

## President's Corner by Mary Frink

Hello everyone! I'm just back from vacation, so I don't have much to say (except that vacations are fantastic!). The next big event is the picnic walk on August 11 in Woodville. Remember that it's **picnic dinner** instead of lunch this year! Also, this is an **election year for club officers** (elections at October meeting). If you are interested in being President, Vice President, Treasurer, or Secretary, please let me know. Even if you're not, come to a board meeting and see how it all operates! The next one is August 7 at 6:30 pm at St. Michael's Parish Center in Bedford. We can always use new ideas and opinions! Hopefully I'll see you in the next few weeks! Enjoy the rest of the summer!

## Bulletin Board: Mini Edition

### Book your 2019 Convention Hotel Room NOW!

A block of rooms for the 2019 AVA Convention has been reserved with the Red Lion Hotel. We have blocked room nights for June 11-15 at a discounted group rate of \$109 + tax per night.

Red Lion Hotel Albany, 205 Wolf Road Albany, NY 12205

To make your reservations: call 1-844-248-7467 or 518-458-7250 and ask for the American Volkssport Association Block to get the discounted rate.

### Newsletter Submissions to:

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

Deadline for next issue: Aug. 21st

### Next Club Meeting Tuesday, August 7

6:30 pm

St. Michael's Parish Center  
90 Concord Road (Rt. 62)  
Bedford, MA  
Please enter parking lot  
from Liljegren Way

### Princeton Jazz Feast Walk on Sunday Sept. 16

Yes, you read that right, it is a Jazz FEAST with lots of music and food. The volkswalk is mostly flat on sidewalks along the streets of historic Princeton, NJ community. Now in its 27th year, the Jazz Feast is an open air festival that swings with the joy of great music and food! Featuring performances by some of the best jazz musicians & showcasing many of the area's finest restaurants. Email Diane Glace for brochure and other details ([glace@rutgersprep.org](mailto:glace@rutgersprep.org)).

### Come Friends, Let's Walk

- ❖ Saturday, July 28  
Group Walk:  
Providence, RI  
10:00 am [Water/  
Fire later that night]
- ❖ Saturday, Aug. 11  
Day Event:  
Woodville, MA  
Club Picnic
- ❖ Sunday, Aug. 26  
Day Event: West  
Point, NY (VCWP—  
Highland Falls Rotary  
Run/Walk;  
Start between 8:00-  
9:00, finish by 11:00)

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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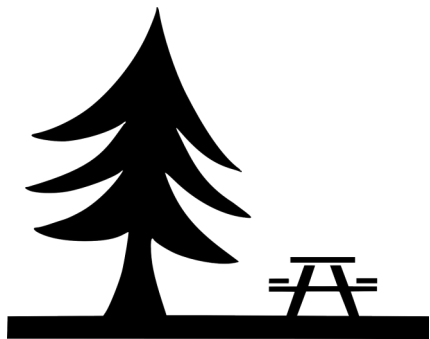
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# Coupon Reminder & Update

by Marianne Marshall

Did you receive an award at last year's picnic?? Have you forgotten to use your included WnM Coupons at the Specialties Table (marked good until July 29, 2018)?? If so, please come to the picnic in Woodville on **Saturday, August 11**, and find something to take home. The WnM Executive Board has extended the expiration date to the day of the picnic.



## Annual Club Picnic at 5:00 pm, Saturday, August 11 in Woodville, MA

Following the walk, please join in the festive picnic and share in delicious foods prepared by fellow walk participants. All are welcome!

If you would like to contribute, please bring a main course, salad, or dessert to share. Contact Chris Lipson at 781-275-0464 or c2lipson@msn.com to inform her of your tasty dish. Paper products, water, and soda will be provided. Other beverages may be purchased inside at the bar.

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# Walk Travels: On the Europiade in Sicily

by Paul Kelly

In Sicily, May is an excellent month for walks, not too cool and usually not too hot. Linda and I had wanted to travel there for quite some time, and we read last year about the Europiade, organized by the IVV to take place in Selinunte, a resort on the southwest coast of the island. After extensive research into arranging a trip ourselves, Linda and I decided on the easier, less confusing option of joining a tour offered by Walking Adventures International (WAI).

On May 23, Day 3 of the tour, we (as well as Pat and Roy Damiani, long active members of Walk 'n Mass) arrived at our hotel in Mazara del Vallo, and in the late afternoon we proceeded with the tour's 24 other participants and three guides to a gathering point on the seaside at the edge of town with about five hundred other walkers gathered under their national or regional flags. At about 6, each group, led by its flagbearer, began to march toward the town square, the avenue lined with cheering townsfolk. WAI had given each of us walkers a national flag, and few of us could resist giving one to a smiling child as we passed.



The next morning, we were brought by bus to Selinunte. We had a choice of walks at 6, 12, or 21K. We chose 6K, because we didn't know what lay ahead. As it happened, the route wasn't just unknown, it was deceptively varied and strenuous terrain.

It started with a sharp descent into a series of sand dunes, then diverged into a copse of scrawny trees and bushes. From there we scrambled up a dusty hillock onto a raised path dividing two vineyards. We soon

clambered down into a paved road between yet more vines. We arrived at the decision point between the shortest and the longer routes, and after a second's indecision, we chose 6K.

A sharp right led through further vines, bunches of tiny grapes in view, and another right up a hill into a wood. We arrived at a checkpoint that seemed to be the end of the walk, but the planners of the route had surprises in store.

Shortly we found ourselves on a narrow path between thickets of thistles, avoidable with effort. This path plunged down a dry, rocky ravine. Footing was difficult, but poles helped; nonetheless, we found occasion to murmur and then whine. I'm sure we impressed many European walkers.

The path widened and flattened out onto a beach. More sand. Hundreds of yards of it. Thick and deep. Here we discovered the reason we are not excellent on the volkswalk. To our left, dozens of walkers were proceeding in the water, shoes in hand, while we continued to slog in the soft sand. We did not join them.

We eventually saw a marker pointing us right and steeply uphill toward the hotel. We followed the boardwalk back up the incline and completed our walk without much more complaint.

How did we compare with our European co-walkers? A bit slower, a bit less cheerful or at least self-assured. Still, we completed our six kilometers. If we had had a flag there, we would have hoisted it.



Part of the Selinunte Trail



Paul & Linda in Selinunte

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

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

# Walk Coordinator Speaks

by Beate Hait

**YREs and SEs**—Don't forget that our club hosts 20 events for your participation pleasure whenever they fit your schedule. Check the hours of the commercial start point in the bright orange-colored brochure that was mailed to you last December or visit the club website at [www.walkmass.org](http://www.walkmass.org) or the AVA's [www.ava.org](http://www.ava.org) to get details on any specific YRE or SE. Remember to register with the Online Start Box (OLSB) for our Cheshire SE, other area Appalachian hikes, & some events in Vermont. OLSB is found at [www.cva4u.org](http://www.cva4u.org).

**Saturday, August 11 – Woodville – Walk and Annual Club Picnic**—Looking forward to seeing many of you at our annual club meeting/picnic preceded by a lovely walk along the shores of Lake Whitehall in the Woodville area of Hopkinton. If you've misplaced the brochure that was included with a prior newsletter, you can view and/or print the brochure for this walk from the club website.

**21st AVA Biennial Convention in June in Albany, NY**—AVA's biennial convention moves around the country and has never been in the Northeast – until now. (Closest was Cherry Hill, NJ in 2005.) This is a wonderful opportunity to visit with volkssporters from around the country who enjoy this activity as much as we do.

The Empire State Capital Volkssporters are hosting this convention with the main convention days being Wednesday, June 12

through Friday, June 14 that include walks in Cohoes/Waterford, NY, Saratoga National Historic Park, Schuylerville, NY and Albany, NY. A series of workshops featuring volkssporting and local history topics will be offered, and entertainment in the evenings is being planned.

Pre- and Post-convention walks will be hosted by Twin State Volkssport Association, Two Town Walking Club, Walk 'n Mass Volkssport Club, and Niagara Frontier Volkssport Club: Portsmouth, NH on Sunday, June 9; Danvers, MA on Monday, June 10; Springfield, MA on Tuesday, June 11; Cooperstown, NY on Saturday, June 15 and Buffalo, NY on Sunday, June 16.

While the complete schedule and pre-registration materials will be available this fall, the host hotel, Red Lion Hotel Albany, is accepting reservations now for the June 11-15 dates at a discounted group rate of \$109+tax per night, which includes continental breakfast. Call the hotel directly and ask for the AVA Block: 518-458-7250 x440 or the 24/7 reservation line at 844-248-7467.

**Club walks in 2019**—Yup, it's time to start thinking of locations to visit next year. We especially need to lock down a location and date (typically late March/early April) for our Soup Walk that kicks off the walking season. Please contact me to suggest a new location or one that you'd like to see us revisit.

## Picture Time!

*Can you tell the walkers who gathered in Concord on July 7 had a good time? After the intense heat earlier in the week, the milder temps were welcomed by lots of smiling faces and happy walking feet.*

*Group selfie by Nancy Shaw who often walks with Hopkinton Trails but this was her first volkswalk!*

