

President's Corner

Don't you just love that crisp air? It's Autumn!!! As you are probably well aware by now, this is my absolute favorite time of year. Apple picking, the Topsfield Fair, changing leaves, I love it all! This is also the best time to get out and walk. It's so beautiful and the temperature is more comfortable. I highly recommend walking Lexington before it closes at the end of October. It's one of my favorite walks this time of year. The color there is amazing!

More fall color will be on display at our walk in Milford on October 14. I hope you will be able to come and stay for the Potluck & Pie! Even if you can't walk, please come and socialize with us. Since we didn't have a picnic walk this year, we will be handing out our annual volunteer awards, along with some AVA awards, during the potluck part of the event. For those of you who don't know, when you volunteer for anything with the club, you are awarded points. There are different points based on what you do, but everything gets points. As you hit milestones (50

by Mary Frink

points, 100 points, etc.), you earn an award. When you get to 1,000 points, you get a lifetime membership to Walk 'n Mass! That's a goal to reach for!

For the incremental milestones, we've been awarding coupons to use at the specialties table for a number of years. Now, we are thinking about changing the award coupons to something else. I will be asking for ideas at the Potluck & Pie, so please think about it! I know you all volunteer because you want to help out the club, but we still like to show our appreciation. Our club wouldn't be able to function without all of your help.

While I mentioned Lexington specifically, I hope you will walk many of our walks and enjoy the lovely colors before many of them close for the season. Happy Fall y'all! (I couldn't resist!)



Save the Date: Boston Group

by Bonnie Neggors

There will be a group walk of **Boston's Freedom Trail route on Sunday, Nov. 12, 2023**. Physical registration and stamping will be available on this day; those who wish to use Online Start Box are welcome to come for camaraderie along the walk too. Please meet on the Cambridge Street side of Faneuil Hall. Registration will start at 9:00 am for a 9:30 walk start. *Note this is earlier than most of our group walks.* Parking in Boston is free on Sundays. Please join us!

Come Friends, Let's Walk

- ❖ *Sunday, Oct. 1
Group Walk:
Lexington 10:00 am*
- ❖ *Saturday, Oct. 7
Group Walk:
Wellesley 10:00 am*
- ❖ *Saturday, Oct. 14
Day Event:
Milford, MA
Potluck & Pie Walk*
- ❖ *Saturday, Oct. 21
Group Walk:
Sandwich/Bourne
walk/bike along
Cape Cod Canal
10:00 am*
- ❖ *Saturday, Oct. 28
Group Walk:
Bedford 10:00 am*
- ❖ *Sunday, Oct. 29
Group Walk:
Bristol, RI 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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Club Name Tags

by Diane Peterson

Interested in purchasing a Walk 'n Mass name tag? The cost for a name tag will be increasing to \$6.00 effective January 2024. You can take advantage of the current price of \$5.50 by purchasing one now. Do this by using the information on the membership renewal form and simply indicate your name and complete the name tag purchase section before returning with payment.

Those who have not yet submitted this year's renewal form can easily add name tag order information and the additional amount due included with their membership renewal submission.



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Trail Master's Diary: Milford

by Ann Plichta

This summer was not the best as far as walking weather. When it wasn't raining, the humidity was so high it was draining. But now fall has arrived and, with it, cooler weather. The humidity has gone, and the air is crisp. Plus, the colorful foliage is always something to see. Walk 'n Mass invites you to get out and enjoy the fall weather on October 14 with 6km and 10km walks in Milford. As a bonus, the popular Potluck & Pie Social will take place after the walk. What's better than a beautiful fall walk followed by delicious food and great company?

The town of Milford was first settled as part of Mendon in 1662, and was destroyed by King Phillip's War in 1676 before being re-settled in 1680. It was incorporated in 1780 and named Milford after the fords of the Mill River that flowed through the town. It became an important industrial and mining community in the 19th century due to its location near waterways and its Milford pink granite. As you walk through town, you'll notice many local buildings built from the granite. The stone has also been used in the main Post Office in New York City, the original Pennsylvania Station, and many others.

Both the 6km and 10km routes explore Milford's downtown. Walkers will pass by the Town Hall, which is one of the few local public buildings not made of the famous pink granite. Instead, it is a two-story wood building designed in the Italianate style, built in 1854. It is listed on the National Register of Historic Places. The routes continue past a statue of General William F. Draper, who served in the American Civil War. He then became a manufacturer of cotton machinery and patented many improvements. Draper also served as a Congressman and later became president of Draper Company. Walkers then go through residential areas before heading to Milford Town Park and the Memorial

Elementary School. The routes continue to the Upper Charles Trail, which will eventually connect Ashland, Holliston, Hopkinton, Milford, and Sherborn along former railroad lines.

6km walkers will turn around at the Lake Louisa gazebo and head back to the finish along the trail, crossing the Charles River on a pedestrian bridge. 10km walkers will continue along the Upper Charles Trail, passing by Lake Louisa. The day I measured the route with POC Keith Harlow and Marianne Marshall, there were plenty of waterfowl around, including a pair of elegant swans. There is a new disc golf course with several holes visible from the trail. Watch for wild turkeys, blue herons, turtles, and enjoy the fall foliage along the way. There's lots to see before you turn around and head back to the finish.

Outside of one slight incline, both the 6km and 10km routes are mostly flat and are on paved surfaces. They have an AVA rating of 1A and are suitable for strollers and wheelchairs. Celebrate fall and take advantage of the cool weather by joining Walk 'n Mass in Milford for 6km and 10km walks on October 14. Then stay for the Potluck & Pie Social afterwards; potluck begins at noon. All are welcome to enjoy the social, but **if you plan on bringing your favorite casserole, salad, or pie please RSVP to Carol Giesecke at carolclay101@gmail.com or 302-399-6334** to let her know. Enjoy history, wildlife, foliage, and more in this pretty town. Hope to see you on the trail!



A limited quantity of 2023 National Volkssport Month patches will be available for purchase (\$6.00, does NOT include IVV Credit fee).

Bulletin Board



Weather continues to be a challenge with planned group dates for walking Block Island, RI as well as Cheshire, MA (Appalachian Trail). Hopefully those interested saw the cancellation notices or had already made smart decisions for themselves due to the forecasts. We are looking to reschedule and will announce new dates when chosen.



Do you have a volksmarching travel experience or memorable walk story to share? Send it to footnotes.editor@gmail.com for possible publication in a future edition of **Footnotes**.

Next Club Meeting Monday, Oct. 2

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

22nd US FreedomWalk 20-22 October 2023

3 Days of Fun, Fitness, and International Friendships. Come walk with us for a world class walking adventure alongside walkers from around the world!

Walk for the FreedomWalk Medal

- IML Trails from 6 to 14 miles (10 to 22 kilometers)
- AVA/IVV Welcome Walk of 3 or 6 miles (5, 10 kilometers)
- One Bike Event
- One Swim Event

Learn more at
www.usfreedomwalk.org



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

Beat the Bay State Challenge: Month-long challenge in November

\$20 entry per person Walk/run wherever you are

No limits on team size, you can tackle the Challenge by yourself or with 100 friends!

As you log miles, your team will move along a route of the 900 mile perimeter of Massachusetts. Can you do it more than once??

Earn fun badges showing your progress as you travel around the state. Raise money for a fantastic organization & get some exercise while you do it!

<https://runsignup.com/Race/MA/Boston/baystate>



September Meeting Highlights

by Marianne Marshall

Meeting held September 11, 2023 via Zoom

AVA's Big Give: Club donated \$50

Activities: Potluck & Pie at the Milford event Sat., Oct. 14 (workers' walk Sept. 30 at 9:30); let Carol Giesecke know what food you are planning to bring.

Sunshine: Get well card to Paul Graveline and a sympathy card to Ann Plichta on the death of her brother, Steve.

Walk Coordinator:

- Milford traditional event on Saturday, October 14: start times staggered 9-10 for 10km and 10-10:30 for 5km walkers with potluck starting at noon.
- Future event plans:
 - ⇒ Hopkinton Soup Walk on April 6, 2024 (labyrinth on premises at the start/finish)
 - ⇒ Blackstone projected for May 2024
 - ⇒ Greenfield event to include a labyrinth qualifying for new AVA Special Program
 - ⇒ Medway
 - ⇒ Warren, RI

AVA News:

- In 2024, *The American Wanderer* to change to a quarterly, **digital version** with info from Board of Directors, regions, and clubs as well as upcoming events.

- New yearbook to be launched with members' event and distance milestones, member features, photos, etc.
- AVA Board of Directors meet Wed., Oct. 18

Northeast Region Director News:

- Next multistate event September 6-8, 2024
- Input requested from clubs re proposed motion concerning AVA budget. WnM members in attendance felt proposal points in connection with the decreasing number of events and attendance nationwide were good, however proposal did not provide sufficient details needed for voting.

New Business:

- Cost of club name pins to rise January 2024 based on increased production costs as well as postage.
- AVA exploring May as National Walking Month starting in 2025. Also plans to put more emphasis on promoting October as National Volkssport Month.

Upcoming club meetings at **Stop & Shop, Franklin**, 2nd floor meeting room (change to Zoom if weather necessary, ask Mary Frink if unsure)

- Monday, October 2 at 6:30 pm
- Monday, November 6 at 6:30 pm
- Monday, December 4 at 6:30 pm (may include cookies and Yankee Swap)

Cryptogram Puzzle

by Monica Hait

This quote comes from an American comedian and actor. Hints: H = M L = A

C N C L E E S, D K L E O L J X C V P L V P W R D V O

L A X C W W R D V B N. K R Z V D G X H Z L G J X N N

L W R X C B R W W R L W H L O Z N H Z E L C B R, D

K J D W Z D W P X K V.

--P Z H Z W J D H L J W D V

Walking in Juneau, AK - July, 2023

by Carol Giesecke

Being a bit corny at times, I like to ask people, "Juneau the capital of Alaska?" Some people get it and some people don't. But I think it's funny! When Mary Ptacek, the famous Tater Tours leader, offered a trip to Alaska for this



Statue of William Seward

July, I was very excited and sent in my \$50 check right away. However, I was disappointed that she did not include the capital. Her reasoning was that she's done several trips to Alaska over the years and most people already have walked the capital. Also it's not on the way to anywhere else in Alaska! The entire trip to Anchorage, Denali, Fairbanks, Talkeetna, and on back to Anchorage was

wonderful and very educational. We even got to be part of the 30% of travelers who actually get to see the top of Denali because of two very clear days.

But I was not going to leave our largest state without a trip to Juneau to get the capital stamp! I left Anchorage on a 10 AM flight on Alaska Airlines and arrived at the Juneau airport around noon. Luckily there is a place at the airport where one can safely leave luggage for a fee, as I was taking a red-eye flight out later that evening. I looked on my trusty iPhone and discovered there is a city bus that goes downtown and it boards about ½ mile walk from the airport. Luckily, Juneau airport is such that one can walk out the front door and there are sidewalks all the way to the street where the city bus stops! Can you imagine doing that at Logan??

I didn't have long to wait – the bus was right on time, and it took less than an hour to get downtown. I learned later that if I had had time to take the same bus in the other direction it would have deposited me about 1.5 miles from the Mendenhall Glacier Visitor Center. Unfortunately I had to pass up that opportunity. One of the women on the Tater

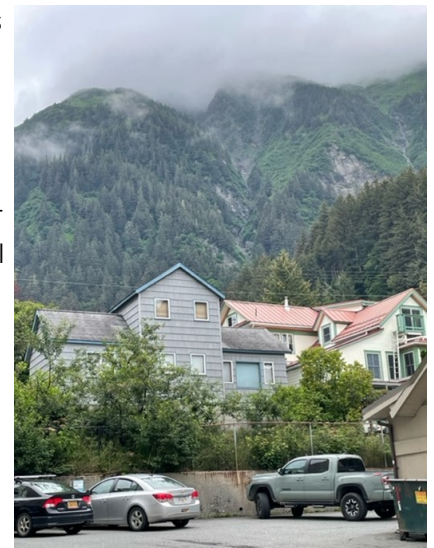
Tour told me I had to visit the Red Dog Saloon so I ate lunch there amidst a very colorful sawdust-covered saloon floor, décor complete with swinging doors, and an 80+ year-old piano player/singer/comedian. There were four cruise ships docked in Juneau at the time, so the place was jumping and a couple from Texas shared my very small table by the piano. We had a short, friendly visit and I told them a bit about AVA and the recent Olympiad in San Antonio. I was hoping for new recruits until I realized the woman was using a walker to get around.

It was a short walk to the Fudge Factory

where one finds the Walk Box.

Of course, one can use the online start box for this walk, but I wanted the full experience.

And I wanted to get some chocolate for the road! Very important! As I was leaving the candy store I ran into two walkers



View of Juneau's hilly terrain

from the Tater Tour that had just finished the walk. They suggested some tips for the route – things the 5k covered that I would miss on the 10k and vice versa. I made note of their suggestions and took off. The walk starts up hill, as the city is nestled into several steep hills going down to the water. One goes past the capital building early on and then up a series of steps to a residential area with many lovely views of hills, deep green gorges with rushing water and then views of the very deep harbor.

[continued on page 7]

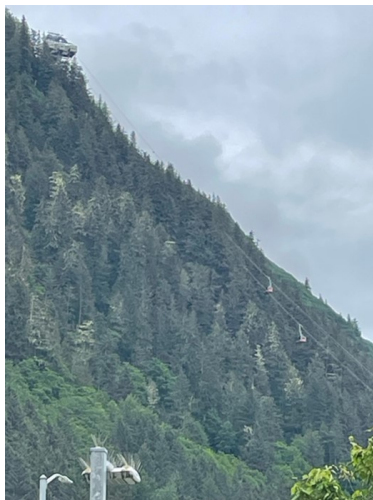
Governor's Mansion Totem Pole



The Alaska Governor's Mansion has a beautiful totem pole in front that was erected in 1940 and tells the story of Raven creating the earth. Can you see the mosquito on the pole? According to the Tlingit

creation story, there was a giant cannibal who ate the hunters who went into the woods and never came back. So the people set a trap for the giant by digging a big pit and placing sharp stakes at the bottom. When the giant fell in, the men piled logs on top of him and built a fire. Before he died, the giant warned the people, "Even though you kill me, I'll continue to bite you." After he died, his ashes turned into mosquitoes, which is why the mosquito is on the totem pole!

I was lucky to be in Juneau in 2023, because in April of this year, a series of totem poles was erected along the harbor, called the Totem



View of the tram

Trail to honor the art of the Tlingit and Haida people. These two groups are the most common indigenous coastal people.

On coming down one of the hills to the harbor, I saw the whale statue coming up out of

the water. Every 15 minutes, it spouts water as if it were actually coming up to breach on the sidewalk of the park. There are many other sites that are unique to Juneau. One of which is the tram which goes up the side of one of the hills near the downtown. I captured a picture of it as I was waiting to catch the bus back to the airport, but I did not have a chance to ride it.

It was a very short trip, and I hope to return someday to see more of Juneau and actually try the famous Duck Fart shot at the Red Dog Saloon, ride the tram, and visit the glacier. But it was also a day full of surprises and beautiful views that I will remember for many years. Thanks to Tater Tours for a wonderful opportunity to see a sampling of an incredibly beautiful state!



Downtown Juneau



Humpback whale statue spraying water in Juneau Park

Walk Coordinator Speaks

by Beate Hait

Milford, MA – Saturday, Oct. 14, 2023 — I hope to see many club members at this walk followed by the Potluck & Pie lunch and presentation of some club awards. See Page 3 for a description of the walk route by Ann Plichta. Don't forget to contact Carol Giesecke (carolclay101@gmail.com or 302-399-6334) to let her know if you'll be bringing a food item to share. And if you received a volunteer recognition award coupon last year, please remember to bring it and redeem it toward the purchase of a New Walker Kit, an IVV book, or club apparel at the Specialties table. If you've misplaced the Milford brochure, find the start/finish details and route description at walknmass.org.

2024 — We have a date and location for the Walk and Soup Social: April 6 in Hopkinton. You might recall that we were all set to walk in Hopkinton on March 28, 2020 when, only a few days prior, everything shut down statewide due to COVID-19. After things opened up again, Hopkinton began a huge road construction project that included new sidewalks and total redesign of the main

street through downtown. That project is now nearing completion, and we'll be the beneficiaries of walking on these new sidewalks.

With a bit of a tweak to the walk route, this Hopkinton event will qualify for both of the **new AVA Special Programs starting in 2024:**

A-MAZE-ing Labyrinths — This is a play on words: labyrinths are not mazes. Labyrinths are unicursal, meaning one walks in and out on the same path. An event must go by a labyrinth (or a maze) to qualify. Complete 14 qualifying events to receive an embroidered patch of a classic unicursal labyrinth.

Step to the Beat — A walker must pass by any location that teaches music, has music performances regularly on stage, uses vocal or instrumental music to entertain audiences, has dancing performed to music, or a music store.

(For details on all the AVA Special Programs, see <https://cb.ava.org/specprog.php>)

Shelburne Falls Pictures

by Beate Hait



A lovely day greeted participants of the Shelburne Falls group walk on August 26. The Bridge of Flowers was abloom and the glacial potholes were an intriguing sight. We thank POCs Jan and Bob Varnon [at far right above] for their years hosting this beautiful seasonal walk. With a large renovation of the Bridge of Flowers in 2024, this walk will not be available next year.