



SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

Sept - Oct 2007

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<http://smva.8m.com>

Next Meeting

Wednesday
Sept 12, Oct 10, 7 pm
Walker Memorial Library
800 Main Street, Westbrook, ME

Newsletter Deadline

October 20
Alan Johnson
207-899-2929
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President's Corner

Carroll Tiernan

Fall - my favorite time of year. The weather is cooler, the traffic jams smaller, and the insects less. What a perfect time for walking. My favorite place to walk this time of year is at the fairs. Maine has many wonderful fairs, Oxford, Topsham, Skowhegan, Union, Windsor, Presque Isle, Cumberland and the granddaddy of all fairs, Fryeburg. Walking from the race track (my husband races horses) to the animal barns, then to check out the biggest pumpkins, on to see the handiwork and bakery goods and then, of course, to sample some fair food, I bet I walk at least a volksmarch. Of course, with what I do at the food court, I better keep walking.

This issue has some interesting material. John Mclellan, who was our proxy at the AVA convention, sent a very complete report. Thank you, John, for representing us so well. Phil Hait, our new NERD, just went down to AVA headquarters for training and let us know about that, and finally the AVA president sent a report from the recent IVV meeting which is very interesting (this report may not make it until the next issue depending on space).

SMVA lost a dear friend and member when Valerie Day passed away unexpectedly this summer. Our sympathy goes to her husband, Herm.

Though we do not have any events planned for the rest of the year, this is a great time to walk the SEAs and YREs. Plans for next year include our yearly kick-off of the New Year with a January 1st walk of the Portland YRE. Also we are just starting to plan for another Chocolate walk in February.

In the next months, a nominating committee will be chosen and a slate of officers and board members will be presented. Also plans will be made for next years' walks and programs. If you can't make a meeting and have an idea (or a yen to volunteer), just call or e-mail any officer.

The program at our October meeting will be another presentation by Brenda Witherell. Brenda, an RN, came last year and gave us important information on health and safety. Brenda is very approachable and willingly answered questions, also. We are looking forward to this meeting.

Please remember to get out and enjoy the lovely fall weather. It is good for your heart and your head.

See you on the trail.

7/11/07 Minutes

Submitted by Carole Plowman

The July meeting was a talk by licensed Maine Guide, Ned Dought, on Proper Summer Gear. Last winter Ned gave a very interesting and informative talk on Proper Winter Gear so we looked forward to his visit. We were not disappointed. Ned also works for EMS and is involved in product research so the information he gave us is the most up to date available. Where the winter talk was about frost bite and keeping warm, this talk was about dressing to be cool and protected. Summer problems of dehydration, sunburn, and insect bites were discussed. He told us how good shoes and walking poles can save us from falls. Though there are many insect repellants on the market that work to repel most insects, when ticks are of concern, DEET repellants are the answer. DEET is a very strong chemical though and must be used carefully. He showed us a couple of tricks to using the repellant effectively while not putting it directly on our skin. He also discussed water bottles and the current confusion of what materials are safest and leach the least; stainless steel is the material of choice at this time. Ned brought a variety of equipment to illustrate his talk. Thank you, Ned, for another informative and interesting evening.

There was a brief business meeting at which next years walks, new POCs, Senior Games, next year's slate and other upcoming items were discussed.

8/8/07 Minutes

Submitted by Carole Plowman

The meeting was brought to order by Carroll. The following shows the number of walkers for each of our walks to date:

Portland	37
Brunswick	20
Portland Bike	2
Yarmouth	25
Sanford	3
Fryeburg	6
Augusta	14
South Portland	30

John McLellan, our proxy at the Convention, sent us a four page memo about the Convention. Phil Haite, the new Northeast Regional Director, has a banner that we can borrow if we should need one.

The newsletter deadline is 8/20/07. Alan Johnson has volunteered to put together our newsletter,

and we are very appreciative.

The Senior Games walk will be held on 9/7/07 at 5:30. Denise is trying to have the registration held that night. The AARP Expo will be held in Boston from 9/6/07 through 9/8/07.

It was suggested that we evaluate the year round and seasonal walks to make them better and more accessible. A suggestion was also made to hold seasonals within a two-quarter period to save on the cost of running them, since we must pay AVA for each quarter of the year that a walk falls in. We'll ask the POC's what they think about limiting the walks to two quarters.

A Nominating Committee needs to be put in place for next year's officers.

Our annual group walk will be held in Portland on 1/1/08. The Chocolate Walk will be held the weekend before Valentine's Day.

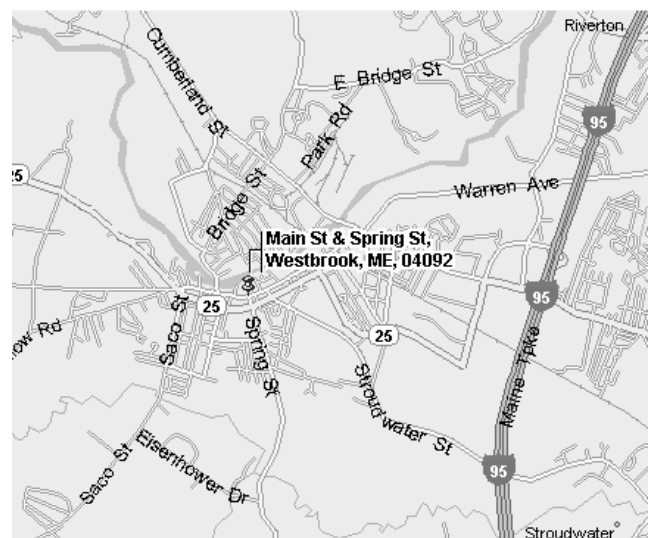
After the meeting, we took turns using Nordic walking poles that some members had brought in. It was a chance to get familiar with the benefits of using them.

SMVA Monthly Meetings

SMVA meets on the second Wednesday of every month. We meet at the Walker Memorial Library, 800 Main Street, Westbrook, ME 04092 at 7:00 pm..

All meetings are open to the public and everyone (of every age) is invited to attend. We need your ideas, energy and enthusiasm to help make our organization grow. Hope to see you soon!

- Wednesday, September 12 - a "working" meeting
- Wednesday, October 10 - with guest speaker Brenda Witherell Topic: "Winter Safety and First Aid"
- Wednesday, December 12 - Annual Pot Luck Holiday Get-Together
- Wednesday, November 7 - a "working" meeting



Walk totals for the SMVA YRE and SE

Augusta YRE	30
Portland YRE	Walkers - 73 Bikers - 7
Brunswick SE	33
Fryeburg SE	20
Kennebunk SE	67
Sanford SE	14
South Portland SE	40
Yarmouth SE	25

(POC's, please send your walk totals to the Editor)

Upcoming "intro-strolls"

Coordinator Joyce Rodriguez has scheduled the following "intro-strolls".

Fall is a beautiful time of the year to enjoy all that Maine has to offer. Please contact Joyce if you are interested in going so she knows who to look for (207 625-9373).

Saturday, September 29: Apple Festival, Cornish, ME at 9:00 am. Meeting place to be determined. Please call Joyce for more information (207) 625-9373. This annual event is always a lot of fun. The festival has entertainment, crafts and lots of food. This "intro-stroll" may also include a walk to Apple Acres for some hot cider and a fudge-covered apple.

Saturday, October 13: Ferry Beach State Park, Saco, ME at 11:00 am (rain date: Sunday, October 14). Enjoy a pleasant walk at this State Park. The Tupelo trees should be in full color and if it's an Indian summer day, we can picnic on the beach.

Directions will be available at our meetings and through the email list. For more information, please contact Joyce at (207) 625-9373.

How often should I replace my walking shoes?

Walking shoes should be replaced every 300 to 500 miles (or every 3 to 6 months). Replace your shoes when you can tell the difference between your old pair and a new pair. Do not go by their appearance. The inner support can be very worn while they still look ok on the outside. It is a good idea to rotate two pair of shoes if you walk daily, therefore they can bounce back between walks. Saving your walking shoes for walks (not everyday casual wear) will make them last longer.

TREADMILL WALKING

(from: www.thewalkingsite.com)

Why own a treadmill? Research has shown that the treadmill is the most used of all indoor aerobic fitness equipment. Walking is one of the best forms of exercise and owning a treadmill makes sticking with your walking routine easier. If time, personal safety, allergies, or weather conditions, limit your outdoor walking, a treadmill can be a great asset.

Do you get the same benefits as outdoor walking? YES. You may even get a better workout since it is easier to control speed, incline, etc.

Map Your Route

Check out www.diabetescontrolforlife.com for the Google Map and Go link. This is a great tool for walking: you can zero in on the area you would like to walk in and trace a route on their map. They will calculate the exact mileage for you, either as a loop or out and back! By the way, this site also has a great menu planner!!

Columbus Day Walk - All are invited!

Walking Adventures International (based out of Vancouver, Washington) will be walking our Brunswick seasonal walk on Monday, October 8. They will arrive at the start point (Hannaford Supermarket, 36 Elm Street - off Maine Street) at 8:45 am. They would love to have SMVA'ers join them on this adventure. What a great way to show off a piece of Maine while getting to know new people. They will allow approximately 3 hours in Brunswick and then they will be on their way to Lincoln, NH to continue exploring the New England area.

For more information, please contact the Brunswick POC, Alan Robitaille, at arob3@verizon.net

Delegate's Report from 2007 AVA Bi-annual Convention

John McClellan
VP, Walk-n-Mass
2007 AVA Delegate

1. From June 22d to July 1st, I attended the 2007 AVA Bi-annual Convention in Sacramento, CA as the designated delegate for the Walk-n-Mass Volkssporting Club and as Proxy delegate for the SMVC and Travelwalk clubs. Attending the convention was an outstanding experience which I would recommend to the membership of each club. The following is a summary of the significant activities and votes cast on behalf of the clubs I represented.

2. Summary of Important Business.

a. National elections for the AVA were held with 234 clubs voting either by being in attendance or having a proxy. The national officers were elected:

President:	Curt Myron
Vice President:	John Ferguson (uncontested)
Secretary:	Pat Lucero (uncontested)
Treasurer:	Ed Tod (uncontested)

Additionally of the 10 Regional Directors elected, 5 new faces will be joining the Executive Committee, including our own Phil Hait, as NERD.

b. AVA Awards.

(1) Nancy Stenger and John Ferguson were announced as new members in the AVA Hall of Fame, for their long records of achievement in and service to Volkssporting.

(2) Meritorious Service Awards were announced for the following in the Northeast Region: Margo Craven, Herman Day, Verna L. DeVine, Betty Foley, & Barbara Stafford.

(3) Certificate of Service Awards were announced for the following: Don Bolin, Emily Goyette, Paul Graveline, Beate & Phil Hait, Agnes Laviolette, Carol Leiter, Chris & Chuck Lipson, Joan & Roland Melcher, Don & Polly Meltzer, Dave & Sue Robertson, Dick Rossi, Myrtle & Sid Walker.

(4) In the Publicity Awards -- brochure category: the Seacoast Striders won first place for the Keene, NH Pumpkin Festival brochure. Walk 'n Mass took fourth place for the Holliston, MA Soup Walk brochure. In addition, Walk 'n Mass won honorable mention for it's club Logo and also for it's newsletter.

c. Treasurer's Report. Bottom line – the AVA is solvent, but membership revenues are decreasing steadily while costs continue to increase. However, the AVA has ~\$500,000 in investments – more than one full year's operating expenses. The 2005 AVA convention was reported as making a profit of \$37,487.00 after all expenses have been accounted for.

d. Future Conventions.

(1) The 2009 AVA convention will be in Richardson, TX. The convention committee chairperson gave a brief presentation on their plans – which include extensive use of the Dallas-metro area rapid transit system as well as 2-day and 3-day overnight bus trips on the opening weekend and closing weekend to walks in all the neighboring states – MO, KS, AR, LA and OK.

(2) The 2009 IVV Olympiad will be held in Japan in the Mount Fuji / Five Lakes Region. Of note, this is the first time ever that the IVV Olympiad will be held outside the continent of Europe.

(3) The 2011 AVA convention will be in Des Moines, Iowa. The lead club from that great state gave an A-"Maize"-ing presentation on their plans and made not considering a trip to Iowa seem unthinkable.

e. Odds and Ends.

(1) The AVA Museum being organized in San Antonio is looking for suitable donations. All the old materials from Fredricksburg have now been moved there.

(2) The AVA draws financial benefits (\$ 0.01) every time someone uses the internet search engine (Goodsearch.com). Be sure to check it out.

(3) A new publicity "grabber" has been approved and will be made available in the near future. It is intended to replace the "spirit of Walking" brochures – of which the AVA has only a few cases left in inventory.

(4) The Walking Company has agreed with the AVA to pick-up the cost of printing the next 100,000 event Start Cards. These new start cards, available to clubs in the near future through the e-commerce site, will be 3-part forms that include a Walking Company coupon for the individual walker on the back of each start card.

(5) The new "Club Officer Update" portion of the AVA website requires clubs to provide their current number of club members. This information will help AVA determine its national membership – which is critical to attracting new sponsorship and vendor commitments.

(6) The Canadian Volkssporting organization are participating in two "special event" categories – the

Great Lakes walks and the Covered Bridge series. There was considerable chest-thumping over who had the “best” covered bridges – Canada or the USA.

(7) Current statistics for each of the special event series were presented. If you want to know these #s, contact me, I jotted down most of them.

(8) Nancy Wittenburg, Committee Chair for the Young Members Committee, requested that any/all clubs with photos or news from events focused on attracting young members, send her the information and keep her up-to-date. Work with local Girl Scout councils is of particular interest.

3. Delegate and Proxy Votes Cast. As delegate, I cast 3 votes for the contested AVA Presidential election, as well as on three questions concerning changes to the AVA Bylaws.

a. For the Presidential election, my votes were two [2] in favor of Nancy Stenger, one [1] in favor of Curt Myron. In this matter, I executed the pre-convention instructions of WnM and TW with respect to their membership's election preference.

b. On the three AVA Bylaws issues:

(1) Motion #1 was made to eliminate the club membership category of “Associate Membership” as an unnecessary category. (There are currently no “associate member” clubs.) I cast [3] votes in favor. The motion was carried 163 to 61.

(2) Motion #2 was to eliminate the individual membership category of “Honorary Member” as an unnecessary category. (There are currently no “honorary” members.) Both John Ferguson and Nancy Stenger spoke briefly in favor of retaining this category of membership. I cast [3] votes against this motion. The motion was defeated 42 to 184, so the category of “Honorary Membership” for individuals will be retained in the Bylaws.

(3) Motion #3 concerned a routine change concerning the verbiage that pertains to the various categories of non-profit status' for clubs under US IRS Code – the “501(c)” status' and the like. The change would bring the AVA Bylaws into compliance with recent tax code changes. I voted [3] in favor of the amended language presented. The motion was carried 2201 to 1.

4. Miscellaneous Additional Notes/Observations.

a. I attended the seminar given by Barbara Nuss of the Sacramento Walking Sticks titled “Sparking Interest”- oriented towards how to create enthusiasm in your club,. The SWS have been one of the fastest

growing clubs in the AVA the last few years, and are now the largest volksporing club in California. Barbara's presentation is available on the 2007 Convention website, and I plan to summarize the key points of this excellence presentation in a separate memorandum or perhaps .ppt slides for the WnM board.

b. The vendor table display sponsored by WnM was a solid success. We had a great time meeting walkers that came by for information. Many had visited the region previously but wanted to come back again to sample our unique hospitality and terrific scenery. We take for granted much of what we have that others don't! Several Eastern Region clubs, including West Point, Empire State, and SMVC contributed promotional materials as well as helping us man the table during the convention. The West Point Club brought a t-shirt & hat to be raffled off. Ginny Drumm from Cincinnati won the prize. The gummy lobsters from Maine were a delicious treat. Thanks SMVC. Thanks also to Phil and Bea Hait of WnM, as well as the other club members that participated. The list of those individuals that volunteered time is available if their clubs want to further recognize their efforts.

c. AARP Life at 50+ Expo. The AVA will be sponsoring a booth at the AARP Convention in Boston, MA this September 6 – 8. I am serving as the local AVA point of contact. We are going to need volunteers to help out at the booth to explain our sport to the conventioners. Please don't let this opportunity to have fun and meet people from all over the country to pass you by.

I can be reached at: j.mcclellan@neu.edu
Please let me know when you will be available for a two hour shift. Times needed are THURS 6 SEP from 11am-5:30pm; FRI 7 SEP from 9am-5pm; and SAT 8 SEP from 10am-4:30pm.

d. Volksporing Tour through New England – October 2007. The professional tour group – Walking Adventures International are planning to be in New England again this Fall from October 2d – 14th. They are in Boston on the 6th, and have already coordinated with the club POCs for the Freedom Trail walk.

“Walking in nature, one receives far more than he seeks.” -- John Muir

**PRESIDENT'S REPORT
NATIONAL EXECUTIVE COUNCIL XV MEETING
AUGUST 11, 2007
(Excerpt from AVA Presidents Report)**

IVV REPORT

Report on IVV Congress of Delegates: July 12, 2007.

While the administrative portion of the meeting proceeded without fanfare, the remainder of the meeting was a contentious, unconstitutional sham in which nine central European countries, with complete disregard of IVV Bylaws and meeting rules, seized control of IVV by voting out of office the entire Presidium and voted five of their members into a new "Presidium". Their actions were clearly planned in advance, perhaps even rehearsed.

I attended the last three annual Congress of Delegates (COD) meetings as an AVA delegate. The other AVA delegates were: Shirley Lindberg, Martha Myron, and Hans Dieter Fuhr, AVA's appointed representative to IVV. COD meetings are usually chaired by one of the IVV Officers, in this instance the Treasurer, Karl-Heinz Beckman, from Germany. Although IVV has Bylaws and Standing Rules, which govern IVV meetings, the Chair of this meeting blatantly disregarded IVV Bylaws and meeting rules, ignored motions by authorized delegates and manipulated both rules and the agenda to assure the "firing" of all IVV Officers except himself and the election of new officers to run IVV, including himself.

It was apparent to me that the meeting agenda was rehearsed and that a group of nine central European countries: Belgium, Germany, France, Italy, South Tyrol, Switzerland, Austria, Netherlands and Luxembourg combined forces with the Chair/Treasurer to elect themselves. I believe that there is no possibility that these countries could have achieved their goals without the cooperation of the meeting Chair.

Upon the resignation of the IVV President, Odd Ivar Rudd, the Chair/Treasurer called for an election of a new IVV President. This action is contrary to IVV Bylaws which say that upon the resignation of the President, two of Presidium members will fulfill the President's duties until the end of the normal term of office. In spite of motions to follow existing IVV rules from the Presidents of AVA and the Canadian Volkssport Federation, the Chair/Treasurer ignored the motions and conducted an election of a new IVV President. IVV VP Lynn Clark and Josef Gigl of Germany were nominated. Lynn Clark protested the illegality of the issue and declined to participate. Her protest was ignored and Josef Gigl was

elected to a full four-year term.

Immediately following, the Chair combined five separate, but similar agenda items to call for the resignation of all of the rest of the IVV officers. VP Lynn Clark protested the agenda item in that each of the IVV Officers was individually elected and should therefore be individually removed if the Congress desired to do so. The Chair insisted that the agenda item be followed. VP Lynn Clark asked delegates for a justification for her removal. No one had a justification and when asked directly by VP Clark, Josef Gigl volunteered that he had no issues with VP Clark's performance over her ten years of service. VP Clark's second request to be considered separate from the entire Presidium was rejected by the Chair/Treasurer without a vote or solicitation of opinion from the Congress delegates. Subsequently, the entire Presidium was removed from office with the group on nine central European countries voting as a block.

Disregarding any required notices to member countries and without an agenda item pertaining to the election of new officers, the Chair/Treasurer proceeded to call for a new election. He asked for volunteers to conduct the elections (IVV rules require the election of at least three delegates to an Election Committee to oversee the election). When he received the first three nominations, the Chair/Treasurer solicited no other nominations, seated the three at the front of the room, and yielded the conduct of the meeting to their German member, allowing them to conduct the election of themselves as the Election Committee (IVV Bylaws Article 2 requires that a Chair must relinquish chairmanship for any deliberation, election or vote involving himself). Once they oversaw their own election, the Election Committee proceeded to elect new IVV officers, one by one. When VP Lynn Clark was nominated for a new VP position, she declined the nomination, again protesting the illegalities of the meeting and asking the membership why they would fire her and then ask her to run again for office.

It became clear to me in the voting for the three IVV Vice Presidents, that the group of nine central European countries, with Japan as an ally, had planned and orchestrated this takeover. Of the three VP positions, none of the group ran against each other so that all votes of the group of nine were cast for one nominee.

After election of the first two VP positions, I, and the Canadian President, were each asked if we would run for some IVV office. Realizing that our election would only add legitimacy to this electoral sham, we each declined to participate, citing the disregard of IVV Bylaws and Standing Rules.

On a curious note, later in the meeting when the IVV voted to endorse Turkey as the country site for the 2011 IVV Olympiad, the Austrians, who had also bid for the Olympiad complained that the new Presidium was not "following the rules", apparently accepting previous deviation from the rules until they, themselves became a victim. In this case, the rule that an Olympiad may be awarded only to an IVV member country was ignored, because the Olympiad vote came before the vote on granting full member country status to Turkey. While the Austrians had a valid complaint, the rules had apparently been ignored too many times by that point.

This meeting was a mockery. The "gang of nine", or perhaps only these individuals, placed their personal desire for power and control above harmonious relations among member countries who desire to promote the cause of sport for all people.

I have since read minutes from a meeting of the nine countries involved, held in Como, Italy several months prior to the Congress of Delegates. In spite of their public denials that they addressed IVV politics, the minutes clearly show their planned takeover. The minutes reveal that they classified all IVV member countries into three groups, "Central Europe", "Rest of Europe" and "Other". The group labeled "Other" includes: USA, Canada, England, Denmark, Sweden, Norway, Finland and Korea. The minutes contain their comment that "... other English-speaking countries are very far off, and without us, they would fail for we "Central Europe" we are the financial base for all."

Together with the insulting treatment of a valuable and competent American IVV officer, their repeated, intentional violations of IVV Bylaws and rules bring shame upon our entire movement. We must take the strongest action possible to protest this "putsch" and restore the importance of IVV ideals of unity of purpose and sport for all among IVV country members. If we cannot achieve a balance, then we must decide to pursue these ideals by some other means.

Selling Walking by Wendy Bumgardner

This weekend I saw a master salesman at work at our walk finish table. Dennis Barrett really believes in the value of walking and the value of the New Walker's Packet. Here were the methods he used, which I have learned elsewhere and were fun to see Dennis employ. Wouldn't you know that his day job is in customer service?

1. Greet each person walking for non-credit warmly and ask if they enjoyed the walk.
2. Ask, "Is this your first walk?"
3. If the answer is yes, Dennis asks if they have heard about the New Walker's Packet and has one handy. Without letting them escape, he shows them the record books and whips out his Record Books, the coupons, and tells about redeeming the books for the pin, patch, and certificate. He tells them what a great value it all is.
4. If the answer is, "Oh, I've done a couple of them before," Dennis says "So you like our walks! Have you seen the New Walker's Packet?" and he launches into the same explanation as in #3.
5. If the first answer is, "No, I just walk" then Dennis uses the standard "I hear you, I used to feel the same, but then I found out..." The lines go like this, "So you don't keep track. I used to feel the same way, I wondered why I should pay to walk. But then a friend told me how keeping track of your walks can encourage you to walk regularly. If you have a goal of completing a book or doing a number of kilometers each month, you are more likely to keep on walking and to get out the door no matter what the weather. I really did myself a favor when I started walking for credit."
6. If the first time walker or the few-time walker says a polite no at the end of the explanation of the New Walker Packet, Dennis launches into #5 - never take the first no, listen to any excuse they give for the no, repeat their excuse, say how you once felt the same and why you decided to walk for credit. Give them a second opportunity to say yes. After all - it is for their own health and well-being to say yes.

This system can also be used at the start table, and for the best effect it should be used at both the start table and the finish table. You will want to have enough staff at those tables so that one person can be explaining the system to non-credit walkers while another person is stamping the credit walkers or getting them out on the trail.



SEPTEMBER

8-Sep	Saturday	Empire State	Plattsburgh, NY	Loueen Whalen	gntlenature@yahoo.com	518-373-0460
9-Sep	Sunday	West Point	South Nyack, NY	Peggy Goetz	volkssportclubofwestpoint@hotmail.com	845-268-2215
16-Sep	Sunday	Finger Lakes VC	Ithaca, NY	Doug Gausman	dougs4it@aol.com	607-757-0164
16-Sep	Sunday	West Point	Cold Spring, NY	Andrew Schmidt	volkssportclubofwestpoint@hotmail.com	845-462-7539
22-Sep	Saturday	Walk 'n Mass	New Bedford, MA	Rick Almeida	ralmeida@comcast.net	508-994-1626
29-Sep	Saturday	Walk 'n Mass	Wareham, MA	Carol Henderson	chenderson35@cs.com	508-295-7297
30-Sep	Sunday	West Point	West Point, NY	Joan Kimmel	volkssportclubofwestpoint@hotmail.com	845-462-6845
24-Sep	Saturday	Two Town	Essex MA	Karen Campbell	kwsoup@hotmail.com	978-468-1327

OCTOBER

6-Oct	Saturday	Twin States	Groton, VT (2 walks)	Paul Berlejung	grotonwalk@hotmail.com	802-584-3595
6-Oct	Saturday	Empire State	Schenectady, NY	Beth Snyder	easnyder@nycap.rr.com	518-346-7946
13-Oct	Saturday	Walk 'n Mass	Roslindale, MA	Arlene Girouard	betfoley@ix.netcom.com	617-325-9198
17-Oct	Wednesday	Empire State	Schuylerville, NY	Doug Reynolds	dougreynolds@juno.com	518-286-3057
20-Oct	Saturday	Two Town	Hamilton, MA	Butch Crosbie	butchahc@comcast.net	978-468-4243
27-Oct	Saturday	Walk 'n Mass	Vineyard Haven, MA	Pat Damiani	PMDwalks@aol.com	508-888-7366
28-Oct	Sunday	West Point	Beacon, NY	Andrew Schmidt	volkssportclubofwestpoint@hotmail.com	845-462-7539



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