

President's Corner

Hello Everyone! The picnic walk in Lincoln Woods is almost here! I can't wait for everyone to come. I have had some registrations and there is plenty of time for more. If you want to send me your registration, it has to be in the mail by August 12 to be sure that it gets to me by the 17th. I'll be heading down to RI early to get things ready. You can also do the online start box if you prefer. You can do that up until the day of the walk. Even if you don't want to walk, please come and take part in the picnic. It's a bring-your-own-picnic, but I am hearing rumor that there may be some desserts provided. What could be better than hanging out with your walking friends in a beautiful park? We will also be handing out the volunteer awards. You may be getting one, so come and see! I still have B award patches available if you are interested in one. Just mark it on the registration and include the extra money and I'll clip one to your start card.

What motivates you to go for a walk? I've been thinking about this a lot lately. My office has been doing a step challenge. Every day we put our steps for the day before in a spreadsheet. I see other people with so many more steps and I wonder how they do it. What gets them out to walk so much? I know some people pace or walk in place while they are on work

by Mary Frink

calls, but that doesn't count. When I go the grocery store, I walk up and down each aisle. You'd be surprised how many steps that gets you, but it's boring and can be dangerous when you walk down the chip or candy aisle. The heat isn't even an excuse for me. The garage for my building is underneath and is the whole length of the building. It's partially underground and well ventilated so it's much cooler. I actually counted and it takes 120 steps to walk from one end to the other. Maybe I need to start small and set a goal of a number of steps and then increase it a little every day. Sometimes I lose motivation when the goal seems out of reach. What do you think? Any helpful ideas?

Please be careful when out walking in this heat. Drink lots of water and walk inside if you can. See you at Lincoln Woods!



Come Friends, Let's Walk

- ❖ *Tuesday, Aug. 2*
Walk & Lunch:
Providence, RI
10:30 am [see p.4]
- ❖ *Tuesday, Aug. 9*
Walk & Lunch:
Beverly, MA
10:30 am (TTWC)
- ❖ *Tuesday, Aug. 16*
Walk & Lunch:
Bedford, MA
10:30 am
- ❖ *Saturday, Aug. 20*
Day Event (& Club
Picnic): Lincoln
Woods, RI
- ❖ *Tuesday, Aug. 23*
Walk & Lunch:
Newton, MA
10:30 am
- ❖ *Saturday, Aug. 27*
Group Walk:
Providence RI
3:00 pm (Water/Fire)
- ❖ *Tuesday, Aug. 30*
Walk & Lunch:
Lexington, MA
10:30 am

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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Memorial Service for Charlotte Phillips

by Beate Hait

A memorial service for Charlotte Phillips, former president and long-time member of Twin State Volkssport Association (TSVA), who died in December 2021 in San Antonio, TX, will be held in Vermont on Sunday, August 14.

The 2:00 pm service will be held at the Cornwall Congregational Church, 2598 Rt. 30, Cornwall, VT with Patriot Guard Riders. Immediately following the church service, her cremated remains will be buried with honors and presentation of the flag by the Army National Guard at the nearby Evergreen Cemetery. After the burial, an ice cream social is being planned back at the church.

The seasonal volkswalk in Middlebury, VT is one that Charlotte planned—and has remained active

to the present day. Cindy Gray has scheduled a group walk of that event on August 14 at 9:00 am from The Middlebury Inn, 14 Court Square, Middlebury, VT. Please register using Online Start Box (OSB). Of course, you may walk this route any-time it fits your schedule!



Charlotte in
New London, NH on
Sept. 24, 2016

Beate Hait

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Trail Master's Diary: Lincoln Woods

by Ann Plichta

What are some of your favorite summer activities? A day at the beach? A family cookout? Taking advantage of the long summer days to walk or bike? How about a picnic in the park? Walk 'n Mass Volkssport Club invites you to join us for a 5km or 10km walk in Lincoln Woods State Park in Rhode Island, followed by a club picnic on August 20. Bring your own picnic lunch and drink, and dessert will be provided by the club. It's a great opportunity to catch up with your fellow walkers.

Lincoln Woods State Park, just like the town of Lincoln, was named after President Abraham Lincoln. The park was officially founded on his 100th birthday, February 12, 1909. It covers 627 acres around beautiful Olney Pond, which is more man made than natural. The Olney family created a dam on a nearby stream along the Moshassuck River in order to power their thread mill, which helped form the pond. The park is known for its giant glacial boulders and stony terrain which made it unsuitable for farming or development. It features a fresh water beach, extensive picnicking facilities, and trails for equestrians, mountain bikers, snowmobilers, and hikers. Outdoor lovers can also kayak, canoe, fish, and ice skate, depending on the season, of course. Lincoln Woods is also known for bouldering, a type of rock climbing that does not involve ropes or harnesses. It was a favorite place for Providence born author H.P. Lovecraft to walk in the summer months. He wrote long letters describing the park in vivid detail. If you saw the 2011 movie "Moonrise Kingdom," parts of it were filmed in the park.

The walk route consists of two 5km loops. The Pond Loop passes the beach before heading to the park road that takes walkers directly around Olney Pond. The road is one way, and is divided into two sections with cars on one side and walkers on the other. As you walk,

you'll have many chances to look out over the pond. You might see some kayakers, boulderers, or people heading out to the many trailheads for mountain biking or hiking. Be sure to keep an eye out for waterfowl, and you might even catch a glimpse of some horseback riders.

The Covered Bridge Loop begins by going in the reverse direction around the pond before heading to the covered bridge which was dedicated at one of the entrances to the park in 2005. The road there is open to cars in both directions, so be sure to stick to the side. Walkers will pass picnic areas and more trailheads along the way.

Both loops have plenty of shade to keep you out of the August sun and are on paved surfaces. The Pond Loop is hilly with many ups and downs. It has an AVA rating of 2A. The Covered Bridge Loop has a long hill down to get to the bridge. Of course, that means walkers have to head back up. It has an AVA rating of 3A. The routes are doable for strollers, but the hills could make it challenging for wheelchairs.

Join Walk 'n Mass for a 5km or 10km walk and a picnic in Lincoln Woods State Park on August 20. Picnic tables are available at the start, or you can bring your own blanket or chair along with your picnic lunch. Pre-registration is required. Contact POC Mary

Frink if you have any questions. Hope to see you there!



Mary Frink



Mary Frink



Bulletin Board



Notice: Providence Start Point at the Roger Williams National Memorial Visitor Center. If you want to access the physical Start Box, the hours are now Thursday through Sunday from 10 to 4. The OSB is also available anytime.

The Walk & Lunch group will still be visiting Providence **Tuesday, Aug. 2.** If you plan to join, please alert Keith Harlow or Ann Plichta so they know to expect you in the parking lot. Alternate sign-in will be available if you do not register via OSB.

Next Club Meeting Saturday, August 6

10:00 am

*Beate Hait's yard
80 Wingate Road,
Holliston, MA 01746
Please bring a lawn chair*

Do you have a favorite walk memory or volks- marching travel story to share?

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

Newsletter Submissions to:

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

Starting Point 2023 Photo Contest

Photos must be from July 1, 2021 to August 31, 2022; categories are people, places, or things. Limit of 3 photos per person.

Submission deadline August 31, 2022.

More at: https://cb.ava.org/checkpoint/2022/Jul/2022_7_Checkpoint.pdf

and https://cb.ava.org/checkpoint/2022/Jul/Submission_Form.pdf

From WalkBoston (walkboston.org), we learned about a new, **FREE** resource compiling 25 miles across 14 neighborhoods in Boston at **www.bostontrails.org**. Maps and turn-by-turn directions are available on the Boston Trails website. They are also hosting a guided hike of section 3 on August 13, and plan to do section 4 on August 27. Anyone wanting to check this out can register (for free) and attend or choose a day to explore on your own.

Maybe part of the Boston Trails route can be incorporated into a new walk for our club? Who wants to adventure on the Walking City Trail?



Northeast Weekend 2022

Host Hotel:
Holiday Inn, 114 Buffalo Avenue,
Niagara Falls, NY 14303



DATES:

Saturday, September 17, 2022 – [Buffalo \(Hofbrauhaus\) Walk](#)
Sunday, September 18, 2022 – [Niagara Riverwalk](#)

- Additional available IVV Credit walks include:
 - [See the Falls - \(Fireworks/Illumination Schedule\)](#)
 - [Youngstown](#)
 - [Lewiston](#)
 - [Fest List](#) - (more local walks)
- Check out the [Maid of the Mist](#) Boat Tour – (just a 10-minute walk from the hotel)

[Editor: for live links, please use the separate PDF sent with this e-newsletter. If you need the PDF, email Mary Frink or Beate Hait]

SPONSOR:

Niagara Frontier Volkssport Club
www.NiagaraVolkssportClubs.org

HOST HOTEL:

Holiday Inn, 114 Buffalo Avenue, Niagara Falls, NY 14303
Call (716) 285-2521, Ext. 2, for \$99 plus tax special rate. Date range September 14-19.

START/FINISH:

Sat. & Sun. starts from 9-11 a.m., finish by 2 p.m.

DISTANCE/TRAIL:

5k/10k – Paved paths and city sidewalks

REGISTRATION:

Walks: Register for walks and awards at Start Points.

Lunch: **REQUIRED** pre-registration [by August 27](#) for Saturday 1 p.m. luncheon at The Hofbrauhaus, 190 Scott St., Buffalo, NY 14204. *Walkers with reservations for the Octoberfest Event pre-paid luncheon deal will be seated in the Special Deal area. We cannot guarantee seating for anyone not on our lunch reservation list.*

Menu includes two bratwursts with sauerkraut on buns, two potato pancakes, and half liter of beer. Price is \$32 with your pre-registration and includes tax and tip.

Meet and greet Volkssporters from around the Northeast Region, the USA, and Canada.



Print Name	Luncheon (\$32 ea.)
Total	

MAIL REGISTRATION TO: Barb Stafford, 5270 Goodrich Rd., Clarence, NY 14031, or
EMAIL REGISTRATION TO: Terry.McFarland@email.com

Walk Coordinator Speaks

by Beate Hait

Sat., Aug. 20—Lincoln Woods State Park—Walk and Club Picnic – Please remember to register for this event BEFORE August 20 either by mail (see brochure's Pre-Registration Form included with the May Footnotes or on club website (https://walknmass.org/day_walks/Lincoln%20Woods_082022_final.pdf)). Alternatively, you can register through the Online Start Box (OSB) on my.ava.org. Contact me by August 15 to coordinate delivery at this event of any club apparel or IVV books. Hope to see you there!

Sept. 17 and 18—Northeast Weekend – Have you marked this weekend on your calendar? The Niagara Volkssport Clubs (www.NiagaraVolkssportclubs.org) invite you to come and enjoy the camaraderie of

volkssporters from this region and beyond, including AVA Chair Nancy Wittenberg, traveling from the state of Washington to attend these walks and social activities.

The Hofbräuhaus in Buffalo is the Start/Finish for the Saturday walk, and a special lunch is offered at 1 pm (pre-registration is required by Aug. 27—see poster on page 5). Sunday's walk route features the Niagara Riverwalk.

The Holiday Inn-Niagara Falls is the host hotel (a 10-minute walk brings you to the Maid of the Mist boat tour). Call 716-285-2521 ext. 2 for event hotel special rate.

Tuesday Walk (& Lunch) Group Pictures:



Carol Giesecke

Above: history and beautiful sights were enjoyed July 12 in Salem with members from Two Town Walking Club.

At right: the heat in Bristol on July 19 was tempered by a sea breeze (and pockets of shade).



Carol Giesecke