

President's Corner

Happy Winter! As I write this, a blizzard is expected to start within the next 48 hours. Sigh... Just as the sidewalks were starting to appear again... My brother and sister-in-law live in Utah and they have had almost no snow so far this winter. That's really bad for them as that's where their water in the summer comes from. I keep trying to send it back west to them, but it hasn't worked so far!

Hard to believe the soup walk is at the end of next month! Hopefully there will be some green grass and early flowers starting to poke their heads up. There's a reason it's the start of our walking season. I hope you are all coming! Even if you aren't up to walking, please come and stay for lunch and hang out with everyone. It will be good to see people after being stuck in the house with the snow. It's a memorial walk for Chuck Lipson, so please come and share stories. If you are bringing something to share for

by Mary Frink

lunch (soup, bread, dessert, etc. but NO NUTS), please send me an email at mfwalks2010@verizon.net and let me know. I need to make sure we have enough of everything. My dad always hoped a potluck would end up being all desserts, but we really need to have some soup for our soup walk.

Summer seems so very far away. However, we have been working very hard on our AVA Signature Event on August 28 and 29. The registration form has been posted on the website and you can make a hotel reservation if you would like to stay in Boston. I am in charge of registrations, so you can give it to me in person at any event before August 1. We have a new walk that will go to Castle Island that will be available on both days and there will be a social event each night. There will be cake at Saturday night's event! Now if only this snow would go away so we can get out and finalize the new walk route.

Come Friends, Let's Walk

- ❖ *Saturday, Feb. 28*
Group Walk:
Hyannis 10:00
- ❖ *Saturday, Mar. 7*
Group Walk:
Wickford, RI 10:00
- ❖ *Saturday, Mar. 14*
Group Walk:
Sandwich 10:00
- ❖ *Saturday, Mar. 14*
Group Walk:
Wethersfield, CT
10:00 (CVVC)
- ❖ *Wed., Mar. 18 &*
Sunday, Mar. 22
Group Walk: Boston
Back Bay 10:00
- ❖ *Wed., Mar. 25*
Group Walk: Boston
Freedom Trail 10:00
- ❖ *Saturday, Mar. 28*
Day Event:
Holliston Soup Walk

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. Winter group walk schedule may change based on weather and road conditions. Please contact POC to check if unsure.

Hello, New Members!

compiled by Diane Peterson

We are happy to welcome our newest club member:

- ◆ Sara Derstine of Framingham, MA

We look forward to seeing you out on a trail soon!



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Membership Renewal

by Diane Peterson

This is a reminder that our membership year starts April 1st. Complete the renewal form and send it in with the \$15 payment to ensure that your membership continues throughout the 2026 season. The mailing address is listed on the bottom of the form.

You will then continue to receive your copy of the club's *Footnotes* newsletter providing walk travel stories, notices of upcoming group walks, as well as events such as the soup social scheduled for March 28 in Holliston and our Weston day event on April 25.



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In Memoriam: Dolores Vaz

by Beate Hait

Long-time Walk 'n Mass member Dolores Vaz died on January 23, 2026 at the age of 90. From 1990 through 2023, Dolores was an active club volunteer—along with her sister Emily Goyette, who died in 2022 at age 98. The sisters enjoyed traveling to volkssport events around the country and were proud to have completed a 10km walk in all 50 states.

Most often when asked to help with staffing an event, the response was, "Sure! What do you need me to do?" At over 70 events, Dolores staffed checkpoints or start and finish tables, provided information to new walkers, or helped with food at club picnics and soup walks. In 1997 and 1999 she met tour group buses in Providence to help with stamping of IVV books and share tidbits of interesting sights not mentioned in the directions.

Dolores also enjoyed developing interesting walk routes. As co-chair of the year-round Providence, RI walk from 2010 through 2021 and of the Bristol, RI seasonal event from 2010 through 2023, she diligently managed the Walk Boxes, making sure that all supplies were well stocked, walking the routes often to ensure accuracy of the written directions, updating the information for AVA Special Programs, and presenting the data for the quarterly reports on time.

Photos courtesy of
Beate Hait

Bristol group walk 6/25/2017
Dolores (L) with Emily (at R)



At Right: Providence group walk 3/1/2014
Front row: Dolores and Emily;
Back row: Barbara Kimball and Marianne Marshall



Boston Group Walk Pictures

by Beate Hait



Great companionship and sunny weather on the Freedom Trail 5km group walk on Feb. 15, 2026

Bulletin Board

AVA is partnering with Silver Sneakers! Silver Sneakers has a 30+ year history of keeping seniors active and connected by providing access to gyms, online classes, and community-based events. AVA Clubs who participate will be able to promote their guided walks on the Silver Sneakers calendar of events (open to 18 million eligible seniors) and be reimbursed for Silver Sneakers members who take part in AVA events.



At left: Miriam Boucher spotted this interesting scene along a WnM route last autumn. Unknown is how often the rubber ducky visits for a swim. Do you recognize where? Answer next month.

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

Next Club Meeting Monday, March 2

6:30 pm

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

Newsletter Submissions to:

footnotes.editor@gmail.com
Deadline for next issue: March 21st

Reminder: For group walks of Back Bay [like on Mar. 18 or 22] and Freedom Trail [like on Mar. 25], we will meet in the inside seating area in the center (under the dome) of Quincy Market, behind Faneuil Hall.



AVA Store is Open!

https://bigfrognewbraunfels.com/americas_walking_club/shop/home

There are various styles of shirts, ballcaps and sweatshirts to choose from, customized by you.

You choose:

Preferred color

50th Anniversary logo or just the AVA logo

Short sleeve or long sleeve shirt of cotton/poly blend – unisex or female cut

Dri-fit short or long sleeve in both men's and women's cuts

Crew neck sweatshirts

Vintage and trucker ball caps

This is your chance to get the AVA merchandise you want. Your order can be one item or several items.

Walk Memories: Amesbury

by Ann Plichta

As Walk 'n Mass celebrated its 40th anniversary last year, I started to look back at all the memorable volkswalks I had participated in. My first walk was the Soup Walk in Sudbury in 2005. There's been a lot of walks since then! I've been to so many memorable places and met so many wonderful people, it's hard to pick a favorite. There is one instance that stands out, however. That happened back in 2014 as we prepared for a tri-state weekend with a walk in Amesbury.

The only thing I knew about Amesbury was that I always passed a sign for it on Route 95 as I headed north to Maine. I was curious to learn more about the area as I met POCs Charlie Conway and Bonnie Neggars to measure the route. I was pleasantly surprised with the Riverwalk along the Powow River, the picturesque falls, and the historic downtown. As Charlie, Bonnie, and I were walking along Main Street with its impressive collection of early Victorian and Federalist architecture, we came across an older gentleman tending his garden in his front yard. We stopped to admire his efforts and started talking about his flowers and home that was built in 1744 and beautifully preserved. The gentleman was

curious about our mission since I was still measuring with the wheel. That always drew attention because people usually thought I was getting ready to put in a new road. The owner was proud of his home with some of the original colonial features including the woodwork and transom glass.

As we spoke further, however, we found out he was stressed because the colonial layout of his home was going to make it difficult for his wife to come home after spending time in rehab. The next thing we knew, he invited us in! We could understand his concerns, because although the inside was impressive, the rooms were too small to accommodate a hospital bed and the stairway was too steep and narrow for a chairlift. The very features that made his home unique made it difficult for him to take care of his wife. We felt badly for him, but after a while we had to leave since we still had a walk to measure. As we left we wished him good luck. Although we couldn't solve his problem, I always hoped that having a sympathetic ear (or six) made him feel a little better.



Walking Quote Cryptogram

by Monica Hait

Find the proper letter replacements to solve this cryptic quote from an iconic country singer. Clues: T = R, E = N, L = V

B Q P G R H G E ' S A B J M S Z M T G X H P G R ' T M

C X A J B E U, O S X T S W X L B E U X E G S Z M T G E M.

- H G A A P W X T S G E

Walk Coordinator Speaks

by Beate Hait

Sat. March 28, Chuck Lipson Memorial Walk and Soup Social in Holliston – Our first traditional event of this year is dedicated to long-time member Chuck Lipson. The brochure was included with the Jan/Feb *Footnotes*. We invite all to stay for the soup social that begins at noon. If you'll be bringing a soup, appetizer, bread, or dessert to share, please notify Mary Frink (mfwalks2010@verizon.net), who will be coordinating the food portion of this event. Our start point is a nut-free facility, so **no nut ingredients**, please.

The 10km walk route is comprised of two 5km loops. If walking only 5km, you may choose which loop to walk. The Rail Trail Loop features walking on the Upper Charles River Rail Trail (or adjacent sidewalks if the rail trail remains snow covered or icy), Blair Square with the Iraq/Afghanistan Veterans Memorial, and Rita's Labyrinth. The new 5km route this year goes through downtown Holliston and Mudville to Pleasure Point on Lake Winthrop and through several neighborhoods.

Sat. April 25, Weston, MA – It is Take #2 for this walk that was originally held last June. Despite the heavy rain, the 37 people who participated all commented on this lovely route that includes a portion of the Mass Central Rail Trail. Hope to see YOU there this year! See brochure for details.

Sat. May 16 to Wed. May 20 – Northeast Region Weekend and AVA 50th Anniversary Signature Event –Walk the Story that Changed the World: A Multi-day Event on Revolutionary War Battle Sites – Sponsored by ESCV, walks are in Johnstown, NY, Crown Point and Ft. Ticonderoga, Schuylerville, Lake George and Round Lake. For more information and to register, see escvwalks.org

Fri. August 28 and Sat. Aug. 29 – Boston Castle Island and AVA 50th Anniversary Signature Event – We will be welcoming volkssporters from around the nation on this weekend as

we celebrate AVA's 50 Anniversary. The Meet & Greet on Friday and the anniversary cake on Saturday also provide opportunities to get to know your fellow volkssporters better over a game of cards or Bananagrams or ... do you have a favorite game you'd like to bring? Brochure with pre-registration information (required for the two social events) is included with this newsletter.

Year-Round Events (YREs) and Seasonal Events (SEs) – This year, WnM sponsors ten YREs: Boston Back Bay, Boston Freedom Trail, Boston Special Places/Hidden Gems, Hyannis, Lowell, Newton, Sandwich, and Wellesley, MA plus Providence and Wickford, RI. On April 1, ten SEs join the lineup: Cheshire, Concord, Fall River, Oak Bluffs, Plymouth, Provincetown, Quincy, and Roslindale, MA as well as Bristol and Newport, RI. Refer to the brochure booklet that was mailed to all club members in December or check the club website for details on the start points and sights to see on these walk routes.

With this frigid and snowy winter, please use your best judgment when walking these routes, but also keep in mind that the conditions at those locations might be different from your location. Several of our scheduled group walks in January and February were cancelled due to the POC notifying us (and relayed to club members via email POC Brian Timmons) about unsafe walking surfaces. On the flip side, we were notified that precipitation the day prior to the Providence group walk was forecast to be rain when to the north it was expected to be snow. Those who attended the Providence group walk on Feb. 21 experienced cleared sidewalks and even saw the sun!

A walk on **Nantucket** is in the planning stages for this fall. I invite any club member to contact me with other suggested walk locations. Would especially like to have a picnic (early August?) or potluck & pie walk (sometime in Sept/Oct).