



## President's Corner

Just to be clear, I don't do anything on social media. I couldn't tell you the difference between Snapchat and Instagram. I do know that this is the way lots of people communicate these days. Many thanks to Blake Mitchell for being our Facebook guru and creating postings of our walks and connecting us to AVA Facebook at large. If you use Facebook, please follow the Walk 'n Mass page ([www.facebook.com/WalknMass/](http://www.facebook.com/WalknMass/)) and post or comment about our walks.

I'm slightly more old fashioned in staying informed. I like the emails Paul Graveline sends out with the schedule. Thanks Paul! I can then file them away and keep them handy for reference. How do you find out about walks? Do you use Facebook or emails or maybe the list from the newsletter?

Walk 'n Mass is now trying a new way to get word out about walks. Have you heard of Meetup ([meetup.com](http://meetup.com))? As I understand it, it's a social media platform where you can join groups that share your interests. Groups post events that you might like to attend and you can indicate if you plan to go. Are you already a Meetup user? It looks like it's free for individuals to join.

We briefly explored Meetup a few years ago, but at the time, it didn't seem like it would work for us as it was expensive to start a new group. Then,

by Mary Frink

earlier this year, I had a chance to talk to Kathy Mack from Empire State about how she has been using Meetup for her club and they've had great success. She very kindly offered to share her club's account with us so we could try it out at a discounted price (such an account allows up to 3 groups).

Since posting to Meetup has similarity to Facebook, Blake has agreed to be our Meetup contact while we are trying it out. She's been posting our walks on the site. If you use Meetup, please check out [walk-n-mass](http://walk-n-mass) there, and when you see our events, please say you are going to go. If new potential walkers see lots of people are going, they are more likely to sign up to go. Hopefully we get lots of new people interested in our walks!

Do you know something you think we can use to help promote our walks? Our publicity person, Karen Kolaczyk, is always looking for places where we can post information about our walks so it goes into local newspapers and magazines. Everything helps!

*Meetup ([meetup.com](http://meetup.com)) is a platform for finding and building local communities. People use Meetup to meet new people, learn new things, find support, get out of their comfort zones, and pursue their passions, together.*

## Come Friends, Let's Walk

- ❖ *Tuesday, Oct. 4  
Walk & Lunch:  
Fall River 10:30 am*
- ❖ *Saturday, Oct. 8  
Group Walk:  
Wethersfield, CT  
9:00 am (CVVC)*
- ❖ *Tuesday, Oct. 11  
Walk & Lunch/  
Greet Bus:  
Sandwich 10:30 am*
- ❖ *Saturday, Oct. 15  
Day Event:  
Cochituate Rail  
Trail (Framingham)*
- ❖ *Tuesday, Oct. 18  
Walk & Lunch:  
Bristol, RI 10:30 am*
- ❖ *Saturday, Oct. 22  
Group Walk:  
Hyannis 10:00 am*
- ❖ *Sunday, Oct. 30  
Group Walk:  
Lexington 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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# AVA Achievement Awards (compiled from *The American Wanderer*)

Based on the IVV Event and Distance Award information in the September 2022 issue of TAW, **congratulations** are due to the following people:

Name	Events	Distance
Bev Lange	125, 150	
Linda Lunt	150, 175	1500 km
Carol Giesecke	250, 275	1500 km
Carol West	375	
Lee West	375	
Jack Suchodolski	425	4500 km
Mary Suchodolski	525	5500 km

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

-Marianne Marshall,  
secretary@walknmass.org



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# Trail Master's Diary: Cochituate Rail Trail

by Ann Plichta

Fall in New England brings many changes... beautiful foliage, cider donuts, and pumpkin spice everything. One change that I look forward to is the great walking weather. I don't know about you, but walking on some of those hot, humid days this summer was not an option. Fall usually brings dry, cool weather perfect for getting outside. Walk 'n Mass is inviting you to enjoy the cooler days and join us for 6km and 12km fall walks on October 15 along the Cochituate Rail Trail from Saxonville (Framingham) to Natick.

Saxonville is a historic mill village in the city of Framingham. The first industry located there was a grist mill that was erected along the falls of the Sudbury River in the mid 1600s. Around 1865, a dam was built across the river to control the water's power. Our start/finish point at Saxonville Mills was established as a woolen mill in the 1800s. It became the Roxbury Carpet Company in the 20th century, and now hosts over 75 small businesses and artist studios.

As you walk toward the trail head, make sure to take a look at the murals painted on the flood gates located along the Sudbury River. You can also check out the interpretive panels along the route with information about several areas of historical interest. Walkers will go through business and residential areas following the trail under the Mass Pike and the entrance/exit ramp before crossing a pedestrian bridge over Route 30 by the TJX headquarters. It then passes behind Home Depot before heading into the town of Natick. There, walkers will enjoy the view of Lake Cochituate, the first major water supply system built for the city of Boston in the mid 1800s. It continued in that function until 1951. The lake now serves as a recreation spot and home to Cochituate State Park. With the fall foliage, it's sure to be scenic. This is the turna-

round point for the 6km walkers to head back to the start/finish in Saxonville.

The 12km route continues further into Natick, crossing over Route 9, and passing General Greene Avenue. This is the address of the U.S. Natick Soldier Systems Center, more commonly known as Natick Labs. It is said to be the only active Army installation east of the Hudson River. Major



General Greene was a former NSSC commander who was killed in Afghanistan in 2014. The 12km turnaround point is at Whitney Field at the Navy Yard in Natick. It may have gotten its name in the 1800s due to its resemblance to the Navy Yard in Charlestown. It was also known as Whitney Field after the family who once owned a large portion of the property in the neighborhood. In the 1980s it was formally renamed Navy Yard Field.

*Rail Trail and peek at Lake*

Both routes are on paved, flat surfaces, and have an AVA rating of 1A, suitable for strollers and wheelchairs. Join Walk 'n



Mass on October 15, and enjoy the fall weather with 6km and 12km walks along the Cochituate Rail Trail. Hope to see you there!

*Navy Yard*



*Decorative mural*

*Photos by Beate Hait*

# Bulletin Board

**Liberty Bell Wanderers** bus tour coming to Cape Cod, October 11-14. If you are interested in joining these visitors from PA on our walks, please check with Pat Damiani (508-888-7366 or [pmdwalks@comcast.net](mailto:pmdwalks@comcast.net)) for expected arrival/start times.

Tues., Oct. 11: Sandwich

Wed., Oct. 12: Provincetown

Fri., Oct. 14: Plymouth

## Sea Witch Festival 2022

October 29-30  
Rehoboth Beach, DE and extra offering in Ocean City, MD  
Triathlon event variety available

[http://www.mdvolks.org/FSW/files/Sea\\_Witch\\_10\\_29\\_22/Sea\\_Witch\\_Brochure\\_2022\\_11.pdf](http://www.mdvolks.org/FSW/files/Sea_Witch_10_29_22/Sea_Witch_Brochure_2022_11.pdf)

## Next Club Meeting Monday, October 3

6:30 pm

*Stop & Shop*

40 Franklin Village Drive

Franklin, MA 02038

*Up the stairs past*

*Customer Service Desk*

## Moonlight Walk November 12

Seneca Creek State Park in  
Gaithersburg, MD

<https://my.ava.org/event-view.php?sn=121139>

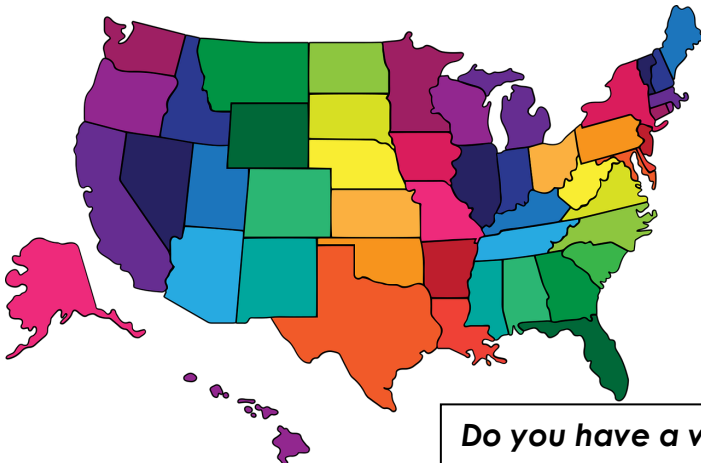
**Group Walk Plans:** GW = Group Walk  
[sign in at 9:30, group walk at 10:00];  
WL = Walk and Lunch weekdays with  
Keith [start at 10:30]

- Sandwich/Bourne Bike **GW:** Sat., October 1 (7K & 15K walk options)
- Fall River **WL:** Tues., Oct. 4
- Sandwich **WL:** Tues., Oct. 11
- Bristol **WL:** Tues., Oct. 18
- Hyannis **GW:** Sat., Oct. 22
- Providence **WL:** Thurs., Oct. 27
- Lexington **GW:** Sun., Oct. 30
- Concord **WL:** Tues., Nov. 1
- Provincetown **GW:** Sat., Nov. 5 (start 10-noon, group walk at 10:30; rain date Nov. 12)
- Bedford **WL:** Tues., Nov. 8
- Quincy **WL:** Thurs., Nov. 17

Newsletter Submissions to:

[footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com)

Deadline for next issue: Oct. 21st



## Do you have a volksmarching travel story to share?

Send it to [footnotes.editor@gmail.com](mailto:footnotes.editor@gmail.com) for possible publication in a future edition of **Footnotes**.

# September Meeting Highlights

## Meeting held September 12 via Zoom

**Sunshine:** Get-well cards to Agnes Laviolette, Joe LaPointe, Joe Piffat, and Kathy Piffat. Sympathy cards sent to Jean Armev (husband, Robert), Bill Howe (mother), and Karen Kolaczyk (dog). Congratulations card to Jack Allen's family on their new son, Matthew.

## Walk Coordinator:

- Framingham (Cochituate): Looking for volunteers for this walk. Workers' walk is at 9 am on Saturday, October 8; day event walk is on Saturday, October 15.

2023 event plans:

- April 1 Holliston, Soup Walk
- April 29 Roslindale, Arnold Arboretum
- May 19-21 Cape Cod weekend
- Date pending Fairhaven bike trail

by Marianne Marshall

## AVA News:

- Online Start Box registrants need to be sure to return to the OSB Finish Table in order to get the proper IVV credit and officially complete each event.
- Big Give: 6 pm, Thursday, September 22, through 6 pm, Friday, September 23.

## New Business:

Upcoming club meetings:

- Monday, October 3 at 6:30 pm, Stop & Shop, Franklin, 2nd floor meeting room
- Monday, November 7 at 6:30 pm, TBD— either Stop & Shop in Franklin or Zoom

# It took only 32 years ...

When my family started volkswalking on Labor Day Weekend in Elizabethtown, PA in 1990 as members of the York White Rose Wanderers, walking in all 50 states was not even on my radar. We participated in walks at the AVA convention in Annapolis in 1991 (PA, MD, VA, DE, and DC were now in our books). After relocating and joining Walk 'n Mass in 1992, and participating in Tri-State Weekends in the Northeast, all New England states were soon added. Then, by attending multiple AVA conventions, planning single-state vacations around volkswalking (such as starting in San Diego and ending in San Francisco, doing volkswalks along the way; visiting Hawaii), traveling to the Northwest Region Conference in Anchorage, Savannah in January, and Floribama Presidents' Day Weekend events, plus getting seven large, north-central US states on the Walking Adventures International bus tour to the AVA convention

by Beate Hait



in Iowa in 2011 (along with six other WnM members), and combining volkswalking with attendance at conferences around the US for résumé writers (my business), it became a distinct possibility that I could reach that lofty 50-state goal.

On September 20, 2022, after a conference for résumé writers in New Orleans, I drove to Biloxi, MS and walked that volkswalk to complete walking at least one volkswalk route in each of the 50 states.

# Congrats!!!

Above left: Bea and family in 1991

Above right: Bea in Biloxi, Mississippi

# Walk Coordinator Speaks

by Beate Hait

**EVENTS IN 2023** – Lots of exploring is happening to gauge the viability of events for next year in Roslindale/Arnold Arboretum (by Paul Kelly and Linda Perrotto) and in Fairhaven and Oak Bluffs (by Rick and Pat Almeida). As start points and dates get confirmed, I'll let you know. Would welcome other members to come forward who are willing to plan walk routes for us in areas they are familiar with or wish to explore.

**Saturday, April 1 in Holliston** – No, this is not an April Fool's joke. We would like this to be a Walk and Soup Social. We have a POC for the walk portion of this event, but we need someone to organize the soup social portion. What is entailed? Purchase beverages and paper goods (reimbursed by club), set up the appetizers, crock pots, and desserts brought by attendees, and stir the soups as they heat up. Contact Mary or Bea to express your interest in helping in this capacity.

**May 19 to 21, Northeast Region Weekend on the Cape** – Keith Harlow is working on hotel arrangements and planning a social gathering, and I am working on resurrecting a route in Hyannis that we used in 2005 so we can use this as a day event for this weekend. Of course, our current Provincetown, Hyannis and Sandwich events will also be available – and I'm hoping to offer the Oak Bluffs walk (mentioned above) on this weekend as well.

Stay tuned for details as things get firmed up.

By the way, when at the Cape this summer, Monica and I drove the 2005 Hyannis routes (two loops: 6K and 4K) and noted some changes needed in the directions. I made those updates, and now (before the snow flies) the routes need to be walked and the directions checked again. Anyone? I'm happy to email the directions to you.

**SPECIALTIES** – Congratulations to all the club volunteers who reached award thresholds this year (announced at the Lincoln Woods Club Picnic) and received \$5 coupons redeemable at the Specialties table or for IVV books. Here's a sample of items available for purchase: lime-colored T-shirt (S and M only), long-sleeved, blue T-shirt (one size XL in stock); short-sleeved, blue, V-neck T-shirts; long-sleeved denim shirts, fleece vests (two M in stock), and fleece jackets (two XL in stock); polo shirts; 50-state/51-capital T-shirts; vinyl book covers; various pins; caps and visors. Photos of some of these items can be found on the Products page of the club website [walknmass.org/products.htm](http://walknmass.org/products.htm) If you can't make it to a day event, please contact Bea to arrange delivery/mailing.

## Picture Time!

*Left: August 27 Providence group walkers enjoyed the route  
Right: Tuesday group walkers in Lexington on August 30*



Beate Hait



Joanne Izbicki