



# A Talk About Walk-about

Notes from an informal meeting to explore

Meeting at 20 Main, 4/3/18  
Present: Rebecca Kelly (Tahawus Center), Shawn Lamarche (Sheldrake Rd),  
Valerie Pawlewicz (Saranac Lake),

Au Sable Forks strengths include its unique confluence and waterfront location, three bridges, historic downtown that is compact and walkable, with surrounding neighborhoods including Black Brook with varying architectural designs and amenities of beauty and interest.

## Ideas to Highlight in a Walking Tour:

1. Note the areas within our Town: Jersey section, Intervale, Palmer Street, North Main, Main St, French Road, Riverside Park(s).
2. Identify all the beautiful homes built by \_\_\_\_\_ in the heyday. (Consult Town Historian.)
3. Identify the historic buildings – identify commerce and homes (Consult Town Historian.)
4. Mansion tours – is that possible, who could provide?
5. Eventually design/ create the brochure or map – which will be the self-guided Tour (maybe Stewarts Fdn could help provide funding)
6. Self guided tours – pick up info at Tahawus, and in many places around Town and afield.

## AMONG THINGS TO DO

1. Create committee: place a description in Jay News – proposing a series of walks. Invite interest/ join. Who wants to get involved? For good reasons: Promote our history, Support walkability of the town, Establish healthy habits.
2. Talk to Councilman
3. Eventually obtain permissions by landlords and homeowners to be noted in signage or lists, etc.
4. Eventually create signage in town for walks (*employ local artisan?*) including 1-hour or times walkabouts for exercise: easy, moderate, hike, heart/health walks. Figure out mileage and time for segments – encouragement signs
5. Explore the idea of pedestrian bridge joining Riverside Park - Playing Fields areas (major funding)
6. Investigate North Country Regional Economic Development Council (NCREDC) possibility for major grant support for Trails and Walkability, and other Grant Sources

Please look at this **EXAMPLE**: [Walking Tour of Westport NY](http://westportny.com/Walking%20Tour%20Westport%20NY.pdf)  
<http://westportny.com/Walking%20Tour%20Westport%20NY.pdf>



Download 32 pages of walks to take in Westport with our map.

See Westport's great example:

## A WALKABLE TOWN - REASONS TO GATHER

<http://www.vox.com/2015/10/28/9622920/housing-adult-friendship>

Generous Act Fund - Adirondack Foundation says municipalities should apply for support for this project

### **Walkable communities— sound exotic to American ears.**

A key ingredient for the formation of friendships is repeated spontaneous contact. That's why we make friends in school — because we are forced into regular contact with the same people. It is the natural soil out of which friendship grows.

The researchers believed that physical space was the key to friendship formation; that "friendships are likely to develop on the basis of brief and passive contacts made going to and from home or walking about the neighborhood." In their view, it wasn't so much that people with similar attitudes became friends, but rather that people who passed each other during the day tended to become friends and later adopted similar attitudes.

Three conditions that sociologists since the 1950s have considered crucial to making close friends: proximity; repeated, unplanned interactions; and a setting that encourages people to let their guard down and confide in each other, said Rebecca G. Adams, a professor of sociology and gerontology at the University of North Carolina at Greensboro.

### **GOOD SIDEWALKS AND BRIDGES, SHADE, BENCHES, A PLACE FOR LITTER, FLOWER BOXES, COMMUNITY KIOSK FOR ANNOUNCEMENTS**

Living in a real place, a walkable area with lots of shared public spaces, around which one can move relatively safely and effectively without a car. It seems like a simple thing, *but such places are rare* even in the cities where they exist.

A robust walkshed is an area in which a community of people regularly mingles doing errands, walking their dogs, playing in the parks, going to school and work, etc. Ideally, cities would be composed of clusters of such walksheds, connected by reliable public transit.

We shouldn't just accept a way of living that makes interactions with neighbors and friends a burden that requires special planning. We should recognize that by shrinking our network of strong social ties to our immediate families, we lose something important to our health and social identities, with the predictable result that we are ridden with anxiety and loneliness. We are meant to have tribes, to be among people who know us and care about us.

Reprinted by Rebecca Kelly from David Robert's 2018 article in VOX  
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