

President's Corner

by Mary Frink

I can't believe Memorial Day is almost here. I know it's as early as it can come but still. I think a lot of it has to do with the fact that all the usual harbingers of spring didn't really happen this year. There was no soup walk and no Boston Marathon. I spent Easter in my house watching Easter services from the National Cathedral in Washington, D.C. on my computer. No spring fiber festivals watching sheep get shorn and seeing what crafters were up to all winter. Mother's Day was a Zoom call so my brother, sister in-law, and I could all talk to Mom at once.

However, there have been some wonderful signs of spring. The trees around my house are all that lovely bright green color. The lilacs are bursting and smell wonderful. All the gossipy little birds are back as well as pairs of cardinals and blue jays. I've washed my winter coat and put it into storage along with the flannel sheets and heavy quilt. The windows are open and the cat has been having great fun chasing the odd bug that's found its way in. Spring really is here!

I wish I had walking details I could give you. We are still hoping to have the traditional walks in August. It all depends on if the reopening plans in MA and RI continue on the way they have been. The board will be meeting to go over the intended start points and make sure they will work with the new guidelines. We will also talk about group walks and see if we can figure out a way to handle registration. We want to make sure everyone can enjoy the walks safely!

I hope you are able to get out and walk even if it's only around your neighborhood. Maybe you'll find a hidden treasure! Take pictures and send them to *Footnotes* so we can see where you've been walking!



Come Friends, Let's Walk

As phase one re-openings get underway with ongoing social distancing, stay-at-home, group gathering avoidance, and closure of non-essentials businesses, please continue to check websites, Facebook, or contact the POC before traveling to any event.

While there are no group walks on the calendar, we hope to put a plan in place soon to allow scheduling small group walk options.

See club or AVA website for starting location details on events. For group walks, please aim to arrive 15 minutes earlier to sign-in.



Issue Highlights:

Virtual June Club Meeting – 2

Walking Pictures – 3

Bulletin Board – 4

Word Games – 5

Pandemic, Walking, & Self Care – 6

Walk Coordinator Speaks – 8

Virtual Club Meeting

by Monica Hait

As we have not held a club meeting since March 2, the Board decided to proceed with our June meeting, however it shall be a virtual meeting rather than in person. While many churches are now open for services, at reduced capacity, they are not yet allowed to be open beyond those times. We also generally have slightly more than 10 people at our club meetings, a group size which is not recommended at this time. Thus, we shall be joining together **Monday, June 1, at 6:30 pm** using Zoom.

If you are interested in attending the meeting, please contact Blake Mitchell (see her email

below under Facebook POC) to receive the Zoom details.

If you have not tried Zoom yet, find a (virtual) buddy to practice with ahead of the June 1 club meeting. Doing a practice session one-on-one can help get any technical worries out of the way without feeling time pressure. Trust me, Zoom is easy to use for attending virtual meetings and you do not need to use your (laptop or smartphone) camera if that makes you uncomfortable. Simply sign into the meeting with your camera off and you can still see and hear what is going on.

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Pictures: Local Sightings

Hope you are enjoying some outdoor excursions as weather and conditions allow. We continue to be impressed by the photos members have shared from their journeys.

Scenes from Ashland, Hopkinton, Lincoln, Plymouth, Brookline, Cambridge (yes with turkeys), Swansea, and Westport.



Bey Lange



Joanne Izbicki



Ann Plichta



Carol Giesecke



Ann Plichta

Bulletin Board



AVA is selling washable, non-medical face masks in black or white, comprised of cotton and poly-cotton blend.

Details at:

http://cb.ava.org/C_19/Masks_For_Sale.pdf

http://cb.ava.org/C_19/MASK_ORDER_FORM.pdf

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

Next Club Meeting Monday, June 1

6:30 pm

Virtual Meeting via Zoom
Contact Blake at
kblakemitchell@hotmail.com
to RSVP and receive
meeting details

Do you recall the chorus in Joni Mitchell’s song Big Yellow Taxi?

*Don't it always seem to go
That you don't know what you've got
Till it's gone*

In 2020, as many things we took for granted have been taken away, I think we have all realized how important family, friendships, and connections are to us. Even now, we can be thankful for many little things: staying in touch by telephone and Internet (e.g., Zoom), walking or biking in the great outdoors, being warmed by sunshine, delighting in the colors of flowers and songs of birds, having a more relaxed daily routine, spending more time with your nuclear family, and of course electricity, food, shelter, and water. What is on your list? Do you have other songs that are resonating differently? — Bea Hait

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: June 21st

Please stay tuned to our website, Facebook, email notices, and the newsletter for details on upcoming events. As soon as plans are in place for any group walks, they will go out. We are also hoping to hold our planned August events though those decisions are pending.



Word Ladder

by Monica Hait

change 1 letter as you move
down the answer rungs

Fido command - - - -
 celestial body - - - -
 to brown a steak - - - -
 Pinniped; harbor,
 grey, or elephant - - - -
 vend wares - - - -
 wishing spot - - - -

- | | |
|------------------------|-------------------|
| Alamo | Graceland |
| Arches (National Park) | Grand Canyon |
| Brandywine (Valley) | Lake |
| Bryce (Canyon) | Monument |
| Camp | Mount Rainier |
| Cape Cod | Mount Rushmore |
| Cape Elizabeth | New Orleans |
| (Hoover) Dam | Park |
| Disney | Redwood (NP) |
| Dollywood | Santa Monica Pier |
| Everglades (NP) | Smithsonian |
| Gateway Arch | Yellowstone (NP) |
| Glacier (NP) | |

The Pandemic, Walking, and Self Care by Eileen Anderson

COVID-19 has invaded our lives and altered our lifestyles. The recommendation is, "Stay home, do not go out unless you have to." How do outdoor enthusiasts cope with this? How do extroverts cope with social isolation? The introverts have to take care of us extroverts. For me, social media and Zoom have been a blessing. I don't feel socially isolated, especially when we can share pictures of outdoor scenes and communicate with each other. Does stay at home mean stuck inside or safe inside? One of my favorite authors, Laura Ingalls Wilder, wrote, "Some old-fashioned things, like fresh air and sunshine, are hard to beat."¹

Laura Ingalls Wilder's Little House books have been given much attention since the lockdown. Her book, *The Long Winter*, focuses on her family being isolated at home in winter with no supplies while trapped by mounds of snow. Laura's family and their neighbors were afraid to go out because they never knew when a blizzard would come. On the other hand, we are in a state of hysteria, hoarding toilet paper, paper towels, hand sanitizers, soap, etc. We are afraid to go out for fear of contracting the virus. There are others who feel that this is not comparable to what Laura described in *The Long Winter*, since we are not starving, we have insulated houses, and most of us have transportation. It is now spring with small businesses shut down and essential businesses open. We are instructed to stay six feet apart from one another and to wear face coverings.

I live in southern Connecticut, where the mountains, parks, water company properties, and shoreline provide wide open spaces. Yes, the facilities such as restrooms and camping cabins are closed. However, it is much more sanitary, even in normal times, to relieve yourself in the woods rather than the park facilities. Some of the most popular Connecticut state parks like Sleeping Giant and Hammonasset are getting so crowded that only a certain

number of cars are allowed. I try to live by Laura Ingalls Wilder's observation. I walk in a park or wooded area as much as I can. Plenty of space and fresh air easily allow social distancing. Bicycle rides in remote areas are healthy as well. Outdoor areas provide fresh air, exercise opportunities, and vegetation, all of which relieve stress. Stress is what causes people to be sick. One could only heal in a relaxed state. Fresh air and exercise promote healing.

Florence Nightingale, the founder of modern nursing, observed, "So I never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself."² The garlic mustard plants are seen growing in early spring unaware of the coronavirus, taking over meadows and woods. Florence Nightingale believed in an approach to healthcare that treats the whole person. She stated, "People say the effect is only on the mind. It is no such thing. The effect is on the body, too."³ Similar to Florence Nightingale's approach, as a Reiki practitioner, I have been trained to place hands on the client to stimulate the resting part of the nervous system, providing emotional and physical balance to the body. Since the protocol during the pandemic is distancing, my hands-on work and teaching have had to be postponed until they are medically safe. Instead, at this time I became a Reiki Master practitioner consultant and support my clients with remote treatments and meditations. This change in my practice is like a seed germinating. At home, my cat Gretagirl hunkers down by me while I share remote Reiki treatments and meditations with other practitioners. She doesn't recognize COVID-19.

continued on next page



Pandemic Self Care (continued)

by Eileen Anderson

My distant Reiki practices have been growing like flowers in spring. Surrounding myself with nature has promoted that growth in sharing Reiki in these new ways with clients and fellow practitioners as well as current and potential students.

There is research about the 1918 flu in which patients in open air hospitals improved. Three former nurse co-workers, a retired speech pathologist, and myself were unable to visit our retired nurse friend, a resident of a nursing home. We substituted the visit for a walk at Hammonasset State Park in her honor. The walk was very healing for us. This is how "The Pandemic Health Care Walkers" was established.



Spring does not recognize COVID-19. Exploring the outdoors is one of the best ways to cope with the pandemic. Social distancing in the outdoors is less challenging than trying to avoid people while grocery shopping. Southern Connecticut offers land trusts, water company properties, shorelines, and neighborhood walks to explore. I should also mention that local cemeteries are peaceful places to explore. Despite the confusing spring weather, we "Pandemic Health Care Walkers" explore. Walking with our faces covered and taking care to avoid people makes us resemble bank robbers, especially when we are out of the woodlands and at an ATM. As we walk on different terrains, wildflowers, stone walls, and trees in different stages of budding greet us.

Birds, turtles, snakes, frogs, and ducks are in their habitats. We see dogs walking with their owners and even one swimming in the river at Tyler Mill Preserve. Plants and animals are unaware of the pandemic. Identifying interesting wildflowers and other plants soon became a passion for us. One of the pandemic walkers was intrigued by stone walls and bricks from an abandoned foundation, which gave her ideas to beautify her garden. Waterfalls brought us moments of peace and serenity. The sharing of perennial plants from one garden to another has become routine.

Other activities include bicycling with the pandemic walkers. UC Aristocrat, my friend's Morgan horse, grazes in the field and comes to greet us as we return from a bike ride. As my husband and I walk down our street, our elderly neighbor is taking care of her property complying with the order to stay home. She is smiling while she greets us.



How does one cope with the pandemic? It's being outdoors in nature, gardening, and Reiki practice and self care. The first week of May was Nurses' Week. What did we Pandemic Health Care Walkers do? We put on our face coverings and hit the trails.

¹ Whipple, Annette. "Laura Ingalls Wilder Quote and Printable," *The Laura Ingalls Wilder Companion: Exploring the Pioneer World of Laura Ingalls Wilder* (blog), April 27, 2020. <https://www.wildercompanion.com/2020/04/laura-ingalls-wilder-quote-and-printable.html>

² Cook, Edward, *The Life of Florence Nightingale: in two volumes. Vol. II (1862-1910)*. London: MacMillan and Co., Limited, 1913. Release date: July 16, 2012. <http://www.gutenberg.org/files/40058/40058-h/40058-h.htm>

³ Nightingale, Florence, *Notes on nursing: what it is, and what it is not*. New York: D. Appleton and Company, 1860. <https://digital.library.upenn.edu/women/nightingale/nursing/nursing.html>

Walk Coordinator Speaks

by Beate Hait

I am still rather astounded at how different life is for all of us compared to just three months ago. Hope you are all staying healthy—physically, emotionally, and mentally—as Massachusetts and Rhode Island enter Phase One of reopening activities. Things will SLOWLY evolve into a “new normal,” which will also entail making adjustments regarding how volkswalking events are conducted in the near-term and in the future.

The agenda of the June club meeting will include discussions of logistics regarding group walks and traditional events so that we comply with current state social distancing, group gathering and sanitation guidelines. In addition, the AVA has put together a set of safe practice recommendations for clubs hosting AVA events:

- The club should continue to implement social distancing (6 ft apart) and health safety practices consistent with state/local guidelines where the walks will take place
- Advise members who feel sick or display flu-like symptoms NOT to attend events
- Have a plan in place if more than the limit of participants (based on restrictions of your area) show up to walk
- Modify registration procedures; suggestions:
 - Volunteer workers wear masks & gloves (at start/finish & checkpoints)
 - Limit the number of volunteers in an area to two people
 - Space participants in lines as they wait to register
 - Have one or two volunteers dedicated to directing social distancing
 - Participants bring their own pens
 - Sanitize all surfaces (rubbing alcohol 70%-90% could be used for this if there are no other sanitizers available for purchase)

- Have participants wear face masks and/or gloves (at start/finish & checkpoints)
- Stagger participants at the start point
- Have participants practice social distancing on their walk as much as possible
- If possible, provide hand sanitizer and/or make participants aware of restrooms for hand washing near the walk
- Let participants know ahead of time (e.g., through brochures, club newsletter, email, social media) how safety practices will be handled, and reinforce new guideline expectations for volunteers and participants
- Advise participants to bring exact change as another way to minimize contact
- If possible, have individual bottles of water available and/or advise participants to bring their own water bottles

As this newsletter goes to print, we do not know if our scheduled **August 1 walk in Pawtucket** or the **August 22 walk and club picnic in Holliston** will take place. We need to coordinate with our start points, adhere to the guidelines stated above, and comply with the changing state and local directives.

The July newsletter will have the final determination – and we'll also let you know through the club website, Facebook page, and email as soon as a determination is made. (If you do not yet receive the email updates sent out by Paul, contact him at k1yub@comcast.net and ask to be added.)

We have not yet rescheduled the walking events postponed in April and May: Hopkinton, MA; Tiverton, RI; and Devens, MA. Stay tuned ...

I hope that you have been able to get out in your local area to enjoy this glorious spring weather, and I sincerely expect that we will see one another on a volkswalking trail again soon.