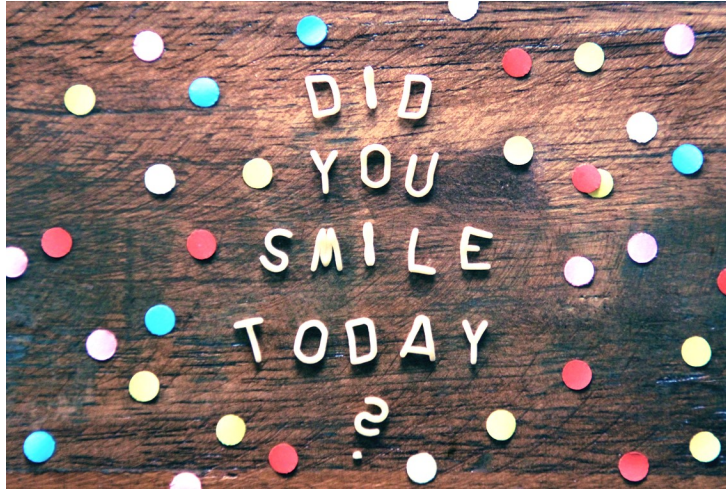


President's Corner

by Mary Frink

I hope you are enjoying the summer. Please be careful if you are walking in this heat (and humidity). Use lots of sunscreen and drink plenty of water!



Come Friends, Let's Walk

- ❖ Saturday, Aug. 19
Group Walk:
Providence, RI
3:00 pm
(Water/Fire)
- ❖ Saturday, Sept. 9
Group Walk:
Windsor, CT
9:00 am (CVVC)

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.



Fun with Volksmarching Terms

by Karen Plichta

On a recent Sunday, I went to do the Bristol, RI walk to get that stamp in my Rhode Island County book. So I'm waiting at the counter and when the young clerk comes over, I ask her for the walk box. And she says to me, "Exactly what is that walk box?" I said, "Well, do you think I carry the box with me when I walk?" And she said, "Yes." Then I explained to her I get the directions from the box but I don't take it with me.

Lexington Route Notes

by Joanne Izbicki

The Lexington Battle Road seasonal walk route has some important trail repairs and closures to be aware of for the next few months.

- The boardwalk on the western section of the Lexington walk is currently under repair/reconstruction resulting in losing about the last 2 K of the 10 K route. This work is expected to continue to mid-September. Please retrace your steps at Shadyside Ave to finish.
- Date TBD: the walkway from the parking area to the Visitor Center will be closed for repair. Follow posted signage for alternate access to Visitor Center.
- Summer heat and no AC makes the Visitor Center too hot, so from July 10 until at least mid-August, the Visitor Center will only be staffed from 9 am to noon; Walk Box availability will also be during these hours. Restrooms available until 5 pm.

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Please be sure to get out and walk when the weather allows, our seasons need participants!!

Walk Travels: Avoiding Rome

by Paul Kelly

Anywhere you go in Rome, you are treading on history. The very streets are lined with stones that once rubbed the soles of the emperors. Nonetheless, on the last day of our recent visit to the Eternal City in early May, Linda and I determined to walk from our apartment on the Via Flavia, near the villa Borghese, to the Tiber, a jaunt of about 3 ½ kilometers, without visiting any tourist sites. Rome was determined to defeat us.

We started with the irony of exiting onto Via Flavia, named after the Flavian emperors, rulers from 69-90 AD. We continued down Via Flavia to pass behind Chiesa di Santa Maria Vittoria, where stands the explosive Bernini sculpture, Ecstasy of Santa Teresa. We didn't go in to look - we had seen it earlier. Then on down Via Leonida Bissolati,

past Lamborghini Roma (no history there!) into Piazza Barberini. Barberini was a sponsor of Bernini's. Not far away is the Palazzo Barberini, home of the Galleria Nazionale d'Arte Antica, partially designed by Bernini. We didn't enter.

Instead, we continued past the Fontana del Tritone, also by Bernini, depicting a sea-god, onto the Via del Tritone and shortly into La Rinascente, a department store without a hint of the emperors (except for the prices), looking for a gift for a child. On six floors, we found nothing for children. So, we returned to the street and ambled down the Via della Stamperia towards the Fontana di Trevi, where we found crowds and another Bernini sculpture.

Continued on page 3

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Walk Travels: Avoiding Rome (cont.) by Paul Kelly

We did not take selfies, but followed the cobbled streets past several sun-splashed administration buildings and print shops until we found ourselves facing the Via del Corso, one of the busiest streets in Rome. To our left was the Galleria Doria-Pamphilij, one of the lesser-known art museums in the city, well worth a visit. Not for us this day. We crossed the street and went straight ahead, finding ourselves in front of the massive Ministry of Culture. We went around the building, passing in front of it and then along a narrow alley into a grand piazza, where a street entertainer was belting out arias from well-known operas. A thin line of visitors had formed and was stepping briskly toward the Pantheon, one of the great examples of civic reuse of old stuff. We were drawn into the line.



Inside the Pantheon, we admired the concrete dome, constructed probably between 29 and 19 BC by Marcus Agrippa, rebuilt by Hadrian, and in 609 AD converted into a Catholic church. Opposite the entry portal is an altar

with facing pews, so tourists can't make a complete circuit of the indoors. We took a path between one side of the chapel to the other, where Raphael is buried. Then we emerged into the light, the soprano still holding forth.

Having walked around the interior of the Pantheon, we now found our way completely around the outside, somehow having forgotten how to read a map. We passed the soprano once again and found Via del Saluatori. This quiet path led us to the furiously busy Piazza Navona, home to Bernini's Fountain of the Four Rivers. Restaurants everywhere. We crossed the piazza to the northwest and found Via di Tor Sanguigna and a few steps further, the Piazza di Tor Sanguigna, locations named after a tower belonging to

disputatious Romans of the 11th century who had a habit of pouring boiling oil on their enemies from its heights.

At the western end of the piazza appeared the narrow Via dei Coronari, one of the waypoints of our walk. On either side of the street, we passed leather shops, bookstores, toy stores, clothing stores, and antique stores. In a paper goods store we bought a gift for a friend, a notebook with a marbled cover. Halfway down the street, about a quarter of a kilometer, stood our true goal, the Gelateria del Teatro, one of the finest of its kind in Rome. We ordered two heaping cups and enjoyed them on a bench in the Piazza di San Salvatore in Lauro, across the way.



The devouring of gelato completed, we finished our stroll down the Via dei Coronari towards the Tiber. A right turn and a few steps later, we could see across the river the Castel Sant'Angelo, but we didn't go toward it. Instead, we crossed the street and headed east high above the banks. Traffic was rushing loudly beside us, but we imagined ourselves as natives and continued past two bridges, slowly turning North with the river.

At this point one of us required facilities, and we saw a likely host across the busy road in the modernistic Museo dell'Ara Pacis. We eventually found an entrance and inquired. We were politely refused, despite our desperate appearance, so we exited and headed homewards on the Via Tomacelli toward the Via del Corso and its shops. There we found Zara, of international fame and likely restrooms.

Not only did we find relief, we found the child's gift we had been seeking, so we emerged from the store into the bus stop where we could board and ride back to our apartment, memories of Rome settling into our bones as they had earlier pressed into our soles.

Bulletin Board

Seen It? by Joanne Izbicki

Have you encountered this unique sign on a WnM seasonal route yet? Were the horses in the field upright or sleeping when you saw them?



Walk Around Florida 32: October 27-29 2023

Pack your sunglasses & your walking shoes, and come to Florida this October for WAF 32.

Learn more: happywanderersfl.org
<https://www.facebook.com/WalkaroundFlorida32>



Next Club Meeting Monday, August 7

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: August 21st

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**.



Walk Coordinator Speaks

by Beate Hait

Saturday, October 14—Milford, MA—Potluck & Pie – Keith Harlow invites us to the Italian American Vets Post 40 as our start location for this route that features the paved Upper Charles River Trail for both the 5K and 10K distances. The longer route also includes portions of downtown Milford. Look for the brochure with all the details in the September newsletter.

At present, we're looking for someone to coordinate the Potluck & Pie portion of the event, which includes purchasing soda and coffee to accompany the potluck lunch items

and pies brought by participants, and setting out the food the day of the event. If this is something you'd like to do, or if you'd like to staff a 2-hour shift at the start, finish or check-point tables, please, contact me!

Planning routes for 2024 – It's not too early to start thinking about where the club should hold walk events next year. Do you have a favorite location that you think fellow club members would enjoy seeing? Please contact me with your suggestions.