

President's Corner by Mary Frink

Happy Autumn!!! This is my favorite time of year. It's still warm enough to be outside without 50 layers of clothes. The trees are starting to turn beautiful colors. The Big E is going on and the Topsfield Fair starts soon. So exciting! It's a fantastic time of year to get out and walk! It's going to be weird for me this year as I will be away on vacation and will miss a lot of the things I usually do. Hopefully I'll still get to go apple picking when I get back! I'll try to squeeze in a walk or two as well.

For some people, autumn means winter is coming. While that is true, it also means a new year with lots of possibilities! We are already looking for places to have day events. Do you have somewhere you like to walk that has a place we can use as a start point? A start point needs parking, a place we can set up the tables and, most importantly, bathrooms! If you have somewhere you think will work, please let me or Bea Hait know. We had wonderful day events this year with two good ones still to go!

ESCV is working on getting things going for the 2019 convention. They've had meetings with AVA and the convention center and are really making progress. It's amazing all the planning that goes into something like this, and they've already been working for a year! Walk 'n Mass is looking into a pre-convention walk in

Northampton. When I get more details I will pass them on.

The portion of the Appalachian Trail through Massachusetts we identified for the new special program has been walked and sanctioned! Many thanks to everyone involved in that project. I know how much work everyone has put in. For those of you who don't know what I'm talking about, there is going to be a new special program starting in January 2018 to walk part of the Appalachian Trail in each state the trail goes through, like how our Marathon challenge did walks in all the towns the Boston marathon goes through. It will use the new online start box being run by the California Volkssport Association and in MA we will offer 5K, 10K and 13K routes.

So, get out and walk and enjoy the last of the beautiful weather before the snow flies! On a personal note, if you make it to the Topsfield Fair, take a look in the craft building for my needlefelted quilt!

P.S. Sue Blinten has done the **Fairy Falls** walk I wrote about last month and kindly sent me a picture! Hopefully I get back to Yellowstone to see it for myself!



Come Friends, Let's Walk

- ❖ Sunday, Oct. 1
Day Event:
Yarmouth, ME (SMVA)
- ❖ Saturday, Oct. 7
Day Event:
Woodstock, VT (TSVA)
- ❖ Sunday, Oct. 8
Group Walk:
Hyannis, MA
11:00 am
- ❖ Saturday, Oct. 14
Day Event:
Milford, MA
- ❖ Tuesday, Oct. 17
Guided Walk:
Schuylerville, NY
240th Anniversary of
Saratoga Battles
9:00 am (ESCV)
- ❖ Saturday, Oct. 21
Group Walk:
Lowell, MA 10:00 am
- ❖ Saturday, Oct. 28
Group Walk: Troy, NY
10:00 am (ESCV)
- ❖ Sunday, Oct. 29
Group Bike/Walk:
Bedford, MA
10:00 am

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

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Pre-Order for 2018 Starting Point Books

by Monica Hait

It is that time of year again, the new edition of *Starting Point* will be available shortly and the time to order is now as the number produced is based on the pre-ordered quantity. Please **contact Bea Hait** (beateh1@aol.com or 508-429-3564) **no later than Sunday, Oct. 15** if you are interested in reserving a copy; the cost is \$25 and books are typically delivered in early December.

Not familiar with *Starting Point*? This book is a very handy reference published by AVA each year that lists details for (nearly) all seasonal and year-round events across the United States.

If you are planning trips anywhere in the country, you can easily flip to the state (or states) you are heading to and assess which trails appeal to you and fit into your travel itinerary. When a walk starts at a hotel, you can even save time in searching for where to stay in the area! Browsing through a *Starting Point* book can inspire you to actually plan that trip you've been wanting to go on and include some really great walks along the way!

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Trail Master's Diary: Milford

by Ann Plichta

Did you know October is National Volkssport Month? Walk 'n Mass invites you to go out and celebrate with 5km and 10km walks in Milford on October 14. A limited quantity of AVA's 2017 volkssport month patch will be available as an "A" award. October is a great time of year to go for a walk. Not only is the air usually cooler and drier, but the trees have turned their beautiful fall colors. Experts say the conditions are right for beautiful foliage this year, so go outside and enjoy it!

Milford was first settled in 1662 and incorporated as a town in 1780. It became a successful industrial and mining community in the 19th century due to its location close to the source of the Charles River, the Mill River, and the Blackstone River watershed. It became famous for its pink granite, discovered in 1870. The granite has been used in buildings all over the world, including the Boston Public Library, the Main Post Office in New York City, and Pennsylvania Station in Baltimore. It was also used in the Battle Monument at West Point.

The 5km route is completely on the Upper Charles Trail, a proposed 25 mile trail to link Milford, Ashland, Holliston, Hopkinton, and Sherborn along an abandoned rail bed. Milford was the first town to complete their section, totaling 6.58 miles. Walkers will pass by Fino Field with soccer and baseball fields, as well as a pool, Cedar Swamp Pond, and the Louisa Lake recreation area. Watch out for wildlife among the lily pads on the water as well as the trees lining the way. You could spot wild turkeys, blue herons, turtles, and more.

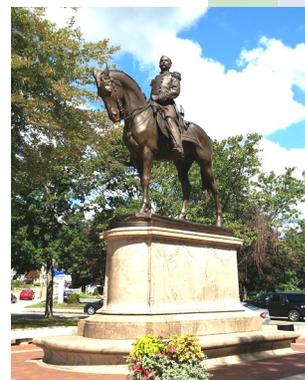


The 10km route explores a bit of downtown Milford before joining up with the Upper Charles Trail. Walkers will pass by the Milford Town Hall, built in 1858 in an Italianate architectural style. It is listed on the National Register of Historic Places and is unusual among Milford's municipal buildings in that it is not built from the local granite. The route continues by a statue of General William Draper sculpted by Daniel Chester French. Draper was a Civil War general, Ambassador to Italy, and Member of Congress before retiring to head the Draper Corporation in nearby Hopedale, manufacturing cotton machines. Walkers will then pass through residential areas before returning to Main Street and the Upper Charles Trail.



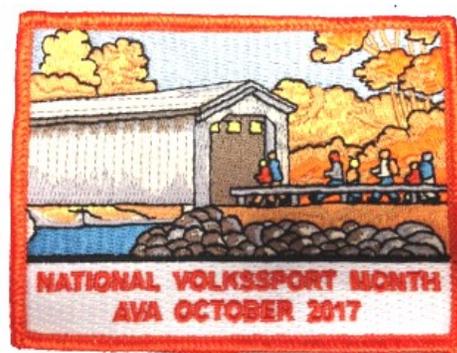
Milford Town Hall

The 5km route is completely on the mostly flat, paved Upper Charles Trail. The 10km route has one slight incline, but is otherwise mostly flat on paved surfaces. Both routes have an AVA rating of 1A, suitable for strollers and wheelchairs.



General Draper statue

Enjoy a fall walk and celebrate National Volkssport Month with 5km and 10km routes in Milford on October 14. Hope to see you on the trail!



Left: Upper Charles Rail Trail

Photos by Monica Hait

Bulletin Board

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: Oct. 21st

**Next Club Meeting
Tuesday, Oct. 3**

6:30 pm

Stop & Shop
40 Franklin Village Drive
Franklin, MA 02038
Up the stairs past
Customer Service Desk

It's A Name Change!

Just to make everyone aware, the Start Point for the Falcon Wanderers YRE in **Manitou Springs, CO** has a new name: Magnuson Grand Pikes Peak. Not a new place, just a new name.

So, keep on coming to walk in the funkiest town in Colorado. And, if you need a place to stay, consider the Magnuson Grand. It's close to **Garden of the Gods** and all the other local attractions.

http://clubs.ava.org/gen3/data/event_details.asp?eventid=106706

The **Susquehanna Rovers** are hosting their annual **Hershey Walkfest on November 24 & 25** this year. There are 4 walk trails offered during this Walkfest holiday weekend and the joys of Hershey, PA are many.

Hotel accommodations at the Sleep Inn and Suites, 631A Eisenhower Blvd., Harrisburg, PA 17111. Call 717-564-8888, ask for Susquehanna Rovers group rate of \$79 per night. Deluxe continental breakfast is included. Hotel is 11 miles from the start point. Call before November 10, 2017 for the group rate which is good for Friday, Saturday, and Sunday nights.

September Meeting Highlights

by Marianne Marshall

Meeting held September 5, 2017

• Upcoming Group Walks:

Hyannis, Sun., Oct. 8 at 11:00 am
Lowell, Sat., Oct. 21 at 10:00 am
Bedford Bike, Sun., Oct. 29 at 10:00 am
Newport, Sun., Nov. 5 at 12:00 pm
Plymouth (walk/parade), Sat., Nov. 18 at 10:00 am (sign-in at 9:45 am)

- **176 Ice Cream Parlor** special program books sold. **21 people have completed the program.**
- PayPal account established to conform to AVA requirements for online registration system for our 2018 Appalachian Trail event
- Get-well cards sent to Joel Weddig and Polly Meltzer; sympathy cards sent to family of Carroll Tiernan and Karen Kolaczyk (death of her father)

- All 2017 year-round and seasonal events sanctioned for 2018 with the exception of Boston & Beyond due to low participation
- Need locations for 2018 day events
- WnM to participate in #OptOutside (walk on November 24 aka Black Friday); Bea has contacted year-round and seasonal chairpersons for possible walks to schedule
- Volunteer points to be awarded to Monica Hait, Bea Hait, Dawn Harlow, Keith Harlow, Bev Lange, Ann Plichta, Karen Plichta, Mary Suchodolski and Jack Suchodolski for their work in establishing a route for WnM Appalachian Trail event in 2018
- Jan and Bob Varnon working details for a pre-convention walk in Northampton in 2019

Walk Travels: Spencer Glacier, Alaska

by Pam Medolo

On September 15, Mike and Pam drove to Portage, to the Alaska Railroad pick-up point. After checking in, we picnicked on sandwiches while awaiting the train's arrival.

At 1:20 pm, we boarded Alaska Railroad's Glacier Discovery Train for a 25-minute ride to Spencer Whistle Stop in a remote wilderness area accessible only by train. Along the way there were marshes with flocks of migrating Sandhill Cranes, glacier-dotted mountain sides and trees "dressed" in autumn colors.



Arriving at Spencer Whistle Stop, we disembarked and disbursed - some to float down the Placer River and others to hike the trail to Spencer Glacier. Ten of us gathered at the trailhead with Chugach National Forest Service Ranger Liz, our guide for the interpretive nature walk. After setting a few ground rules about what to do if we encountered moose or bears, we set off on the well-maintained gravel path.

Along the way Ranger Liz talked about geology, glaciers, history, flora or fauna and answered questions. She explained that as glaciers retreat, moss and lichen move in then plants, shrubs and trees. Across the valley, small waterfalls cascaded down the mountain sides. Leaves on cottonwoods were turning yellow and evergreens (spruce and hemlock) sported small cones. We saw evidence of animal inhabitants - moose tracks in the mud and trees gnawed by beavers - but no actual critters. No fish or plants live in

the lake or the river because glacial run-off is too silty for sunlight to penetrate.

We walked on the mostly flat trail as it wound for 1.3 miles to the edge of Spencer Lake. Across the lake we saw a massive wall of ice filling the valley. Many icebergs of all sizes floated in the lake and Mike retrieved a small chunk. We marveled at how crystal clear it was (like a pane of glass). We walked another ½ mile or so along the lake to an overlook before re-tracing our steps back to the trailhead. Some people were exploring the area on their own and we were passed by hikers headed for a public use cabin. One can camp here but the only way in or out is by train.

Back at the whistle stop, we had a short wait for the train to return. Earlier it had continued down to Grandview Glacier then reversed its route. At 4:35 pm, we re-boarded for a 35-minute journey back to Portage (stopping to pick up the rafters) and saw more cranes and a bald eagle on the way. As September has been unusually wet, we were glad to have a fine, dry day for our excursion to Spencer Glacier.

Right: Mike & Pam at Spencer Lake with icebergs floating on surface



Above: Deadman's Glacier
Below: Spencer Glacier in detail



Photos by Mike Medolo

Do you have a volksmarching travel story to share?

Send it to footnotes.editor@gmail.com for publication in a future edition of **Footnotes**.

Walk Coordinator Speaks

by Beate Hait

Why do you participate in volkswalks? – My answer to that question: it gets me away from the computer, provides opportunity to see new areas of this glorious country, one step at a time, either close to home or further afield, and introduces me to a great number of friendly people whose company I enjoy. It is very uplifting to see many familiar faces when attending club events. Group walks provide additional benefits: the opportunity to walk and talk while enjoying the company of others, and often one can simply follow along if someone who knows the route is leading.

On a recent group walk in Hartford, CT sponsored by Connecticut Valley Volkssport Club, Monica and I met with Elizabeth, Neel and 15-month-old twins Rayna and Nico. When Walk 'n Mass members Angela and Rick Allen along with their sons Jack and Tommy arrived, POCs Carol and Lee West commented to fellow CVVC member Luiza McDougall that out-of-staters outnumbered CT residents at this walk. In actuality, it was eight CT residents, five MA residents and 1 ME resident (Carol's brother). It was the CT family members that drew all the out-of-staters to this group walk.

What a lovely Downtown/Riverfront route in Hartford! It was very pleasant to have Lee West leading the way and providing commentary on the historic buildings, parks, happenings and areas of the city we traversed. Several years ago the Hartford volkswalk route went by the Mark Twain home and Harriet Beecher Stowe house, and a few years ago the route went to Elizabeth Park with its expansive flower gardens. This new route highlights an entirely different part of town with lots of parks, the statehouse, museums, performance hall, restaurants and, if doing the 10K route, a long stretch right along the Connecticut River. I heartily recommend adding this walk to your list of places to visit.

Walk Events in 2018 – Now is the time to start thinking about where we will be walking in 2018. An immediate need is a location for the Soup Walk that starts our walking season and is usually held in late March or early April. For this we need a start point with a kitchen and hall that can seat about 100 people. The area around the start point should include sidewalks (that get plowed of snow if needed) where a 10K and 5K route can be laid out. Suggestions, please!

Hartford Pictures:

*Left: the Hait's & Ahluwalias (courtesy of Beate Hait),
Middle: Carol's brother Wayne from Maine (courtesy of Monica Hait),
Right: the Allens by the river and in a park (courtesy of Angela Allen)*

