

President's Corner

I never thought I would crave exercise. It's kinda like craving vegetables (which I have also done). You know it's good for you, but it's not something you really like. However, I have found lately that I am making up any excuse to move around. Not just walking, but moving around in general. I have been going out to walk whenever the weather has been good, but I'm also moving around more in my house. I walk back and forth and make lots of extra trips that I don't have to just so I'm not always sitting. It's so easy to sit at my desk all day working, sit for meals, sit and watch TV when I'm done with work, and so on. I don't want my body to get used to sitting!

I hope you are still moving, even if it's just a walk around your block or up and down the aisles at the grocery store. Now that Stop and Shop has made their aisles one way, I find myself walking around more when I go shopping. Some of our walks are open if you need other options. As far as I know,

by Mary Frink

Bristol, Cheshire, Concord, Greenfield, Plymouth, Provincetown, Sandwich, and Shelburne Falls are all open. The boxes for Greenfield and Shelburne Falls are on Jan and Bob Varnon's porch at 22 Madison Circle, Greenfield (Thank you Jan and Bob!). Since the Sip 'n Dip in Bristol is open for take-out only, you are asked to register, leave your payment, and stamp your book before heading out on the trail. We are trying to keep all our media avenues updated with any information that we have, but as you know, things can change rapidly.

I hope you are all doing well and keeping safe. I'm doing okay staying in my house. The cat hasn't kicked me out yet! I had to go into my office last week to pick up a few things and it was very weird. I felt like I was trespassing somehow. Hopefully this will turn a corner soon and we can all get together and go for a walk.

Come Friends, Let's Walk

All planned items are subject to the ongoing social distancing, stay-at-home, and closure of non-essentials businesses orders. Check websites, Facebook, or contact the POC before traveling to any event.

- ❖ Saturday, May 9
Group Walk:
Fall River
10:00 am
- ❖ Saturday, June 13
Group Walk:
Kent, CT
Appalachian Trail,
Online Start Box
9:00 am (CVVC)

*See club or AVA website for starting location details on these events, **and please confirm start location status before traveling.** For group walks, please aim to arrive 15 minutes earlier to sign-in.*



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Observations on the Boston Freedom Trail

by Karen Plichta

On Sunday, March 22, a group walk was scheduled for the Boston Freedom Trail. It had been a couple of years since I last did the walk, so a couple nights prior I went over the walk route in my head.

At 8:30 on March 22, I arrived at my cousin's house and waited for her in the driveway. She's always very prompt to leave her house as soon as I drive up. Today was a different story. As the wait in the car went longer than usual I decided to ring her door bell. She answered still in her housecoat.

She said the walk was canceled because Faneuil Hall was closed. I said I really want to go anyway because I have nothing else to do that day. So after a few minutes she said yes. So I kept her Mom company as she was having her breakfast while Ann got ready.

Very soon we were on our way up Route 24 and fly-

ing along down the Southeast Expressway into downtown Boston. We found our usual parking spot down from the Old State House. In past years, arriving and parking this early in Boston on a Sunday morning we never encountered many pedestrians. Today was no different. However, once on the grounds of Faneuil Hall there was absolutely no one milling around.

We started the walk toward the Holocaust Memorial. On the way we passed a large statue of Mayor Curley that I hadn't seen in the past. As we walked through the Holocaust Memorial I noticed how green the grass was on either side of it. Could that be from the constant flow of steam from the Memorial?

We made the bend around the Union Oyster House and I noticed the cobblestone streets of that area which exemplify the historical status of Boston.

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Crossing the Greenway we were able to take in the numerous Italian restaurants in the North End and enjoyed the display of Italian Easter eggs in one of the windows.

Passing by Paul Revere's House and his park, we had to detour around the Old North Church instead of proceeding directly to it through the "backyard." As we ventured up the hill we remembered that we usually walk inside Copp's Hill Burying Ground for a view of the city. However today the cemetery was closed and Ann wondered....well who'd be walking around in there anyway?

We crossed the old metal bridge in Charlestown. I was surprised to see a number of flat metal plates covering the open grates of the bridge. Stenciled on the plates: Acrophobia safe landing [Editor: acrophobia is extreme fear of heights].

Passing through Charlestown we came upon an open church. With nature calls being a high priority in my life, we decided to go in. The church was open from 8-11AM that day and the woman in charge kindly allowed us to use the facilities. For those of you familiar with Stations of the Cross, they had the largest Stations of the Cross on the wall that I've ever seen. The church was undergoing renovation as evidenced by all the scaffolding staged about. There were only 10 people in the church at that time.

At the Bunker Hill Monument, there were people out with their dogs, a couple of runners and families taking advantage of the beautiful March day. Leaving Charlestown, we passed under a bridge and came into another park. Here, inscribed in tiles, is the story of Paul Revere on one side of the path. On the other side were a multitude of daffodils fully in bloom. Previously on this walk the daffodils would be in bloom facing you, but today they were facing the sun instead.

Meandering along the movable pathway over the river and coming out to the major intersection, we observed the DON'T WALK signal at that point in the walk for a quite a long time even though there was no traffic coming either way, but we wanted to play it safe at that crossing.

Once across the road we took a left to walk along the water. As we did I mentioned to Ann that this is where Bea and Monica discussed getting mulch for their yard a few years ago. I believe it was Monica who buys it as a gift for Bea? [Editor: only sometimes, and she likes it!] Ann verified that she remembered that conversation as well. Hmm, what you don't forget on a BFT walk!

We weren't able to walk along the water very long before being diverted back to Commercial Street. As we did Ann noticed a sign saying to stay off the property per the City of Worcester Parks Department. We figured the contractor was from Worcester and they had no "Boston Stay Out" signs available.

The passage through the hotel at the end of Columbus Park was blocked so we veered around it like at the Old North Church. Along Commercial Street I noticed a number of wharves had names written on the ground. Something you can't see when the area is packed with a number of pedestrians. Once again along the waterfront, we made our way over a new bridge versus the old metal one by the Crab/Lobster House which led us to the bottle of Hood milk.

As we passed through South Station for another facility stop, the waiting area was bereft of passengers save for a few individuals occupying a few of the benches.

It certainly felt like Sundays years ago when all stores were closed, even Dunkin Donuts, as we made our way to Tremont Street. As we started up the hill to the State House, we passed a gathering of folks receiving free lunches. To the left of them were three individuals performing religious rites. Ann and I commented that the walk up to the State House is not very easy coming at the tail end of an 11km.

We made sure to finish our walk in front of Faneuil Hall so we could take credit for the walk in our 35th anniversary credit cards. If this walk isn't approved for credit due to closure of the starting point, I'll put some white out tape over my entry. [Editor: I think we can allow it!]

It was a beautiful walk and I'm so glad I did it because I have a deeper appreciation for all things Bostonian!

Bulletin Board

Ripped from the notebook of
Carol West, CVVC

Well, our 2020 Group Walk Schedule continues to require revision due to the health situation. We're sorry we have had to nix the April Madison and now the May New London walk. This time, we'd like to propose a **NEW DATE** for our **New London Group Walk**. Let's try for 9 am on **AUGUST 8**. Luiza and Bob have designed a wonderful new walk in New London, starting at the Fort Trumbull State Park and Museum parking lot at 90 Walbach St. Check our website at www.avaclubs.org/cvvc

I'm sure it comes as no surprise that I am **canceling the May 4 meeting**. The governor has canceled school for the rest of the academic year and I'm guessing that an extension of the stay at home order and the congregating in groups order is coming. I'm hoping it isn't. I'd really prefer to have the meeting, the Devens walk, and get out of the house and see everyone! Even if the orders aren't extended, I can't see St. Michael's being able to have us there on the 4th. **If we can't meet in June either, we'll set up a Zoom call** to at least be able to see each other and see where we go from here. Let's hope things are getting better by then for everything. — Mary Frink

Next Club Meeting Monday, June 1

6:30 pm

Stop & Shop

40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk



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

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



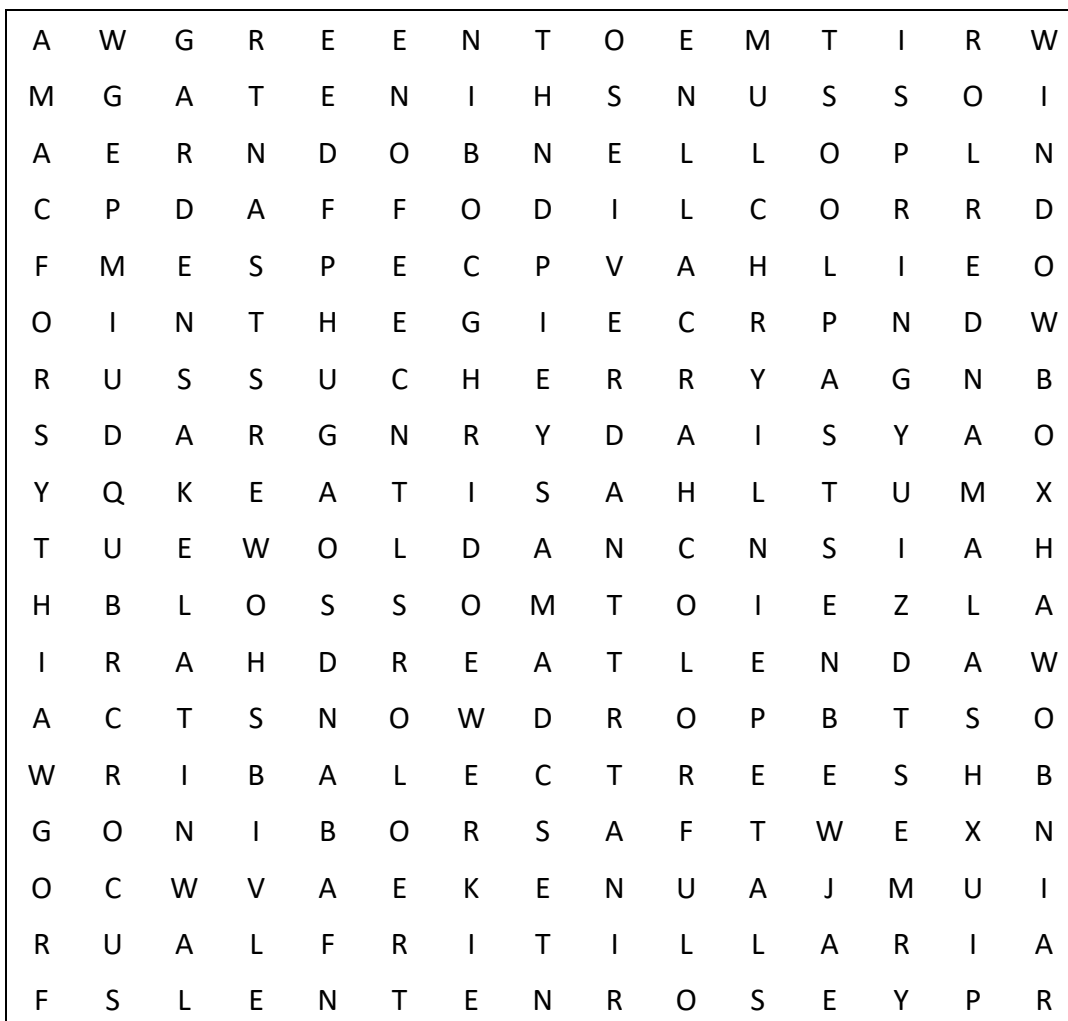
Did you know **National Volunteer Week** occurs every April in the US and Canada? In 2020 it was April 19-25, during which this newsletter was created. So I just wanted to send a big **THANK YOU** to everyone who volunteers to put together our walk/bike events, all those who staff the various tables at day events, everyone who contributes to the newsletter, and all who take on our club positions and leadership roles. If you wish to do **even more**, please consider our **open Activities Coordinator role or establishing a walk route** for us all to enjoy at a future date. Many hands (and feet!) are needed to keep our club strong!
— Monica



The very talented **Liz Ahluwalia**, sister of Monica and daughter of Bea, has been using leftover fabric and some other familiar materials to create face masks. What have others been doing during this extended stay-at-home time?

Spring Word Search

by Monica Hait



blossom
cherry
colorful
crocus
daffodil
daisy
forsythia
fritillaria
frog
gardens

grape hyacinth
green
lawn
lenten rose
mulch
nests
petals
petunia
pollen
rainbow

robin
salamander
showers
snowdrop
spring
sunshine
trees
tulip
verdant
window box

Word Ladder

by Monica Hait

change 1 letter as you move
down the answer rungs

amble, move _ _ _ _
speak _ _ _ _
pushpin _ _ _ _
not forward _ _ _ _
enjoy sun _ _ _ _
protective wear _ _ _ _
the Bay State _ _ _ _



Walk Coordinator Speaks

by Beate Hait

Current Day Events - As this newsletter goes to press and social distancing is still in effect, with non-essential businesses also closed, the **May 16 walk in Devens, MA will be postponed.** Stay tuned for the new date.

Though social distancing is possible *while* walking, it would be very difficult to adhere to those protocols at a Start/Finish location.

We are hopeful that the August 1 event in Pawtucket, RI and the August 22 Picnic Walk in Holliston, MA will be held as planned on those dates.

Year-round and Seasonal Walk 'n Mass Events

We hope that you are able to get out and walk while adhering to social distancing guidelines. Start Points that are open at this time are the following:

Bedford – bike; starts at Bikeway Source: Mon 10-2; Tues-Sat 10-6; Sun 12-5. (You may also WALK for your choice of distance along the paved Minuteman Recreation Trail and get a Bike Stamp in your books!)

Bristol, RI – starts at Sip 'n Dip Donut Shop

Cheshire – Online Start Box

Greenfield and Shelburne Falls – alternate start point on the porch of POC Jan and Bob Varnon, 22 Madison Circle, Greenfield (on the Greenfield walk route; 20 minutes from Shelburne Falls)

Plymouth – starts at Walgreens/Rite Aid

Provincetown – Online Start Box

Sandwich – walk and bike; starts at Stop & Shop

Pictures:

We've enjoyed seeing photos from members' walk adventures around their neighborhoods, towns, and sometimes farther afield. Here are a few selections to inspire you to go explore on foot responsibly.



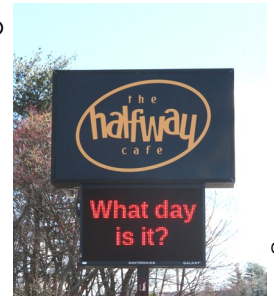
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