

Southern Maine Volkssport Association Newsletter

December 2000

President's Corner Last month I told you we were invited to come to Augusta on October 11th and 12th to exhibit at the Blaine House Summit on a Healthy Maine at the Augusta Civic Center by the Department of Human Services. It was an opportunity to tell the health providers of Maine, at no charge to, us what Volkssporting is all about. I spent most of the day there on Wednesday with Alan Robitaille joining me in the early afternoon. When I left at 3:00 to join the group who was walking the Augusta Seasonal, Ken and Happy took over the booth until it closed for the day. Then on Friday morning, Ken and Happy were back to be joined later in the day by Jan Lynskey. Around 2:00 the day ended.

I am not sure who took the pictures, but Dave Muzzy scanned them and sent them to me. The two pictures will give you an idea of what our booth looked like, and the fun we were having.



Happy, Jan, and Ken



Dan and an interested person

Now keep your eye on the Friendship Banner which is a part of our exhibit and you will see it in a new location.



Eleanor 'Ellie' Draper

Here it is.... Welcome to Fryeburg, Maine, and meet the lady who is standing next to the banner by the name of Eleanor "Ellie" Draper.

Rather than me telling you about the special event that took place after the wonderful Fryeburg walk on October 28th, I will let you listen as Happy Jackson fills you in:

"On October 27, 2000, Ellie Draper from Texas arrived at North Conway, NH along with her four children from Texas and Utah. Also with her, were her two nieces from California and Vermont. Ellie's goal for this weekend was to walk her State at Fryeburg, Maine. After getting settled in for the evening at North Conway, Ellie was off to do an interview at WMWV "Voice of the Valley" at Conway, NH. The radio station interviewed Ellie along with Claudia Cauchon for twenty minutes. This interview was very interesting, talking about Volksmarching and what it is all about. At this time we all learned a great deal as to how Ellie started Volksmarching. Why, at her age would anyone want to start walking 6.2 miles and keep it up? On October 28, 2000, Ellie was at the start point in Fryeburg, Maine

to do her 50th State walk. Along with her, were her four children and her two nieces. This trail was rated 2. The hardest part of the walk was getting to the top of the 200' high hill/boulder going through the woods to the top. However, this did not stop Ellie. A great walker, indeed, Ellie Draper, at the young age of 81 has finally completed her 50th State 10K walk. She started walking in 1996 at the age of 77. She needed to get into shape to climb Mt. Washington in NH. Her goal was to do this with her two nieces to distribute her brother's ashes at the top of the Mountain. This was accomplished the same year in 1996. Since then, Ellie has enjoyed walking all over the United States and will continue walking. She is a dedicated Volksmarcher, and has been able to meet many friends on the trail. In the four years, Ellie has done over two hundred 10K walks. After arriving back at the Start/Finish point, Ellie was greeted by any walkers. At this time, the Southern Maine Volkssport Association of Maine had a big surprise in store for Ellie. It was time to celebrate with cake, cookies, hot drinks and other goodies in her honor. Her cake was decorated with the State of Maine, lakes, mountains and Pine trees.

Footprints were going across the State. Dan Carr, President of SMVA, introduced Ellie and all her relatives to the other Volksmarchers. Patti Proulx, the Northeastern Regional Director, presented her with a special certificate award, designed for those who complete their 50th State in the Northeast Region. After cutting the first piece of cake, Ellie was off to meet and talk to everyone. This young 81 year old lady has returned to Texas. She has left behind in the State of Maine, an inspiration that will never be forgotten. WAY TO GO, ELLIE !!!!! Keep up the good work and we hope to meet you on the trails in the future." - Happy Jackson

Thank you Happy for taking time to write that great article.

You see Volksswalking is more than just putting one foot in front of another until you have completed another 5 or 10 km, or gotten another patch or trinket, it is also about relationships. People make Volksswalking great.

You will have one more opportunity to meet and talk with others this year. On December 10, Sunday afternoon, we will have our last regular walk of the season. Here is the pertinent information.



[SMVA HOME PAGE](#)

Sunday, December 10 Maine Holiday Walk - SMVA

5km/10km NE00/264

Start: 2:00 PM to 5:00 PM Finish by 8:00 PM

BRING A FLASHLIGHT!!!!

Award: Miniature Hohner harmonica on a decorated neck cord with music for a holiday song, which you can learn to play (CARROLL is still practicing). Only 48 available. There will be no reorders.

Course description: The trail is along sidewalks, paved roads and walking paths including some hills. The trail is rated 1+. Trails of shorter distances are available for those unable to complete a 10K walk. Trail is wheelchair and stroller accessible, but is hilly in places.

Pets are permitted on leash but must be cleaned up after.

Refreshments: Water and restrooms will be available at the start/finish and along the route.

Parking is limited at the start/finish but additional space is available near by. For more information contact: Dean Cilley 207-846-0573 or Carroll Tiernan at 207-839-8447 after 6PM or email at

Directions: From South: Follow I-295 through Portland. Continue on it as it becomes I-95. Take exit 16. Turn right at the end of the ramp onto Route 1. Go to the light and turn right on Portland Street at the Mobil Station. AT the end, which is Main Street, turn right and stay right at the Y to the bottom of the hill. Turn left

on Route 88 and the starting point at Bay Properties Real Estate will be immediately visible on the right. From North: Take I-95 to Exit 17. Coming off the ramp, move immediately to the left and turn left before the Texaco Station onto Route 88. Continue on Route 8 to the bottom of the hill, just past the Royal River and Bay Properties Real Estate will be visible on the left.

Here is a little more information from Carroll..."Please join us on Sunday, December 10th for the SMVA holiday walk in Yarmouth. This is a lovely town and we have an interesting course. And there is a unique award. The award is a miniature Hohner harmonica that really plays. It comes on a decorated neck cord so you can keep it close at hand. And you get music for two holiday songs including "Jingle Bells". Did you know that the first instrument ever played in space was a harmonica identical to the award for this walk. The original rests in the Smithsonian National Air and Space Museum and was played by Wally Shirra on the Gemini VI mission in December 1965. Won't this be a unique award to own?"

I realize that with the weather cooling down. An added layer today, gloves tomorrow, and a heavier coat the next day, it is easy to stay indoors and let your walking shoes gather dust. Remember that walking is about the best thing you can do for your body. Fight the tendency to cocoon for the winter. Bundle up and get out. Enjoy the clouds, the change in weather. Winter has its own beauty. The only thing is this... Be careful! We don't want any broken body part.

See you on the trail!

Minutes of the November 8th Meeting of the SMVA at the Walker Library in Westbrook

President, Dan Carr, called the November meeting to order at 7:10PM. The Secretaries report was accepted as written in the October Newsletter.

Treasurer's report was accepted as given by David Cole, Treas.

Membership - No report at this time.

Club sales - John Tibbetts reported a total of \$292.50 was taken in as a result of the Tri-State and Fryeburg walks. John also reported that the new start books for 2001 have been ordered.

Ken Jackson reported that he has tapes of Ellie Draper and Claudia Cauchon being interviewed by WMWV, Voice of the Valley, radio station at Conway, NH on October 27, 2000. Ken also reported that there were several new faces at the Fryeburg Walk due to the publicity that he was able to get the local papers to print. President, Dan Carr, read several letters to the members. 1. From the State thanking us for participating at the Blaine House Summit for two days in Augusta. 2. AVA President, Mary Stinger, from Texas sent a thank you note for the great walk at York. She was here to attend the Tri-State walks. 3. Ellie Draper wrote a nice thank you to club, thanking everyone for making her 50th State walk so special. Special thanks from her for the cake and party after the Fryeburg walk on October 28, 2000.

Under new business, the nominating committee recommended the following people to serve for the upcoming new year.

President, Dan Carr.

Vice President, Penny Cole.

Treasurer, David Cole,

Secretary, Happy Jackson.

For the Board of Directors, the following people were named:

Carroll Tiernan,

Wendy Hunter,

Barbara Weymouth,

Thelma Gagne

Ann Stevens.

For Trinkets.

John Tibbetts

The Fryeburg walk had a total of 117 walkers. Everyone enjoyed the walk and also in honoring Ellie Draper on completing her 50th State. This lady flew in from Texas along with her four children from Texas and Utah, along with her two nieces from California and Vermont. This young lady (age 81) was a great inspiration to all of us. She started walking in 1996 and has done over 200 walks in four years. GREAT GOING !!!!!

The Portland YRE has a total of 165 walkers. Augusta SEA a total of 197, Bar Harbor no report, Brunswick a total of 139, Westbrook a total of 77 and Kennebunk a total of 328. The Dec 10, Holiday walk to be held in Yarmouth is ready. The Maine Mall walks are ready. The Maine County walk to be held in Calais on May 19, 2001 is ready. This is sponsored by the Wandering Maine-iacs. Also on the same day there is a walk in St. Stephen, NB Canada.

News from away - Ann Stevens walked Sturbridge. She enjoyed the walk and found it to be very interesting as well as educational.

The 50 - 50 was won by Carroll Tiernan.

Ann Stevens, Wendy Hunter, Ken Jackson, Soren Christensen and Happy Jackson won Door Prizes.

Meeting adjourned at 8:15 PM.

Submitted by Happy Jackson, Club Secretary



**HAPPY BIRTHDAY TO YOU!
DO YOU KNOW THAT ON YOUR BIRTHDAY YOU CAN
WALK FREE!!!**

**AND, IF THERE ARE NO WALKS THAT DAY! OR IF THE WEATHER IS
TERRIBLE!**

**WHEN THE SEASONAL WALKS START, YOU CAN WALK A
SEASONAL FOR FREE. JUST MARK BIRTHDAY ON YOUR CARD.
REMEMBER, ONLY ONE BIRTHDAY A YEAR!!!!**

WE ARE STILL WORKING ON THE

“I AM WALKING ALL SIXTEEN MAINE COUNTIES” 2001-2004

“Walking Maine Counties is a program for walkers who wish to walk in each of Maine’s sixteen counties. The program is sponsored by the Southern Maine Volkssport Association and by Wandering Maine-iacs. These walking clubs are affiliated with the American Volkssport Association, and each walk will be a sanctioned volksmarch as defined by the AVA.

There will be two walks for credit in each of Maine’s 16 counties. They will be offered on alternate years. Example: Washington County will have a walk in 2001 and 2003, so you will have two opportunities to get credit for each county. Below are the counties, which will be walked in 2001. The locations marked with an (*) are set at this time. A walk will be established in one of the towns listed as a location. Upon adoption, an asterisk will be added to that location. We invite you to adopt

and set up a walk in one of these towns in your favorite county and present it to the club. Upon approval we will add it to this list. If you have any questions contact Dan Carr at or 929-4047 (for SMVA assignments), or Dave Muzzy at or 854-5424 (for WM assignments)

THE COUNTIES AND WALKS FOR 2001 ARE (Most of these are still tentative - dates are given as a guideline at present: **ALSO**, we need sponsors to adopt a walk in several counties as soon as possible:

WASHINGTON COUNTY - May 19 - CALAIS, ME - SPONSORED BY Wandering Maine-iacs.

KENNEBEC COUNTY -April 1 - November 30 - AUGUSTA - SEASONAL - SPONSORED BY SMVA

OXFORD COUNTY - NEEDED - A SPONSOR FOR PICK A TOWN FOR ADOPTION: RUMFORD, PARIS, MEXICO, DIXFIELD, or BUCKSFIELD - SPONSORED BY SMVA

LINCOLN COUNTY -NEEDED - A SPONSOR FOR: PICK A TOWN FROM: LINCOLN, WISCASSET, BOOTHBAY HARBOR, JEFFERSON, DAMARISCOTTA, NEWCASTLE, or DRESDEN - SPONSORED BY SMVA

ANDROSCOGGIN COUNTY - Sept. 29 and 30 -LIVERMORE - SPONSORED BY SMVA

With the activities at the NORLANDS - no Civil War enactments as formerly stated.

KNOX COUNTY - October 13 or 14- Rockland. SPONSORED BY WM.

CUMBERLAND COUNTY - NEED SMVA SPONSOR FOR PICK A TOWN FOR ADOPTION:

PORTLAND, BRUNSWICK, WINDHAM, GORHAM, YARMOUTH, FALMOUTH, GRAY, HARPSWELL, NEW GLOUCESTER, CASCO, N. YARMOUTH, POWNAL, BALDWIN, WESTBROOK, SCARBOROUGH, CAPE ELIZABETH, STANDISH, FREEPORT, CUMBERLAND, BRIDGTON, RAYMOND, NAPLES, HARRISON, or SEBAGO

WALDO COUNTY - Date to be determined. -BELFAST - SPONSORED BY WM.

Each month we try to remember to ask you to sign in at each meeting. Why? So that at the December meeting, you can be in the drawing for a \$50.00 savings bond. All you have to do is attend the meetings, sign in, and you are automatically entered.

**HERE THEY ARE!
THE FIRST WALKS IN 2001
The Maine Mall Walks
January 14 and 28
February 11 and 25; and March 11**

IMPORTANT INFORMATION

YOU WILL NOT BE RECEIVING A ROCKER BAR FOR THE YEAR 2001 WITH YOUR RENEWED MEMBERSHIP THIS YEAR. The response of the club membership has been overwhelmingly in favor of

discontinuing the practice.

WALK THE BRIDGE with the Wandering Maine-iacs.



Dave Muzzy will be leading a Wandering Maine-iacs bus tour to Mackinaw City, Michigan next Labor Day (Aug. 31-Sept. 5, 2001). The sole purpose is to walk the Mackinac Bridge, a 6.6 mile-long suspension bridge that connects the Upper and Lower peninsulas of Michigan. Since the bridge was opened in 1957, the Michigan Highway Department has allowed people to walk across on Labor Day mornings. The Mackinaw Walkers Volkssport Club has a sanction for the walk, and it can be walked for IVV credits.

In addition to the 'Bridge Walk', three other walks and a bike event will be on the agenda, all IVV sanctioned.

For information about this bus trip to Michigan, send an SASE to: Wandering Maine-iacs, P. O. Box 6403, Portland, Maine 04102-6403.

The December Meeting of SMVA
is the meeting where we all
bring goodies to share...
AND the December meeting will
be on December 13, 7:00 PM
at the Walker Library in Westbrook.

Walk and Eat Gang''

The Walk and Eat Gang had some great walks this year. If you walked any of the walks, you know what I mean. You might want to drop those who set up the walks a note to say thanks. Here are the contacts for one last time:

Contacts:

Chuck and Fran Hutchins 603-483-0598
Don and Polly Meltzer 978-443-8513
Al and Bonnie Moulton 603-778-0267
Dick and Joan Rossi 978- 887-5901
Herm and Valerie Day 603-775-2586

UPCOMING SMVA WALKS IN THE NEW YEAR

1. The Maine Mall Walk will be on Sundays, January 14 and 28 Sundays February 11 and 25; and Sunday March 11th starting at 8:00 AM

2. PORTLAND, MAINE - 11K Walk

January 1-June 30, 2001 and July 1 - December 31, 2001

YR0029/2001 Welcome to the Portland YRE! There is always something exciting happening in this city by the sea from New Year's Day lobster dip through the Victorian Holiday celebration in December. This year, our walk will take you through historic, friendly, walkable, entertaining Portland.

Trail Description: On this 11K walk you will go through historic Portland, Deering Oaks and the Eastern Promenade overlooking Casco Bay. There are some hills, but it is suitable for wheelchairs and strollers.

Rating is 1+ Award: A refrigerator magnet depicting a Portland scene.

Point of Contact: John Tibbetts, 207-774-8306 (eves.). 1544 Congress Street, Portland, ME 04102

E-Mail:

Start Point: DoubleTree Hotel, Congress Street. Conveniently located just west of the intersection of I-295 and Congress Street.

Event Info: Daily, dawn to dusk. Leashed pets with clean up. This trail takes you through historic Portland, Deering Oaks and Eastern Promenade overlooking Casco Bay.

Water/Restrooms: water and restrooms are available at the start/finish and along the route.

Refreshments: Refreshments are available at the start/finish and at many places along the route.

Pets: Please note that pets must be leashed at all times. Owners are responsible for cleaning up after their pets. Also, pets are not allowed to enter buildings.

Accommodations: Rooms are available at the DoubleTree Hotel. Call 1-800-989-3856

DIRECTIONS: From the Maine Turnpike

Northbound, use Exit 6-A to I-295 following the signs to Exit - 5 Congress Street/ Route 22. Watch for directions to Congress St./ Route 22 West. At the traffic signal, turn left and then turn left at the very next traffic signal into the DoubleTree Hotel. Heading southbound on I-295 take the Congress Street WEST Exit and take an immediate left at the first traffic signal. Heading south on the Maine Turnpike, use Exit 7; follow the signs to I-295 to the Congress Street Exit, following the northbound instructions above.

3. NEW HAMPSHIRE - JACKSON NEW

11 Km SKI Jan 15 Mar 18

YR1043/2001

Welcome to a New Seasonal Event. Cross the border and enter a picturesque New England town in a region known for covered bridges and winter scenes with beautiful snow. That is what this Seasonal is all about: SNOW. Come and do some cross country skiing in a beautiful setting, as you enjoy our first Volksski.

Sponsoring Club: AVA 0193, Southern Maine Volkssport Association

Point of Contact: John Schaefer, 207 935 4117. RR1 Box 456; Brownfield, ME 04010

Email:

Volksski: A volksski is a Cross Country Skiing event in which you may bring your own skis or rent the

equipment. You then pay a trail fee (less 20% if you show your club or AVA card, get a free trail map, and ski the Ellis River Trail. A warming hut is available after about 4 km's.

Ski at your own pace. There is no hurry, you may start between 9AM and finish by 3PM.

Procedure: Each participant receives a start card. You will be asked to write on it at the check point (bring a pencil). Start Cards are turned in at the finish and an award is available if you pay your fee for the same. Stamp your AVA distance books 11K.

Event Info: The 11 km trail is rated "green" or "easy" in X-C terms. There are also Blue and Black Trails. Trail fee required, however 20% discount if you show your AVA National or club card. Rental X/C ski equipment available at center. Jackson Ski Touring Foundation has all levels of trails in its 150 Km's of trails. NCAA Nationals, Olympic trials, Disabled World Olympics have all been held at New England's premier X/C ski center. Bring your own equipment if you have it. Trail is rated 1+. This event crosses a golf course, goes through a covered bridge and tunnel – and onto the Ellis River trail – which follows the Ellis River most of the way out and back. Voted the favorite trail for beginners out of the 150 kms of trails the center has to offer. You pass a warming hut going and coming. This trail CANNOT be walked.

Refreshments: It is suggested that you bring along some water and a candy bar. You will encounter a warming hut going out and returning.

Start Point: Jackson Ski Touring Foundation; Main St.; Jackson, New Hampshire. From Exit 8 (Portland) on Maine Turnpike (I 495) right at first stop light onto Riverside St. Go to Forest Ave (Rt.302), left on 302 through Fryeburg into New Hampshire. Stay on 302 until it meets up with Rt.16 (Berger King on left). Stay on Rt 302/16 through N.Conway and turn right when Rt. 16 heads North to Jackson. Enter Jackson through Red covered bridge and continue on (left at Y) to JSTF center about ½ mile. From Portsmouth (I 95) take Rt. 16 North to N. Conway and follow above directions. From the North take Rt. 16 South over Pinkham Notch and enter Jackson left opposite a filling station – JSTF is on your right in about ½ mile.

FROM THE EXECUTIVE DIRECTOR OF THE AVA'S DESK

As promised, this issue includes the first draft of the vision, mission, values statement, goals and objectives that will be part of our new strategic plan. While there is still much work left to be done before we complete this new plan, we believe it is extremely important to give the membership the opportunity to comment on the plan as we develop it. The material in this first draft will be the foundation upon which we will build our final plan. We will now begin to develop the action steps that will lead to the accomplishment of each objective as we reach for each goal. With this time line established, we would like to ask your club to review this first draft and provide your comments and/or recommendations on how we might make this foundation stronger. Time is critical in the entire strategic planning process, so we must ask that your club make this project a priority and provide your comments and/or recommendations to me as soon as possible. Please also remember, that the strategic planning process is a positive effort to lay out a trail to the AVA's future and, therefore, comments and/or recommendations should be directed at the future and not at past problems, failures or personalities. The future is in our hands. Let us make it a great future for the AVA.

Along the Trail - From The Director of Operations, Jacklyn Wilson-- Insert Cards were originally designed to accommodate those walkers who were doing the 5km walks. Since then, a host of other uses have come up for them. Probably the most used one is for people who forget their books. In that case, the club should give them two insert cards. One for events and one for distance. They should be told to send in

the entire card when they send their books for processing. They should not cut them apart and paste them in their book. It has come to our attention that there is a rumor going around that AVA (National) is going to do away with the insert cards. This is totally incorrect. We have no intention of doing away with something that is working so well. However, insert cards do not relieve the club of the responsibility of having books for sell at their events. Since we are issuing inserts to the club for free, who in turn gives them to the walker, I would like to remind everyone not to abuse them. Nothing in this world is truly free and somewhere along the line, they have to be paid for. We have received books for processing that do not have a single stamp in them; they just had 50 insert cards enclosed for processing. When we questioned the walker, we were told that way they didn't have to worry about losing their books or credit on the inserts they already had at home. They just got new ones at each event. Obviously, if this kind of abuse continues or escalates, we will have no option but to start charging for the cards. Please help us to help you. Explain the insert cards and their uses to people so they understand that if we are to keep our prices as low as possible, we must all do our part.

Stamp Problem -- Please be careful when returning event stamps. We have started getting them back in plain #10 envelopes. These envelopes are not meant to protect something with sharp areas and the envelopes are mutilated. It has been a miracle that the stamps haven't been lost in the mail. Thank you.

YRE Form-- Please remember to fill out the top of your YRE Quarterly Report forms. The problem is getting such that we will have to start returning the forms. This could cause it to be late.

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

January 17	February 21	March 21	April 18	May 16	June 20
July 18	August 15	September 19	October 17	November 14	December 12

NORTHEAST REGIONAL - VOLKSSPORT EVENTS IN 2001

(SOME DATES MAY BE TENTATIVE - CHECK BACK EACH MONTH FOR MORE UP TO DATE INFORMATION. These dates were made at the Calendar Clearing Conversations in October.

(CVVC) - CONNECTICUT VALLEY VOLKSSPORT CLUB PO BOX 251

GLASTONBURY, CT 06033-0251 BOB MCDOUGALL 860 342 3062

(ESCV) - EMPIRE STATE CAPITAL VOLKSSPORTERS (ESCV) PO BOX 6995

ALBANY, NY 12206 6995

(FLVC) - THE FINGER LAKES VOLKSSPORTS CLUB 36 SHERWOOD VALLEY RD

WINDSOR, NY 13865 607 775 9060

(TTWC) - TWO TOWN WALKING CLUB 22 GRANT AVENUE SOUTH HAMILTON, MA 01982

DIANA & JAMES CAMPBELL -; 978-468-3164 E-mail: JPIFFAT@aol.com

(WNM) - WALK'N MASS VOLKSSPORT CLUB 80 WINGATE RD HOLLISTON, MA 01746-1261

BEATE HAIT - 508-429-3564 FAX: 508-429-1813 Email: Joyce Toomre

(WM) - WANDERING MAINE-IACS, PO BOX 6403, PORTLAND, ME 04102 6403

DAVID MUZZY - 207-854-5424

DATE	CLUB	EVENT	POINT OF CONTACT
JANUARY			
Jan. 1 - Monday	ESCV	ALBANY, NY YRE GROUP	

Jan. 13 - Saturday	CVVC	STORMS, CT YRE GROUP
Jan. 14 - Sunday	SMVA	MAINE MALL - SO. PORTLAND
Jan. 20 - Saturday	FLVC	CHENANGO FALLS, NY YRE GROUP
Jan. 27 - Saturday	ESCV	SARATOGA SPRINGS, NY YRE GROUP
Jan 28 - Sunday	SMVA	MAINE MALL WALK - SO. PORTLAND

FEBRUARY

Feb. 10 - Saturday	ESCV	SCHENECTADY, NY YRE GROUP
	CVVC	FAIRFIELD, CT YRE GROUP
Feb. 11 - Sunday	SMVA	MAINE MALL WALK - SO. PORTLAND
Feb. 25 - Sunday	SMVA	MAINE MALL WALK - SO. PORTLAND

MARCH

March 10 - Saturday	CVVC	FARMINGTON, CT YRE GROUP
March 11 - Sunday	SMVA	MAINE MALL WALK - SO. PORTLAND
March 24 - Saturday	ESCV	RHINEBECK, NY YRE GROUP
March 31 - Saturday	ESCV	WILLIAMSTOWN, MA YRE GROUP
	TTWC	SALEM, MA YRE GROUP 1:00 PM

APRIL

April 1 - Sunday	WNM	NEWTON, MASSACHUSETTS
April 7 - Saturday		REGIONAL DIRECTOR'S WALK
April 14 - Saturday	CVVC	GROTON, CONNECTICUT, YRE GROUP

Walking for the HEALth of it... On the Internet... Ava.org or go directly to our site at:

IT IS TIME TO RENEW YOUR MEMBERSHIP

Membership Information

Individual Membership: \$10 (1 Person)

Double Membership: \$12 (2 people)

Family Membership \$15 (3 or more)

Each person listed on the application will receive a membership patch, but only one issue of the monthly newsletter will be mailed to a household. For additional newsletters, the person(s) to whom issues are to be sent must apply separately as an as an individual member, due to newsletter costs.

Membership Application Form

#1 Name _____ Address _____
City/State _____ Zip _____
#2 Name _____ #3 Name _____
E-mail _____
Signature: _____
Phone: _____
New _____ Renewal _____
Amount Enclosed: _____

Send to:
SMVA (Southern Maine Volkssport Association)
P. O. Box 722
Westbrook, Maine 04098

Southern Maine Volkssport Association
P. O. Box 722
Westbrook, Maine 04092-0722

SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Dan Carr - President -

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

Jan Lynskey - Vice President

Happy Jackson - Secretary

David Cole - Treasurer

Ken Jackson - Publicity

Don Bolin - SMVA Website -

Southern Maine Volkssport Association

P. O. Box 722

Westbrook, Maine 04092-0722

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 20th of the preceding month for inclusion in the next issue. Please send directly to: Dan Carr, P. O. Box 128, Hollis, ME 04042.

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

Copyright © 2000 Southern Maine Volkssport Association (AVA #193)

Last modified: 7/20/2001 7:36 AM