

# Southern Maine Volkssport Association Newsletter

AUGUST 2001

**Here is the rest of the SMVA Tuesday evening summer walking schedule:  
Walks start at 5:30 promptly from the starting points.**

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August

- 7 Casco Bay Bridge Walk - SP Shop 'n Save
- 14 Falmouth - Audubon
- 21 Brunswick - Shop 'n Save
- 28 Augusta - Arboretum

September

- 4 **Lighthouse Walk - SP Shop 'n Save**
- 11 **Westbrook - Shop 'n Save**
- 18 **Kennebunk - Village Take Out**



[SMAV Homepage](#)

## Minutes of the July Meeting of the SMVA Wednesday, July 18, 2001

Dan Carr, President, called the July meeting to order at 7:15 PM with 19 members present. The Secretary's Report was accepted as written in the June Newsletter. The Treasurer's report was accepted as reported by David Cole, Treasurer. The total membership is now 206. John Tibbetts reported a total of \$90.00 in club sales. Under publicity - Ken Jackson would try to get a list of The Wellness Groups in the area and try to contact them.

The brochures for the Sunset/Sunrise Walks (Aug 11 & 12) are now printed and out to the public and club members. The McAuley Residence Walk with Mercy on Sept 22, 2001, is all ready and just waiting for the brochures to be printed. . The September 29 & 30, 2001, Livermore, Falls Days at Norlands is ready and the brochures are out. This is another county walk.

The Oct 6 & 7 Tri-State Weekend, which is another county walk, is almost ready. Members are encouraged to bring Maine made items for a basket to be raffled off during the Tri-State Walks. Please contact Roland Melcher regarding the raffle. Tel. (207) 625-4894

To date the Portland YRE has a total of 59 walkers, Bar Harbor SEA 43, Brunswick SEA 61, Falmouth SEA 36, Kennebunk SEA 77, Westbrook SEA 39 walkers. The Wandering Maniacs, SP Lighthouse SEA 50 walkers and Casco Bridge SEA a total of 50 walkers. Augusta SEA 26 Ed Farrell.

Under unfinished business - There was more talk on what can be done to keep up with the rising cost of the newsletter. It was suggested consolidating the newsletter during the slow time and sent one Newsletter for Dec and Jan and the same for Feb and March. Also increasing the dues was discussed again but no decision has been made. Any input from all members will be gladly accepted. What are your thoughts??? Please get back to Dan Carr, President, Happy Jackson, Secretary or Wendy Hunter, Membership.

For new business - It was voted to drop the Falmouth and Westbrook SEA after the season is over and possibly add a new SEA for the next year.

News from Away - Roland and Joan Melcher are back from New Zealand and Australia. They went with a group of 38 walkers. To hear them talk, their trip was fantastic and all had a good time. Ann Stevens did a walk in Mass., Dan Carr walked Asheville, NC and the Biltmore Estate, David and Penny Cole along with Ken and Happy Jackson walked Truro, NS.

The 50 - 50 for \$13.50 was won by Cherri Watson. Connie Boyer, Ann Stevens, Lillian Cross, Wendy Hunter and Joan Melcher won door prizes. Meeting adjourned at 8:15 PM. Secretary - Happy Jackson

**VERMONT'S TWIN STATE VOLKSSPORT ASSOCIATION - CHARLOTTE PHILLIPS**  
PO BOX 907 MIDDLEBURY VT 05753 802 462-2019 email: [cpwalkvt@together.net](mailto:cpwalkvt@together.net)

[Charlotte Phillips served as our proxy at the Annual Biennial Convention... she shares the results with us:](#)

The 12<sup>th</sup> Annual Biennial Convention of the American Volkssport Association closed here in Bellevue Washington on Friday, June 29<sup>th</sup> 2001. Nancy Stenger, the Vice-President who moved up to president upon the death of Ted Ballman, was elected our President for the next two years. I am happy with her election, as she represents the younger people, who are not bound up in all the old traditions. Her warm smile is a blessing to all that meet her. Shirley Lindberg was elected Vice- President. Shirley is a para-legal who is very easy to converse with and really interested in our concerns. The only unusual event was the approval of a three-day convention with the clubs around the convention center hosting walks under individual club sponsorship. This means the convention organization will only be responsible for three walks. However, it may mean that our national organization will suffer a financial deficit of the budgeted income from the convention. This could have long term effect on the cost we pay to the national headquarters for walks. The good news is that many more people will be able to take time off to be part of the excitement of convention. The first three-day conference will be in the Atlantic Region, which means it should be around the Washington D.C. area in 2005. The 2003 convention will be held in Colorado Spring.

About the MANCHESTER /ARLINGTON, VT walks:SEPTEMBER 8, 2001 an area that has had many roles in the history of Vermont. Arlington was the first state capitol; Manchester was the town where Vermont's role in the American Revolution was planned, and was. Lincoln's planned retirement area. Norman Rockwell lived in Arlington and painted in Arlington for many years. FMI: 802 462-2019 [cpwalkvt@together.net](mailto:cpwalkvt@together.net)

Reminder - Coming soon: Sunrise/Sunset....

August 11 and 12 The Saturday, August 11 walk is a Tropical Beach Party Walk at Popham Beach State Park. Wear your best tropical beach attire and enjoy a stroll on the beach at sunset. It will be a fun time for all with a few surprises thrown in! "

The times for the Popham walk will be - start between 4-6 PM and finish by 8 PM. The time for the Harpswell walk will be - start 7-8 AM and finish by 11 AM.

**GET OUT YOUR CALENDARS --- THE WALK AND EAT GANG SCHEDULE FOR August!**  
**The "Walk and Eat Gang" walk weekly on Thursdays. They gather at the walk's starting point at 9:15 AM walking promptly at 9:30 AM. All are invited to join us for walking then eating after the walk (restaurant or picnic)**

Aug. 2 Concord, NH (Possible Picnic) Aug. 9 Portland, ME Aug 16 Danvers, MA (Possible Picnic)  
Aug. 23 Beverly, MA Aug. 30 Boston, MA (Back Bay)

Membership Messages: Well, this has been a slow month for membership, no renewals but 1 new member. I want to remind everyone about the contest. Prizes await 3 people who bring in the most new members. It's not that hard. If you know someone that likes to walk, give him or her information. If you have a lounge at work, a bulletin board at church, take some brochures in. Just make sure your name is on the membership application so I'll know who to credit with the points. Remember, members are the lifeblood of any club and we don't want to go the way of some other clubs who are on the brink of folding because of loss of members. We're a good, active club and we want to stay that way. - Wendy Hunter, Membership Chairperson.

The August Meeting of the SMVA will be on August 15TH at 7:00 PM at the Walker Library in Westbrook

**GOODIES FOR THE EVENING**

Sweets: Connie Boyer Veggies: Happy Jackson Beverages: John Tibbetts

Meeting dates of the SMVA for 2001 at the Walker Library in Westbrook.

September 19 October 17 November 14 December 12

A LETTER TO THE EDITOR: THE PLACE WHERE YOU MAY SHARE YOUR

THOUGHTS. WE INVITE YOU TO WRITE AND EXPRESS YOUR OPINIONS.

**Here's a letter from our Membership Chairperson - Wendy Hunter**

As Membership Chairperson I see all the member's names on a monthly basis as I run the labels for the newsletter. All 205 of you. But as a regular walker I only see, on the average, 50 names on the sign-up sheets and those tend to be the same names time after time. Where is everyone? We have approximately 150 people who are members but never walk. Not that I'm looking a gift horse in the mouth, I'll never argue with anyone who wants to be a member, but it seems to me that members of a walking club would be out there walking.

Believe me I know how busy you can get and how hard it is to get away from the grind of everyday life and those things that always seem to need to get done. However, I also know that the dust that's there today will be there tomorrow, the lawn won't care if it's mowed today or tomorrow and the car that needs washing, well, why bother, it'll just rain anyway. But a beautiful summer day won't last long before winter comes again, friends won't always be there if you don't spend time with them and your health can fail if not taken care of.

So please, do yourself a favor. Make a pledge to walk at least one walk this year. Come out and enjoy these fleeting summer days, spend time walking with your friends and walk so you'll be a healthier person. I love seeing all of your names on my membership list, but I'd love even more if I could see your faces at a walk.

**A promotion and a letter from Ken Jackson**

Southern Maine Volkssport Association (SMVA) is featuring a fall weekend at the Norlands Living History Center in Livermore, Maine. These events include a walk event, a bike event, and a swim. Meghan Paul, who is 14 years old, and took place ten years ago when she was 4 years old, wrote the following story.

My Day At Norlands: I was four years old when I first went to Norlands Farm. It seemed like we drove forever, but I

think it was only about an hour or so. My grandparents of course said it was just down the road apiece. When we finally got there, the first thing I saw were two giant cows pulling a wagon. Now I know they were oxen. I just had to go for a ride. My gram and I went together the first time. When we got back I wouldn't get out of the wagon. I wanted to go by myself. With my grandfather's prodding, my mom said yes, and off I went. When the wagon came back it was empty. Rumor has it that my mom went nuts. It seems that this wagon stopped at the sugar shack to show people how maple syrup is made. I guess I wanted to see it too, because I got off with everyone else. My mom ran across fields and slipped in mud to get to me. I don't see what all the fuss was about. I was quite happy just watching everything. Next we went on a tour of an old house. The people were dressed really funny. Everything looked so different, even the furniture. We got to eat in a really big kitchen with lots of other people. When we finished, we walked around and explored some more. I got to pet the really big cows before we left. Now that I'm older, I know that Norland's is more than just big cows. It's fun to see how people lived years ago. Things have changed so much that it is nice to go somewhere where everything you do takes time. Back then you couldn't just get in the car and go to the store. You had to plan ahead. Things weren't so rushed like they are now. I like that kind of stuff. If you like it too, you should see what Norland's is like - Meghan Paul

Will you join us for a day at the Norlands on September 29 or 30, 2001? The award will be a refrigerator magnet with a picture of the two giant cows (oxen) pulling a wagon. Meghan is the one in the wagon with the pink hat and jacket.

For more information on the weekend at the Norlands, contact SMVA, P.O. Box 722, Westbrook, Maine 04092-0722, or Kenneth Jackson, 148 Greenwood Lane, Portland, Maine 04103. Telephone number (207) 797-3459 or E-Mail Agee2@aol.com

#### **Other Regional Walks:**

August 18 - Saturday - Empire State Capital V - Fort Hunter, NY - POC Winifred Balz (518) 372-3663

August 25 - Saturday - Walk 'n Mass - Chepachet, RI - POC Margo Craven (508) 222-112

E-Mail: [mcraven@email.mc.ti.com](mailto:mcraven@email.mc.ti.com)

September 8 - Saturday - Empire State Capital V - Arlington, VT - POC Winifred Balz (518) 372-3663

September 16 - Sunday - Walk 'n Mass - Charlestown, MA - POC Don and Polly Meltzer (978) 443-8513

September 29 - Saturday - Empire State Capital V - Hadley, NY - POC Ed and Emily Koch (518) 374-3588

E-Mail: [EMNEDKOCH@aol.com](mailto:EMNEDKOCH@aol.com)

October 6 - Saturday - SMVA - Kittery, ME - Roland Melcher 13 Juniper Rd., Brunswick, ME 04011

October 6 - Saturday - Seacoast Strivers - Portsmouth, ME

October 7 - Sunday - Walk 'n Mass - Gloucester, MA - Phil and Bea Hait - (508) 429-3564

E-Mail: [beateh1@aol.com](mailto:beateh1@aol.com)

October 7 - Sunday - Walk 'n Mass - Gloucester, MA - Don and Polly Meltzer (978) 443-8513

E-Mail: [Meltzwalk@aol.com](mailto:Meltzwalk@aol.com)

October 13 - Saturday - Wandering Maine-iacs - Rockland, ME (A Maine County Walk) -POC Sylvia Allen

887 Spring Street, Westbrook, ME 04092, (207) 774-8524 E-Mail: [ronsyl56@aol.com](mailto:ronsyl56@aol.com)



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Southern Maine Volkssport Association issues SMVA Newsletter monthly for its members. Membership is

open to any person regardless of residence, upon application. News Articles for inclusion in this newsletter are welcome and may be submitted at any time, and will be published, as space is available. All dated material must be submitted no later than the 20<sup>th</sup> of the preceding month for inclusion in the next issue. Please send directly to: Dan Carr, P. O. Box 128, Hollis, ME 04042.

Southern Maine Volkssport Association

P. O. Box 722

Westbrook, Maine 04092-0722

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**SOUTHERN MAINE VOLKSSPORT ASSOCIATION**

**Dan Carr - President - dan@sacoriver.net**

**If you have info for the newsletter send by email or to Dan at: P. O. Box 128, Hollis, ME 04042**

**Penny Cole - Vice President: davpencole@webtv.net**

**Happy Jackson - Secretary: Agee2@aol.com**

**David Cole - Treasurer: davpencole@webtv.net**

**Ken Jackson - Publicity Agee2@aol.com**

**Don Bolin - SMVA Website: DJMSMASTER@aol.com**

**Board Members: Wendy Hunter, Barbara Weymouth, Thelma Gagne, Ann Stevens and Carroll Tiernan**

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**Send email to dbolin@juno.com with questions or comments about this web site.**

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