



President's Corner

by Mary Frink

Like many others, I've been thinking about what was going on a year ago. I had chorus rehearsal on Wednesday and lots of people didn't come. I got together with my Friday night group for dinner & walking and we talked about "the new flu." I went to a Pi Day party on Saturday and there were only 8 people there; people with health issues stayed home. Sunday, I went grocery shopping as normal, but I did pick up a few extra things. Sunday night, my phone exploded with texts from my co-workers. The Governor had declared a state of emergency and we were to stay home for the next 2 days while things were worked out. I went into the office at 6 AM on Wednesday to get my laptop and everything I was working on and didn't go back. I also went in to MGH to donate blood. Boston was eerily quiet. I arrived too early for my appointment, so I got off the train a few stops away from the hospital, walked to the Aquarium, and watched the seals swimming in their pool. I then walked along the Greenway heading back to the hospital. I saw maybe a dozen people. The hospital (unfortunately) was extremely busy.

As the stay at home order dragged on, walking became a kind of salvation, as it did for so many. We were allowed to do it and it got us out of the house! Mostly I walked the bike path behind my house. Not many of our walks were open, but I did walk Concord once or twice. Our club meetings moved to Zoom and we tried to figure out ways to have tradition-

al walks safely, but all of our Spring and early Summer walks were canceled or postponed to fall. I remember the walk in Holliston last August. It was our first event after the restrictions loosened a little and we were worried that either no one would come or so many people would come we wouldn't be able to social distance. People did come, and it was all nicely spread out so we didn't have any issues. It was so great to see folks in person and to have something feel like normal even if it wasn't really.

Now it's a year later. I'm still working from home. Some of our start points remain closed, but a lot are open and we've moved a few to the Online Start Box. We are hopeful that next year, all of our physical start points will open again. We are doing modified group walks and have several traditional events scheduled this year. I hope you are able to come walk and see other club members you haven't seen in a while. I think that's the biggest thing I learned in this year of pandemic. I used to think I was an introvert who preferred to be by myself. I don't think that's true anymore. I really miss interacting with people on a day-to-day basis. Thankfully, it seems like we are making progress towards being able to be together again.

I know many people are still struggling with COVID and its consequences. I am not in any way trying to downplay what has happened. Please keep following the social distancing rules and wear a mask when out walking. Stay safe!

Come Friends, Let's Walk

National Walking Week

❖ *Saturday, April 3*
Extended Group:
Bedford, MA
Sign-in: 10 am- Noon; Group walks at 10:30 am

❖ *Monday, April 5*
Group Walk:
Beverly, MA
Sign-in 11:15;
Group walks at 11:30 am (TTWC)

❖ *Saturday, April 10*
Extended Group:
Wellesley, MA
Sign-in: 10 am- Noon; Group walks at 10:30 am

❖ *Saturday, April 17 & Monday, April 19*
Extended Group:
Concord, MA
Sign-in: 10 am- Noon; Group walks at 10:30 am

❖ *Saturday, April 24*
Extended Group:
Lexington, MA
Sign-in: 10 am- Noon; Group walks at 10:30 am

See club or AVA website for starting location details on these events.

nationalwalkingweek.org

Issue Highlights:

AVA Achievements – 2

Bulletin Board – 4

Walk Coordinator Speaks – 6

Trail Master's Diary: Boston Special Places – 3

Lowell Adventure – 5

Hyannis Pictures – 6

March Meeting Highlights – 5

AVA Achievement Awards (compiled from *The American Wanderer*)

Based on the IVV Event and Distance Award information in the March 2021 issue of TAW, **congratulations** are due to the following people:

Name	Events	Distance
Jack Allen	300	
Pat Damiani	850	
Roy Damiani	500	5,500 KM
Joanne Izbicki	850	
Sheila McClellan	850	9,000 KM
Joseph Piffat		22,000 KM
Kathryn Piffat		6,000 KM
Janet Varnon		10,000 KM

Did I overlook either your event or distance award? Please let me know so I can include it in the next issue of Footnotes.

-Marianne Marshall,
mrbwalker@verizon.net

President

Mary Frink, Everett
617-387-1577
mfwalks2010@verizon.net

Vice President

Keith Harlow, Blackstone
508-353-3336
krhguy13@yahoo.com

Secretary

Marianne Marshall, Waltham
781-899-5975
mrbwalker@verizon.net

Treasurer

Karen Plichta, Fall River
508-673-2374
karenp53@verizon.net

Activities Chairperson

open, volunteer needed!

Email Contact

Paul Graveline, Andover
978-470-1971
k1yub@comcast.net

Membership Chairperson

Diane Peterson, Lowell
978-987-3064
di1258@gmail.com

Walk Coordinator

Beate Hait, Holliston
508-429-3564
beateh1@aol.com

Group Walk Coordinator

Pat Damiani, Sagamore Beach
508-888-7366
pmdwalks@comcast.net

Equipment Managers

Keith & Dawn Harlow, Blackstone
krhguy13@yahoo.com

Trail Master

Ann Plichta, Fall River
508-673-6553
amplic@comcast.net

Assistant Trail Master

Karen Kolaczyk, Marlborough
508-481-7389
kkolaczyk@comcast.net

Print Newsletter Circulation

Ernie & Agnes Laviolette, Hudson
978-562-7023
ealavio@verizon.net

E-Newsletter Distribution

Margo Craven, Attleboro
magoo249@comcast.net

Newsletter Editor

Monica Hait, Holliston
footnotes.editor@gmail.com

Publicity Chairperson

Karen Kolaczyk, Marlborough
508-481-7389
kkola20151980@comcast.net

Specialties Chairperson

Beate Hait, Holliston
508-429-3564
beateh1@aol.com

Sunshine Coordinator

Chris Lipson, Bedford
781-275-0464
c2lipson@msn.com

Historian

Dawn Harlow, Blackstone
dawnvt@yahoo.com

TAW Coordinator

Verna DeVine, Attleboro
508-399-8512
vernadvn@yahoo.com

Volunteer Awards

Marianne Marshall, Waltham
781-899-5975
mrbwalker@verizon.net

Facebook POC

Blake Mitchell, Holliston
kblakemitchell@hotmail.com

Webmaster

Bill Howe, Chelmsford
978-256-7370
bill.howe@bvhowe.com

Trail Master's Diary: Boston

by Ann Plichta

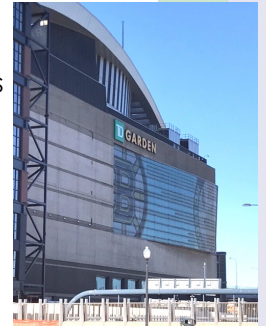
Those of us who have been members of Walk 'n Mass Volkssport Club for a while remember the former Boston Special Places seasonal walk. The routes took walkers to some of Boston's hidden gems that we don't see on our Back Bay or Freedom Trail walks, and I, for one, learned lots of new history and information. I know I was disappointed to see it discontinued. Happily, Boston Special Places is back for one day with map guided or group led walks of both the 11km and 5km routes on May 2. Or if you prefer to walk by yourself, you can register, take a map, and go.

Both routes take walkers along the Esplanade by the Charles River. It's one of my favorite places to walk in Boston in any season, with its great views of Cambridge across



the river, and its bridges and lagoons. Co-POCs Marianne Marshall and Carol Giesecke, my cousin Karen, and I walked it on a cold February day with snow on the ground, and it was still beautiful. Imagine how pretty it will be with all the trees and flowers in bloom! The route passes in front of the famous Hatch Memorial Shell, especially known for the Boston Pops 4th of July celebration. Walkers then cross over the Arthur Fiedler Foot Bridge, named for the famous conductor. Both routes also pass through Bay Village, the smallest officially recognized neighborhood in Boston. It consists of mostly smaller versions of brick Beacon Hill townhouses due to many of those builders settling there. Numerous houses exist from the Federal Period, and it was also the birthplace of Edgar Allan Poe. In 1868, most of the village was raised to avoid sewerage problems. Note the plaque at 34 Church Street. Both routes also pass the Armory, a four-story granite structure with a six-story tower finished in 1897, and the New Old South Church, built in Northern Italian Gothic style.

The 11km route also takes walkers to the West End, passing by the Federal mansion built for Harrison Gray Otis, a former Boston mayor and U.S. Senator. It then heads through part of the North End, where the air is filled with the delicious aromas of Italian food. As you turn the corner from Prince Street onto Salem Street, you'll notice Bova's Bakery, noted for its outstanding bread. Look down at the sidewalk, and you'll see some unusual items embedded there. Walkers will head down Blackstone Street where butchers have been in business since 1656.



Stop by on Fridays and Saturdays to see the popular pushcart fruit and vegetable vendors. The route continues by the former Custom House, built in 1849 in a neoclassical design, and Liberty Square, where the Sons of Liberty burned the British Stamp Office to protest the Stamp Act in 1765. Walkers will also pass the building where Alexander Graham Bell invented the telephone, and the place where Massachusetts ratified the U.S. Constitution in 1788. Next they will head to Chinatown with its distinctive arch. Enjoy some more delicious aromas as you pass through!

Join Walk 'n Mass Volkssport Club on Sunday, May 2, and discover some of Boston's Special Places with group led or map-guided 5km and 11km walks. There's always something new to discover. Hope to see you on the trail!



Photos by Carol Giesecke

Clockwise from top left: Hatch Shell; TD Garden; Quincy Market; Keany Square Building plaque.

Bulletin Board

Registration for the 2021 AVA Convention (June 26-July 3) in Madison, Wisconsin is now open at ava.org/2021-convention

The answer to last month's **Seen It?** was Providence.

Boston Special Places Workers' Walk - both 5 K and 11 K
Sunday, April 11, at 8:30 am
Meet by lobby opposite Post Office
Prudential Center, 800 Boylston St, Boston
Questions?? Contact Carol at BSPPOC@walknmass.org
Note: Street parking is free in Boston on Sundays, and arriving early ensures you'll find a spot.

Next Club Meetings Monday, April 5

6:30 pm

Virtual Meeting via Zoom
Contact Mary at
mfwalks2010@verizon.net

to RSVP and receive
meeting details

Saturday, May 1

10:00 am

the Harlows' backyard
32 Bellingham Road
Blackstone, MA

Two Town group walk in Beverly, MA, on Monday, April 5

We will register participants at the Stop & Shop, 224 Elliott Street, (Route 62), Beverly, MA, from 11:15-11:30 am and start walking as a group the **6 K trail at 11:30 am**. Because of the pandemic we will require that participants wear masks and observe social distancing. The more adventurous who wish to walk the 10 K trail will be given the directions. We think that this is an opportunity to meet together and enjoy getting reacquainted after a long hiatus. We will plan to walk other trails later in the Spring when there are more flowers to view.

Those coming from I-95 or Route 128 should note that the Exit numbers have been changed, and public works hasn't done as good a job as the State of Maine did a few years ago. You have to be at the ramp before you see the old exit numbers. The exit for Route 1A from Route 128 is now **45B**. Take Route 1A to Rantoul Street and RIGHT, drive to the fourth light and LEFT into the Stop & Shop parking lot. The exit from Route 128 to Route 62 is now **43** instead of 22. RIGHT onto Route 62 and drive into Beverly. Stop & Shop will be on your right. **Please RSVP to Joe at jpiffat@aol.com if you plan to join the Beverly group.**

Newsletter Submissions to:

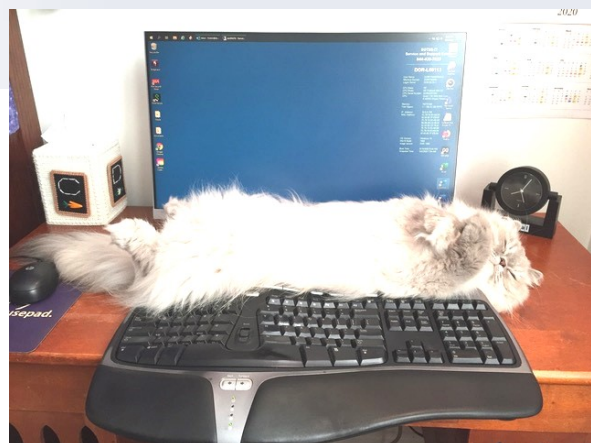
footnotes.editor@gmail.com

Deadline for next issue: April 21st

Did you know that a cat is a great desk accessory? This is especially true when she stretches out between the monitor and keyboard and rolls over to have her belly petted.

- Mary Frink

(at right) Gwendolyn demands attention



Lowell: Taking in the Scenery

by Beate Hait

Having my almost five-year-old granddaughter Rayna along for the club walking day/extended group walk in Lowell on March 21 reminded me of one of the reasons volkswalking is so enjoyable: taking time to stop and look at interesting things along the route. While we adults often will remark on a sight, mostly we'll give it a glance as we continue walking. Rayna reminded us to stop and really look. What things will catch our eye on the next volkswalking adventure?



Above: Rayna spies rocks and things in the Merrimack River

Left: Rayna admires a small waterfall alongside Bev Lange

March Meeting Highlights

by Marianne Marshall

Meeting held March 1, 2021

Group Walks:

Extended sign-in available 10:00 am-12 noon;
group departs at 10:30 am

- Sat., Apr. 3, Bedford Bike Walk
- Sat., Apr. 10, Wellesley
- Sat., Apr. 17, Concord
- Mon., Apr. 19, Concord
- Sat., Apr. 24, Lexington Battle Road
- Sat., May. 8, Bristol
- Sat., May 22, Greenfield/Shelburne Falls
- Fri., June 18, Concord
- Sat., June 19, Fall River

Ice Cream Parlor: 141 books completed

Publicity: Draft press releases for Devens and Special Places sent to POCs for review.

Sunshine: Birthday cards to Jean Jackman and Emily Goyette; sympathy card to Diane Bucher on death of her father; get well to Mary Frink.

Walk Coordinator:

- Boston Special Places, Sunday, May 2
 - Devens, Sat., May 15 (Armed Forces Day)
 - Pawtucket, RI, Sat., June 12
 - Turners Falls, MA, Sat., Oct. 9 (in conjunction with Twin State holding Middlebury, VT walk on Sun., Oct. 10)
 - Attleboro, Sat., Dec. 4
- * Our group walk in Bedford on April 3 will be part of National Walking Week (April 1-7)
- * Once Mary Frink has a better understanding of what our interaction with Element3 entails, she'll write up requirements for Footnotes to enlist volunteer.

- * Bea will update event registration sheets to include space for Element3 participants to self-identify.
- * Special Places: minimal staffing completed.
- * Hyannis start point is now a Comfort Inn (formerly Heritage House Hotel).

AVA News:

- AVA will be hosting the **IVV Olympiad** in San Antonio, Texas in 2023. A general membership meeting will be held rather than an AVA Biennial Convention that year.
- Registration open for 2021 AVA Convention in Madison, WI. If no one else volunteers, Mary Frink will be WnM delegate; Carol Giesecke offered to be WnM alternate.
- WnM voted 10 in favor, 1 opposed to the proposed AVA Bylaws amendments.
- Mary Frink to serve as TAW Coordinator until someone else steps forward. A BIG thank you to Verna DeVine who had held the post since 2007.

New Business:

- **Monday, April 5** club meeting will be via Zoom, **at 6:30 pm**. Please contact Mary Frink if you wish to receive meeting link and attend.
- **Saturday, May 1** club meeting will be outside in Harlows' large backyard in Blackstone starting at 10:00 am.

Walk Coordinator Speaks

by Beate Hait

While we slowly make strides toward post-pandemic normalcy, we are not quite there yet. We will continue to require the wearing of face coverings at our events; please also bring your own water; and follow social distancing guidelines.

Seasonal events – While we have 14 seasonal events scheduled to open on April 1, start points for three of them remain closed due to pandemic restrictions. If you would like to walk the routes in Quincy, MA; Shelburne Falls, MA; or Newport, RI, please contact the POCs.

Newport, RI POC – We thank Verna DeVine for being the point person for this seasonal event for several years. Until we find a permanent replacement and while the start location remains closed, please contact me to get the walk directions and stamps for Event, Distance, or Special Program books.
Bea Hait: beateh1@aol.com or 774-292-9098.

What are the responsibilities of a POC? Keep the Walk Box supplied with registration log, start cards, walk directions, and event awards; answer questions (usually by email) from volkssporters; submit a quarterly participation report to the Walk Coordinator; submit money collected to the club's Treasurer. Please let me know if YOU could help the club by taking on the role of POC for Newport, RI.

Sun., May 2 – Boston Special Places – Hope you are looking forward to attending this, our first traditional walking event of 2021, which will be like no other. As a “guided map walk,” there is a start window of two hours, which means you may arrive and start walking any-time during those two hours, specifically between 8AM and 10AM. Books will be stamped before you head out since the staffing will end at 10AM. For the group walks of the 5K and 11K distances going out at 8:30AM and 10AM, we are still looking for two people to act as “guides” and “sweeps,” that is, someone to lead the way and someone to bring up the rear. Please contact Bea if you would like to fill one of those roles. There is a workers' walk scheduled for April 11 at 8:30AM so you can become familiar with the route.

Sat., May 15 – Devens, MA – I will be contacting members to fill roles for start, finish, check-points, trail marking, and trail take-down. If you would like to be proactive and volunteer, let me hear from you.

Sat., June 12 – Pawtucket, RI – See brochure sent with this newsletter for details. Staffing for this event will be done in mid-May.

Hyannis Pictures:

Fun sights were found in Hyannis during the March 14 group walk.

Left: Carol, Karen, & Keith pose with a sign & fitting philosophy.

Right: an opportunity to carbo-load on the go? No, but we hear it did inspire some singing.



Ann Plichta