

President's Corner

It's an election year! Every two years, we elect the 4 main offices on the board: President, Vice President, Secretary, and Treasurer. We are always looking for new blood! New people give new ideas and perspectives. Here is generally what each position does.

The President does more than just write this column and give speeches at events, although that is part of the job. I lead the board meetings, making sure we stay on topic and that everyone gets a say. My main job is to be the link between AVA and the club. I keep the board informed of everything I know is going on and am the contact between the club and the NERD and Deputy NERD.

The Vice President is the backup for the President. It hasn't happened often, but there have been times I haven't been able to do my duties as President. You probably remember last year when I was sick and Keith covered for me. It's a great comfort to me knowing there is someone to take over when I can't do something.

by Mary Frink

The Secretary keeps us all in line. They take minutes at all the meetings and send them out to the board for review. They keep all the records of the meetings. They also make sure we follow proper procedures.

The Treasurer is responsible for all of the club's money. They deposit all the money we receive from walks and memberships and pay all the bills. They report on the finances at board meetings. They also report finances to AVA and file the club's tax information.

If any of these positions sound interesting to you, please let me know. The election is held in October and WnM members present at the meeting do the voting. If you have any questions or need more information on any of these positions, you can ask the people doing the jobs now. Their contact info is on the next page.

I hope you are enjoying the World Cup and had a chance to interact with the Tartan Army while they were here! I had a chance to go into Boston and it was a fabulous time!



Renewal Reminder

There is still time to submit your renewal form to Walk 'n Mass. We appreciate your membership and enjoy seeing you on the walks.

by Diane Peterson

The address to mail in the renewal is provided on the bottom of the form.

Come Friends, Let's Walk

- ❖ *Monday, June 29 & Tuesday, June 30*
Group Walks:
Oak Bluffs [time details on page 6]
- ❖ *Saturday, July 11*
Group Walk:
Lowell
10:00 am
- ❖ *Saturday, July 18*
Group Walk:
Concord, MA
10:00 am
- ❖ *Wed., July 22*
Group Walk:
Roslindale
10:30 am
- ❖ *Wed., Aug. 5*
Group Walk:
Boston Freedom Trail 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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Maine Group Walk: Aug. 8

by Denise Macaronas

SMVA AUGUST GROUP WALK (5K*)

BRUNSWICK, ME

Date: Saturday, August 8

Location: Hannaford Supermarket, 35 Elm Street, Brunswick

Park in the Hannaford lot - away from front entrance. Start point is "lobby" of Hannaford

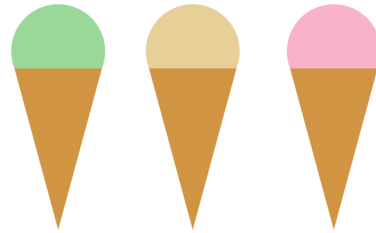
Time: Meet at 10:30 am to sign in; walk starts at 10:45 am

*Distance: 5K; 10K route available upon request

Fee: \$4 with physical stamp available on site

Please RSVP (in case of any changes and so we know who to expect):
walkinginmaine@yahoo.com or text/leave voice message at (207) 245-8233

Enjoy this historic walk that meanders through city neighborhoods, the campus of Bowdoin College, pass historic homes and museums, and through the downtown with its many shops, boutiques, and eateries.



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Maine Ports of Call

by Denise Macaronas

SMVA has been busy revising the Portland walk and creating a Bar Harbor walk in preparation for AVA's Walking Waves II cruise heading our way soon. Both of these walks are available via OSB.

The cruise leaves Boston on Sunday, August 30. The first port of call is Portland on Monday, August 31, followed by a stop in Bar Harbor on Wednesday, September 2. Details are still being worked out regarding group walks at these Maine ports of call.

The Portland walk features many scenic views and passes by a variety of historic sites, many of which are listed on the National Registry of Historic Places.

The new Bar Harbor seasonal walk is available from August 1 to September 30.

This scenic walk travels along paved sidewalks and pedestrian-friendly streets through the historic village. Read the many "Museums on the Street" signs along the route for historical facts.

At right: view of Ells Pier from Agamont Park, Bar Harbor, ME courtesy of Beth Whitney from Maine State Visitor Information Center



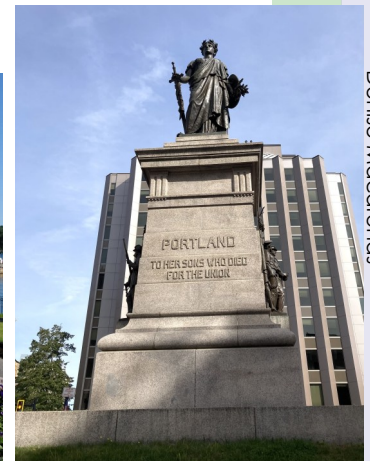
Points of interest include the Village Green, landmarks tied to the 1947 Fire and some "summer cottages" such as the ones visited by the Rockefellers, Vanderbilts, Roosevelts and other millionaires. The route includes portions of the historic Shore Path with beautiful views of Frenchman Bay and the Porcupine Islands.

Downtown Bar Harbor is a walkable center with a variety of boutiques and diverse dining (especially lobster).

More opportunities for Fun, Fitness and Friendship!



Portland Observatory (built 1807) the last remaining Maritime Signal Tower in US



Portland, ME: Monument Square, honoring over 5000 Portland soldiers and sailors who served in the Civil War

Group Walk Pictures:



Marianne Marshall



Anna Walther



Carol Giesecke

Left: May 2 group walk in Fall River

Center & Right: May 6 Roslindale group walkers in the Arboretum with skyline and lilacs

Walking Through History: The Henry Knox Noble Train of Artillery

by Bev Lange

For those of us who live in Massachusetts, the history of American independence is all around us, but how many of you know about the Henry Knox Trail markers that appear in the MetroWest area?

Many years ago, I saw an article in our local newspaper which mentioned several of these



markers located in the towns of Framingham, Southborough, Northborough, Shrewsbury, Marlborough, Wayland, and Weston. I was aware of only a few of the markers and wanted to try to find the others; however, I never got around to searching for them all. Although, we don't have official walks in most of these towns, we recently held a walk in Weston and our route

passed by one of the markers [photo at left].

When Walk 'n Mass began 2026 with our annual Boston Back Bay walk on New Year's Day, we walked past many ice sculptures depicting America's 250th birthday. One of the sculptures commemorated the anniversary of the Henry Knox Noble Train of Artillery.



of the Henry Knox Noble Train of Artillery.

Historical

reference: In December 1775, George Washington sent a young officer named Henry Knox to

transport captured British cannons and other key pieces of artillery from upstate New York to Boston. Knox left Fort Ticonderoga with 60 tons of weaponry and started out on a 300-mile trek that would ultimately help to end the Siege of Boston. It took 56 days, several dozen men, and more than 200 horses and oxen to

complete this trek. The expedition is now commemorated with a series of markers along his route from New York to Massachusetts.

Beginning in January 2026, there have been many presentations and re-enactments in Massachusetts commemorating Henry Knox's Noble Train of Artillery. I was able to attend a wonderful re-enactment event at Hartwell Tavern which is located on the Battle Road in Minute Man National Historical Park (Walk 'n Mass had a seasonal walk on the historic Battle Road for multiple years). The re-enactment events included a living history encampment, arrival of artillery via oxen, demonstration of moving cannons with oxen, and artillery firing demonstration. Given the cold day and the amount of snow on the ground, it was easy to understand how harsh the conditions must have been in 1775-1776 and how hard it would have been to transport cannons that could weigh a ton or more.



[cont.]

[Cont.] The Henry Knox Noble Train of Artillery by Bev Lange



Although I was not able to get to Dorchester Heights for the March 17 event commemorating the completion of the cannon journey and evacuation of the British from Boston, I was able to see some more Henry Knox Trail markers when I attended the ESCV Northeast Weekend's "A Revolutionary Event." I found a plaque at Crown Point which stated "on May 11, 1775 American forces took possession of Crown Point and 111 cannon, of which 29, along with 30 from Fort Ticonderoga, made up the noble train of



artillery that Henry Knox delivered to Gen. George Washington to force the British out of Boston." On the following day when we took a tour of Fort Ticonderoga, I found the plaque which read "from this fortress went Gen. Henry Knox in the winter of 1775-1776 to deliver to Gen. George Washington at Cambridge the train of artillery from Fort Ticonderoga used to force the British Army to evacuate Boston."

Perhaps this year's 250th anniversary is a good time for me to search for all those other Henry Knox Trail markers in the Massachusetts MetroWest area!

I hope you are all enjoying some great walks and historical events this year. Don't forget that we are celebrating AVA and America's anniversaries in Boston on August 28 and 29 with walks on Castle Island, Boston Back Bay, the Freedom Trail, and Boston's special places too. There will be lots of history to explore in Boston!!

*Photos courtesy of
Bev Lange*

June Meeting Highlights

Meeting held June 1, 2026 in Franklin, MA.

Boston Castle Island — Aug 28 & 29:

- 37 pre-registrations have come in.
- Volunteers needed for Friday, Aug. 28 and Sat., Aug. 29. Contact Bea.
- If you have games to lend, alert Bea.
- WnM will give a magnet to all who register.

Sunshine:

- Get well cards to Diane Peterson wishing her a speedy recovery from foot surgery and to Helen Tolbert for injuries sustained in a car accident.

Walk Coordinator:

- Members exploring themes for upcoming walks as incentives to get people walking;

by Marianne Marshall

e.g., towns through which the Charles River runs, towns George Washington traveled through on his 1789 Grand Tour; towns that Henry Knox went through pulling seized British cannon.

- At the Lake George Signature Event, Bea received an enthusiastic reception to WnM's proposed Strolls with Trolls as a Northeast Region event in Fall 2028.

Upcoming Club Meeting:

Next meeting Monday, August 3 at 6:30 pm at the Stop & Shop in Franklin.

Bulletin Board



North East Region Director, Carol Giesecke, at the iconic Crazy Horse event in June 2026

On **June 29 and 30**, take either the 8:45 or 9:30 morning ferries from **Woods Hole to Oak Bluffs**. I will be inside the Visitor Center on the dock in **Oak Bluffs at 9:30 and at 10:15** (arrival time of ferries) with registration sheets and route directions. People can walk on their own or with others depending on personal preference.
--Bea Hait

Next Club Meeting
Monday, August 3

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038

Up the stairs past
Customer Service Desk

From Paul Kelly:

As POC of the **Roslindale/Arboretum** walk, I wanted to note a street name change. Bussey Street has become **Flora Way** (walkers don't see the street signs, but anyone using a GPS might get confused).

Flora was a slave who lived in the area. The street was originally named after Dr. Benjamin Bussey, who donated the land that is now the Arboretum to Harvard University, but who also was a slaveowner in the 18th and 19th centuries. Citizens of Jamaica Plain and Roslindale decided a year ago that the name of a slave would better honor the neighborhood. Memorials to Benjamin Bussey remain in the Arboretum, which seems appropriate.

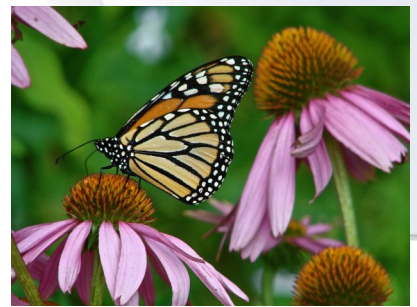
Do you have a volksmarching travel story to share? Send it to footnotes.editor@gmail.com for possible publication in a future edition of **Footnotes**.

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

Walking in the Footsteps of Lewis & Clark

Sept. 24 to Sept. 27 in
Astoria, Oregon

<https://www.otsva.org/ava-50th-anniversary--nw-walkfest-2026.html>



Volkssporting and History in NY

by Eileen Anderson



It's an amazing experience to indulge yourself in history while walking. That was the experience at the Northeast Regional

Convention in the Lake George, NY area. Deep gratitude to the Empire State Capital Volkssporters (ESCV) club for making a learning experience with exercise possible.

We experienced Crown Point, Fort Ticonderoga Village, and the Fort itself on Sunday. The walks were wonderful and very well planned. We were able to finish the walk in time to experience living history within the fort. The guide made us feel like we were living in the fort during that period. Mount Defiance gave us insight into what the American soldier experienced during the American revolution.

My friend Janet and I took the Saratoga Battlefield bike ride on Monday where the action took place. We finished up with the Lake George bike ride. We couldn't help thinking what was below those areas where we were biking. The Schuylerville and Lake George walks were also historical.

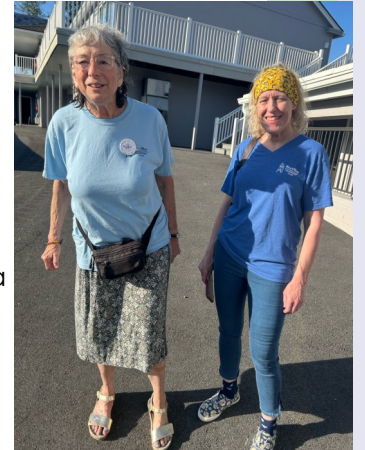
The Georgian Inn (the host hotel) offered a cabana, outdoor firepits, and lounge chairs on the shores of Lake George. We imagined a battle being fought there 250 years ago where volkssporters now sat and relaxed.

We got an overwhelming taste of the American Revolution and the French and Indian War. We wondered why we didn't pay attention during history lessons in our youth.

I felt the walks, bike rides, guided tours, and living history sessions were the cake. The meet & greet and the beautiful dinner on the shores of Lake George were the icing on the cake. It was wonderful to exercise in the beautiful area while meeting friends from all clubs. Always a pleasure to run into Bea Hait along with other Walk 'n Mass members. I am proud to say that my friend Janet and I were sporting shirts from "Bea's Catalogue." Joining Carol and Lee West from CVVC, my beloved Connecticut club, for dinner while being immersed in a history presentation from a Saratoga Historian was amazing.

We lucked out with no rain but the heat was oppressive. The ESCV club did a great job making sure all participants were well cared for. I heard a friend say, "Not bad weather but wrong clothing." However, there is just so much people can disrobe in the hot weather. The important thing was safety, which the leaders on the Fort Ticonderoga walk made sure of when I experienced heat exhaustion. It showed how important being together in a group can be.

Again, thanks to all members of ESCV. You all rock.



Eileen and Janet sporting WnM T-shirts



All photos on this page courtesy of Eileen Anderson



Boston Word Search

by Monica Hait

With the events coming up in August, Karen Plichta suggested I create a Boston-themed word search.

Items in parentheses below are not in the search. Please note this grid has some unconventional word placements. Have fun!

Adams

Back Bay

Beantown

Big Dig

Blue (line)

Boston Cream Pie

Bruins

Bunker Hill

Castle Island

Celtics

Chinatown

Cobblestones

Cruise

Dorchester

Esplanade

Ferry

Freedom Trail

Globe

Green (line)

Harbor

Herald

Historic

Liberty

Lobster

Mallards

Marathon

Moakley Park

Molasses

Museums

Orange (line)

Pier

Red (line)

Red Sox

Revere

Silver (line)

Sullivans

Swan Boat

Tea Party

Union Oyster House

Zakim Bridge

