaska that year. Karen Kolaczyk asked me if I wanted to go. At the time, we were coworkers and had traveled together before, but I wasn't sure about walking 10K every day. She said to try out one of her walking club's walks to see if I liked it. According to my notes, it was in Norwood. Someone correct me if I'm wrong! [Editor: Norwood sounds right!] I remember having a great time on the walk and staying for the soup. I joined the club that day and even bought a 25th anniversary soup mug! Karen even talked me into signing up for the 50 States special program so I could get Alaska right away. In for a penny, in for a pound I guess.

For our upcoming Walk & Soup Social on April 1, I have a new role. I am going to be coordinating the food! Following in Chris Lipson's footsteps is a little daunting. I have big shoes to fill! There are all kinds of things you can

bring. The main request is soup of course, but you can also bring an appetizer or bread or some type of salad. And you can always bring a dessert! My dad always hopes that a pot luck will end up being all desserts. Whatever you choose to bring, it **cannot contain nuts**. This Holliston location is a **nut-free facility**, so please no nuts or peanut butter or anything like that. Please let me know what you are bringing so I can make sure we have enough variety. Email is the best way to get in touch with me right now (mfwalks2010@verizon.net). My house had a burst pipe the weekend of the -10 degree weather and I am in and out while repairs are being done. I can't wait to hear what you are cooking! If you are bringing soup, we will have power strips to plug in crock pots and ask that you bring a serving ladle.

By the way, the Alaska conference was where Karen convinced me to become club Secretary and Karen Plichta to be club Treasurer. It must have been the magic of Alaska!

Come Friends, Let's Walk

- ❖ Saturday, March 4
Group Walk:
Providence, RI
10:30 am
- ❖ Saturday, March 11
Group Walk:
Mystic, CT
9:00 am (CVVC)
- ❖ Sunday, March 12
Group Walk:
Hyannis
10:00 am
- ❖ Saturday, April 1
Day Event:
Holliston
(Soup Walk)

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.

Welcome, New Members! compiled by Diane Peterson

We're trying something new for 2023 to acknowledge new members in *Footnotes*.

The first new member being welcomed is Eunice Felizberto of Tiverton, RI. We are happy you've joined and look forward to seeing you at a walk!



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Membership Renewal Time

by Diane Peterson

Renewing your Walk 'n Mass membership is easy to do. Complete the renewal form and send it in with the \$15 payment to ensure that your membership continues for another year. The mailing address is listed on the bottom of the form. You will then continue to receive your copy of the *Footnotes* newsletter providing club & AVA news plus notices of upcoming walks and events like the annual club picnic, soup walk, and the Cape Cod Northeast Region weekend this May.



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Trail Master's Diary: Holliston

by Ann Plichta

I don't know about you, but I've always looked forward to the annual Walk 'n Mass Soup Walk at the beginning of spring. After a winter where we don't have as many opportunities to walk, it's a welcome sign of walks to come and a chance to catch up with friends that we may not have seen much of over the winter months. Unfortunately, we have not been able to hold our Soup Walk for the past few years due to the pandemic. Good news! The Walk 'n Mass Soup Walk is back this year! Join us for 5km and 10km walk routes on April 1 in Holliston. It's no April Fool's joke. You're invited to walk and then socialize with friends as you enjoy some delicious soup and desserts.

Many of us are familiar with the Holliston route, but it was good to refresh my memory with POCs Bea and Bev. The first 5km loop takes walkers through downtown with many quaint stores such as Fiske's General Store. One thing you might notice is the addition of new traffic lights and crosswalks since the last time we've been here. From downtown, walkers head to Mudville, settled by Irish immigrants who helped build the railroad in the 1840s. My favorite part of Mudville is passing the home of Bobby Blair, the honorary "mayor" who features a statue of Casey at the Bat. No one knows for sure if Ernest Thayer, author of the famous poem, was inspired by this Mudville. His family owned a woolen mill less than a mile away. Stockton, California also claims it since Thayer covered baseball there while writing for the San Francisco Daily Examiner. Walkers continue under a one-arch bridge, the world's smallest railroad bridge before heading to the Upper Charles Rail Trail. The Rail Trail goes over an eight-arch bridge which was built in 1846 from Holliston granite. The route continues back to town, passing the police station with its "moon tree," a sycamore grown from seeds that were cargo on Apollo 14's 1971 mission. Then head back to the Finish and soup for the 5km walkers and a check-point for 10km walkers.

The second loop for 10km walkers heads uphill to Holliston High School. Note the wood sculpture of a panther by local chainsaw artist Jesse Green. The route continues through the school campus, past fields before heading through a residential neighborhood. It passes through the Thomas Hollis Historic District with beautiful 19th century architecture before heading through downtown Holliston again, passing the Holliston Superette. Then head back to the finish and soup!

Both loops are on mostly paved surfaces. The 5km loop is flat, while the second loop begins with a long gradual incline. They are AVA rated 1A, suitable for strollers, but difficult for wheelchairs due to a lack of curb cuts in some spots.

Join Walk 'n Mass on Saturday, April 1 for 5km and 10km walks in Holliston. Come celebrate the beginning of spring (hopefully) and the return of our Soup Walk. There's no need to bring anything but yourself and your favorite soup bowl, but food contributions are welcome. You don't even need to walk. Stop by for some social time and catching up with your fellow walkers. Hope to see you there!



Arch Street's tiny one-arch bridge

Photo courtesy of Beate Hait



Soup served at noon! If you would like to contribute an appetizer, soup, bread, or dessert, please notify Mary Frink at mfwalks2010@verizon.net or 617-387-1577 to indicate what you are planning to bring (**no nuts** please!). Remember to bring your favorite soup bowl and spoon too! Beverages and paper goods will be provided.

Bulletin Board

The Rhode Island County Program begins April 1, 2023. With just 5 counties in the state, this is a very accomplishable challenge for those nearby. Contact Carol West (carol.west@sbcglobal.net) to purchase the RI County Program Book (cost \$10).

More information in the March 2023 edition of *The American Wanderer* (TAW).

Did you attend the IVV Olympiad and/or Texas Trail Roundup? Do you have another volksmarching travel story to share? Send it to footnotes.editor@gmail.com for possible publication in a future edition of **Footnotes**.

Next Club Meetings Monday, March 6 & Monday, April 3

6:30 pm

Stop & Shop

40 Franklin Village Drive

Franklin, MA 02038

Up the stairs past

Customer Service Desk

(if bad weather, via Zoom)

WnM 2022 Event Participation Stats

Traditional Day Events

Boston Special Places	04/03/2022	22
Fall River	04/23/2022	35
Lincoln Woods	08/20/2022	58
Framingham	10/15/2022	45

Year-Round/Seasonal Events

Bedford Bike	37
Boston Back Bay	13
Boston Freedom Trail	19
Bristol	34
Cheshire	11
Concord	30
Fall River	35
Hyannis	30
Lexington	33
Lowell	6
Newport	27
Newton	46
Plymouth	60
Providence	39
Provincetown	50
Quincy	12
Sandwich Bike	12
Sandwich Walk	59
Shelburne Falls	28
Wellesley	58



Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: March 21st

Planning Ahead!

2023 Fall Foliage Weekend in State College, Pennsylvania will be the weekend of Thursday, October 5, thru Sunday, October 8.

Save the Date: 2024 Atlantic Region Conference April 5-7 Dover, DE.



The Mysterious Ways of Walking Sticks

by Karen Plichta

About a year ago, I read an article in *The American Wanderer* about the use of walking sticks. That sparked my interest in potentially obtaining a pair. I had grand ideas of how they would improve my physical conditioning.

In summer when I visited a local shoe store, I noticed a man seated on a chair while the woman he was with tried on shoes. Finding nothing to my liking on the regular sales floor, I went downstairs to the Bargain Basement (something that should bring a smile to all former Filene's Bargain Basement shoppers). Unlucky in bargains, I went back upstairs and spotted the same couple. Beside them was a pair of walking sticks. I figured it couldn't hurt to ask...so I engaged the woman in conversation. She couldn't say enough about the walking sticks; they were the best! She bought them at REI and they were for women walkers. Hers were Austrian made, carbon sticks with cork handles, and she loved them.

Now my interest was really piqued and I kept thinking...I have to get those walking sticks. In August I drove to REI in Cranston, RI and found their walking sticks area. The woman in the shoe store had me take a picture of her sticks so I'd know exactly what kind to buy. Not being well versed with my phone, I didn't realize I hadn't saved all the pictures of the sticks. So I tried to describe to the clerk the type I wanted. And of course I had many choices, but none seemed to ring true to what the woman in the shoe store showed me. So I took the plunge and bought the best sticks REI had.

I started using them and made sure my arms were at a 90 degree angle while I was walking. The store clerk didn't give me any further instructions, so I held them out in front of me. It seemed OK but something was missing in how I was using them, but I couldn't figure it out.

At the club picnic in Lincoln Woods many members commented on my sticks, and I said I bought them because I wanted to "walk more straighter," then I cringed at the bad grammar I just used.

Time went on and then it was December. A week before Christmas I chastised myself for not using my sticks more often. On December 21, I drove the mile to Kennedy Park in Fall River as the city always makes it a point to clear that path. When home from the military on leave, I'd go to this park with my Dad, and he sat in his car and counted my laps. He was always so supportive of my efforts to keep on going and going and going.

On that December day as I was doing my second or third lap with the walking sticks, I happened to pass by two young men. I greeted them, and then one of them mentioned that I didn't have my hands through the loops on the sticks. I told him it didn't seem important to do that. So he tried to mime how to use the loops and I just handed him the sticks to show me. He said like this....you put your hand up through the loop and then you grab the stick and the loop a second time by pressing it against the handle. This way you hold the stick at a 45 degree angle so when you walk you are also pushing off at the same time. Once I tried it, I realized my arms will get a work out as well as my legs instead of the way I previously held the sticks. The young man said he knew how to hold the sticks as he just walked the Appalachian Trail for 6 months. Immediately this gave all sorts of credibility to what he just showed me. I had met hikers on the trail in Cheshire, and I knew he was telling me the truth. We talked a little more, then he introduced himself as Tom.

Immediately, I recognized the gift I was receiving that afternoon, by making the time to take this walk. My brother, who died in July 2021, was named Tom. When I spoke with this other Tom in Kennedy Park, it was at the exact time I would have been enroute to Florida had there not been a COVID outbreak at my aunt's living facility. Since then, I've reinvigorated my commitment to use my sticks more often. Feels good to really stretch my legs and see what surprises await me.

Walk Travels: Edinburgh, Scotland

by Charles Boddy

Obligations cause me to walk all too infrequently lately, but a trip to Scotland for my son's graduation from the University of Saint Andrews provided an exciting opportunity to experience volkssporting internationally and to put a coveted foreign stamp within my books.

I researched walks before travelling and found that year-round events are called Permanent Trails by the British Walking Federation. There are fewer of them in the United Kingdom than you might expect, but they exist in most tourist destinations in Scotland. Trail directions are able to be printed online and in advance. Directions do not, however, include maps, so anticipating the walk route is not as easy as it is here in New England. (Picking up a free tourist map can help.) Upon completion of my permanent trail, I had to mail my walk cards to London along with my payment. Fortunately, payment in US Dollars is accepted!

Edinburgh has two permanent trails one by the sea, which includes the ship Britannia, and the Edinburgh City Walk which passed right outside my hotel. I walked on November 26, 2022, which had consequences. This time of year opens up the Edinburgh Christmas Market that occupies part of the trail route along Princes Street, forcing me to walk parallel to the course when fences stopped my free travel. On the other hand, the festive lights, rides, games, amusements, boisterous crowds, and cheery holiday spirits made the event so much more enjoyable and memorable.

A volkswalk in Edinburgh is not to be missed.

The city route is filled with tourist attractions, any one of which is worth a quick diversion from the walk. Attractions include a working floral clock (not in season for my visit, but it has



a giant cuckoo in a bird house that will mark the hour in season), Princes Street Gardens, the National Gallery (free admission), and a list of monuments including the Scott Monument, the Nelson Monument, and views of the Firth of Forth (guaranteed to trip your tongue until you consume a flight of local whiskeys). The trail follows cobbled sidewalks through the Old Town. While much of medieval Edinburgh descends fourteen or more stories beneath you, enough of it survives at street level to still remind you of Edinburgh's role in the Plague and British history. The appropriately named "The Last Drop" pub stands beside the location of the gallows in Grassmarket. There are magnificent views of Edinburgh Castle from all angles as it sits atop a 350 million year old volcano, but more recent regal residences also occupy the route. Holyrood Palace is also visited along with its Royal Park first dedicated in 1541. Perhaps less enchanting a view is received of the Scottish Parliament Building erected at a cost of 40 million pounds, after a competitive architectural contest. The building was recently listed in the Boston Globe as the fourth ugliest building in the world. (I saw the architectural symbolism, but it did not soothe my tastes.) Not far from Holyrood is Arthur's Seat, not on the trail but a worthy excursion

for another trip. It is a grand tourist attraction with a climb to a cliff overlooking Old Town. My son and sister-in-law state that the spectacular views are well worth the ascent. Anyone who has been to Edinburgh will ask if you climbed it, so do so, otherwise you will suffer my shame!

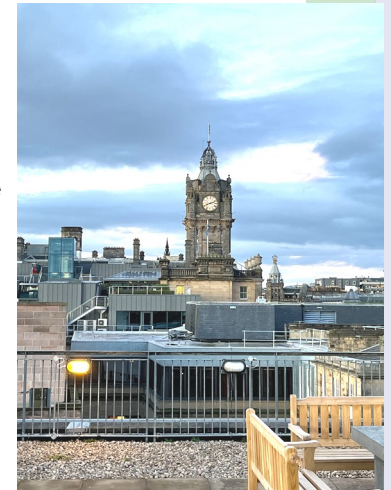
From Parliament and Holyrood you will pass the statue of Greyfriars's Bobby (a dog). Scots are clearly devoted to dogs. I did not see any of the Scottish, Cairn, or Skye Terriers famously associated with the land, but dogs are plentiful along the sidewalks. Many shops have "dog friendly" signs in the windows, and it is common to trip over a dog water bowl found at almost every shop entrance! From Greyfriar's Bobby one ascends to the gates of Edinburgh Castle with 360 degree views of the city. The route then travels along the Royal Mile for a bit. You may have seen the Royal Mile during Queen Elizabeth II's funeral cortege. It is a great tourist attraction and has all the shops, restaurants, pubs, and sights to satisfy every whim. There are a couple of cathedrals worth visiting along the Mile, including St. Giles, home to such secret societies as the Grey Monks, the Select Society, and the Order of the Thistle. (I tried to join each but none would have me. That only reinforced my acceptance of the fact that they were worthy groups! On the other hand the Society of Urchins would take me but I lacked the initiation fees.) Overall the Royal Mile is a worthwhile diversion from your walk, or just a chance to sit back and give your legs some respite. Depending on the timing of your

walk, this is an ideal location to take in some local fare.



Like my son, and unlike the rest of my family, I enjoyed haggis, (but only fresh...not from a can...) including a haggis pizza covered with black pudding. I alone, however, liked the black and white pudding at breakfast and the local soda "IRN BRU" (pronounced Iron Brew which tastes rather like bubble gum). There are myriad opportunities to learn about and sample Scotch Whiskey, an actual iron brew with a taste for every palate.

The walk route descends from the Royal Mile back to the Waverly Bridge, the trail start, and the wonderful Christmas Market. While I recommend this walk at any time of year, having walked it during the Christmas season, I would not want to walk it at any other time, unless it were to see the floral clock in action.



Walk Coordinator Speaks

Walk and Soup Social in Holliston, Sat., April 1

– Hope you're getting excited about coming to our first traditional event in 2023—the launch of our walking season—with a walk in Holliston followed by a soup social. Please contact Mary Frink to let her know if you'll be bringing a soup, appetizer, bread, or dessert to share (**NO nuts** in this nut-free facility).

Roslindale/Arnold Arboretum, Sat., April 29

– Looking forward to this walking route starting in Roslindale Square and continuing through sections of Arnold Arboretum. Brochure included with this newsletter. Event staffing to be done in early March.

Northeast Region Cape Cod Weekend – Fri.–

Sun., May 19–21, 2023 – Registrations have started to come in for this weekend of map-guided walks, and our host hotel, Comfort Inn of Hyannis, has told us that 22 rooms have already been reserved. If you have misplaced the brochure sent with the January *Footnotes* that includes the pre-registration form (required for the Meet & Greet on Friday and buffet dinner on Saturday), and hotel reservation information, please see walknmass.org

Please know that if you prefer to drive down for the day rather than stay overnight, the in-person registration area will be staffed on Saturday from 8-11:00 a.m. and 3-5:00 p.m. and on Sunday from 8 a.m. to 3:00 p.m.

You may walk any of the routes according to your own schedule or join one or more of the scheduled group walks. Details are in the brochure. Start cards for the Hyannis traditional event for this weekend, Hyannis YRE, and Provincetown YRE (if in-person registration; OSB also available for P-town) must be turned in and books stamped no later than 3:00 p.m. on Sunday, May 21.

Seen It?

On which WnM YRE route can you find this mural?

by Beate Hait

Oak Bluffs on Martha's Vineyard SE

– Rick Almeida is the POC for this revived volkswalk route on Martha's Vineyard that is open from **April through September** using the Online Start Box registration process. Take the ferry from either Woods Hole or Hyannis to Oak Bluffs, and start the walk route from the Oak Bluffs ferry terminal.

Group Walks – You may have noticed that there has been a dearth of group walks in January and February. After last year's experience of having to cancel so many scheduled group walks due to cold, snowy, or icy weather, we didn't want to repeat that. Who could have guessed that it was going to be such a mild winter!?! I do hope that many of you took the initiative to get out and walk the year-round routes sponsored by our club or nearby clubs in CT, ME, NH, VT, and NY. See ava.org for details on these YREs. Many more seasonal events open on April 1.

Event Participation – The total participation numbers at our YREs, SEs, and traditional events in 2022 are disappointing [see page 4].

We need to turn that around! Invite a friend to walk with you. It's up to each of us to support our club events by doing the walks.

For traditional events when we're looking for people to staff stations, if you're unable to walk due to an injury, but you would be able to sit at a checkpoint or start/finish table, please consider doing this. All volunteers are eligible to be counted as an event participant, and you'll have a good time!



Beate Hait