

# Southern Maine Volkssport Association Newsletter

JANUARY

2001

## President's Corner

If you looked out of my office window today, you would realize that winter has arrived in Southern Maine. And I KNOW, from my own experience that when that happens there is a real tendency to hibernate, because "Baby, It's Cold Outside. Been doing a bit of reading on this topic of "cold and walking" and I thought I would share some of the things I have discovered. You may know them all, and if you do great! I am sure there may be one or two new walkers who do not, and some of us who have just plain forgotten. Thanks to Wendy Bumgardner for some of these ideas you can find on her [About.com](http://About.com) web site on walking.

**Where you walk** - If you walk on rural roads, or even in the city for that matter, remember that it may be as hard for cars to avoid you on icy and slushy roads as it is for you to avoid them. You want to be sure to avoid roads with lots of puddles, mud and ice. They will get your feet cold in a hurry. Try to find a route that is somewhat sheltered from the winter winds. Winter wind cools you down in a hurry when you find yourself beside an open field and strong winds present. You might want to check with the local schools or SAD offices to see if there are enclosed areas available for walking if your area. If you are near a mall utilize it. The Mall Walks are a great way to walk inside and stay warm and dry. (See the news in this issue). You might want to plan for a warming up place such as a convenience store, a drug store, a fast food establishment, a bus shelter, or anywhere you can get out of the wind and cold for a bit. And although it is one of my least favorite ways of exercising, there is the trusty treadmill. You might try a YMCA or health club for the winter too.

**What to wear** - It may cost a few extra bucks, but it makes sense to layer your clothing when you walk. You need a layer next to the skin that will pull the sweat away from your body and keep your skin dry. Fabrics such as Thermion, polypropylene, and Thermax are designed for that purpose. Cotton is not good for this purpose. Next put on wool, fleece, pile, down in a jacket, shirt or vest. This layer will keep you warm and allow you to shed it once your body heats up from the exertion. And on the outside, use a wind-proof and water resistant jacket, preferably one that is loose. You don't want to feel like a mummy. Don't wear denim or cotton pants. Wear a fabric that will keep the moisture away from your skin. Running pants, and running tights work, and in very cold weather long underwear bottoms or tights will work. And if you are away from home, take along a change of clothes to put on before heading back home. Hats or headbands, gloves or mittens, a water bottle (parks don't leave their water running in the winter), are essential in the winter. Scarves, ski masks, sunscreens, lip gloss (yes the sun is brutal in the winter) and an umbrella. On those 'footsies' of yours, use waterproof boots or shoes in the bad weather (New Balance has styles to keep you dry), and of course there is Scotch guard and other fabric protectors that can help as well. Use caution in what you wear in slick conditions. Some shoes make walking treacherous under certain conditions. Wear one or two pair of socks depending on the coldness. You do want to make sure however that there is circulation when you have stuffed your feet and your socks into your shoes. A main ingredient in winter walking is to use common sense. If the weather is brutal, stay

home. If the weather is nice get out. If the weather is marginal, use your 'noggin', your common sense. I have found you can walk in wind-chill down to 15 below and stay relatively warm. You just have to be prepared.



[SMVA HOME PAGE](#)

## ***HERE THEY ARE!***

### ***THE FIRST WALKS IN 2001***

**The Maine Mall Walks A "B" Award Event January 14 and 28 February 11 and 25  
March 11**

**Start time 8:00 a.m. - 9:00 a.m. Finish by 11:00 a.m. Start/Finish: Maine Mall, 364 Maine Mall Road, South Portland, Maine "B" Award and Credit \$4.00 IVV Credit only \$2.00 Free Event - All welcome - No Charge There will be large selection of "B" awards available from previous events.**

**Course Description: You may choose to do each walk inside or outside the Maine Mall. Trails of shorter distances are available for those unable to complete a 10 km walk. Procedure: Upon registration each participant, including free walkers, receives a Start Card, which should be carried and stamped at the Checkpoints along the route. Start Cards must be turned in at the Finish. Refreshments: Water will be available at the Start/Finish. Restrooms are available also.**

**Contact: Alan Robitaille PO Box 17553  
Portland, ME 04112  
(207) 797-5967 (home) and (207) 286-2457 (work)**

### **Minutes of the December Meeting of the SMVA Wednesday, December 13, 2000**

President Dan Carr called the meeting to order with 22 members and friends present. The secretary's report was accepted as printed in the newsletter. The treasurer's report was accepted as presented. Treasurer David Cole reported that we would be able to invest in our CD's again. Membership for the year 2000 was 217. Renewals are being accepted for 2001.

John Tibbetts reported sales of \$63 at the last walk. John said the new Starting Point should be arriving any day. Ken Jackson reported that our meeting notice has appeared in The American Journal and our last walk was announced in The Falmouth Forecaster. Ken thanked Ann Stevens for her hard work. Carroll Tiernan reported that the Yarmouth Holiday walk on Dec. 10th had 46 walkers (23-9-11) and that 26 of the awards

had sold. The rest of the awards are now trinkets and are available for holiday gift giving. The final \$ report will be given after sale of the remaining trinkets. Carroll thanked Dean Cilley for his hard work in putting the course together and for the excellent map he producing with distance given at every turn. When Polly and Don Meltzer from Mass. finished the walk, they gave each other a high five and told us that this walk completed the 2000 kilometers they had decided to walk in 2000. Congratulations, Don and Polly! Chuck Hutchins gave a final accounting for the Tri-State walk. We received \$713! Our walk had the most walkers at 548. Only our YRE in Portland is still open and had 18 walkers in Nov. Augusta ended with 199, Bar Harbor - 157 (28-125-4), Brunswick - 156, Kennebunk - 335 (39-259-37) and Westbrook - 77. Portland YRE for 2001 will start the New Year with a group walk on Jan. 1st at 10:00 a.m.

John and Janet Schaefer have our first volksski ready to start at Jackson, NH on January 15th. Alan Robitaille is ready with the Mall Walks on January 14th and 28th, February 11th and 25th and March 11th. Ken Jackson reported that the Norlands walk; Sept. 29th and 30th may include a bike and swim. Roland Melcher reported that the Tri-State next year is going to be set up a bit differently to make getting around easier. There will be a start point in Portsmouth NH on Sat. with one walk in NH and the other traveling into Maine. On Sunday there will be a start at Gloucester with two walks. Site for a dinner is being researched.

The most important business of the evening (at least before refreshments) was the election of officers for 2001. Chairman of the nominating committee, Alan Robitaille presented the slate of Dan Carr, President; Penny Cole, V-P; Happy Jackson, secretary; David Cole, treasurer and for the board: Wendy Hunter, Barbara Weymouth, Thelma Gagne, Ann Stevens and Carroll Tiernan (immediate past president). As there were no additional nominations from the floor, the slate was approved.

As is our custom, the club voted to give Walker Library a donation of \$100 and a subscription to The American Wanderer in thanks for use of the library as our meeting space. Also gifts of \$50 each were voted for the Salvation Army and Ronald McDonald House.

John Schaefer requested we give \$50 to Elizabeth Ann Seaton Catholic Church for use of their hall as our start point for the Fryeburg walk. The club so voted. Dan reported that it is time to elect a new regional director (done every two years) and if any one is interested to let him know.

Roland Melcher reviewed the AVA Checkpoint and reported that the most important item in it was the announcement that next year New Balance will give only one pair of shoes per walk.

Volunteer of the year for 2000 is Chuck Hutchins for his extraordinary walks at Kennebunk SEA and the Tri-State and his continued support of the club. Chuck said that Fran deserved half the award. Walks of the year were a tie between Castine and our Tri-State walk. YRE/SEA walk of the year was Kennebunk. Mike Green who got \$17 won the last 50-50-50 for 2000. For the year the 50-50-50 which was a wallet full of money was drawn by AND won by Chuck Hutchins (Chuck, does Fran get half of this, too?). The \$50 dollar savings bond drawn from the names of meeting attendants throughout the year went to Wendy Hunter. Other prizes went to Celia Green, Happy Jackson, David Cole, Wendy Hunter, Lillian Cross, John Tibbetts, Fran Hutchins, Thelma Gagne, Happy Jackson, Penny Cole, Dan Carr, and Roland Melcher. We then adjourned and enjoyed many (too many) delicious refreshments

Respectfully submitted, Carroll Tiernan, Secretary Pro Tem

**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 11<sup>th</sup> starting at 8:00 AM**

**2. PORTLAND, MAINE - Year Round 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 HAMPSHIRE**

**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.**

**John Schaefer shares this info: "Jackson Ski Touring Foundation (JSTF) has teamed up with SMVA to run a Volksski on their trails. They have some of the best "groomed" trails in the East. The trail leaves from the JSTF center, crosses a golf course, goes through a covered bridge and tunnel to reach the Ellis River trail. It then goes to the 5 1/2 K mark and returns. You pass a warming hut about 3K outward and again on the return trip. The trail is undulating and is rated "green" or beginning. It has a few ups and downs, which can be walked if they look too difficult for your skill level. This is a recognized AVA event .**

**# NE2001/YR1043 and regular credit is given (11K). Books will not be available, however**

insert cards will. JSTF rates their trails Green, Blue, and Black with Green being easiest and Black the hardest. If you finish your ski you may of course try other trails. Parking is available at the Touring center as well as other places. JSTF will charge you the regular day fee (slightly more on week-ends) and you will receive a 20% discount from these fees if you show your club or AVA card. Look for the Start Box behind the registration desk - ask for it and remember not to ask JSTF questions about the Ski, as they perhaps won't know anything about it. They should know where the Start Box is and that is all. JSTF also passes out their map of the entire 152K ski area that they groom - free when you pay your trail fee. Look at that as well as the one found in the Start Box.



Skiers clearing the tunnel.

Bring a drink (water or hot chocolate) and a snack if you wish, as you will have two opportunities to rest. You may also bring a lunch to eat in the JSTF center - they have a drinks machine in the basement along with toilets & rental equipment. Lessons are available for a fee. You may start your ski between 9AM and Noon and should finish by 3PM. I believe the center closes at 4PM so you can actually stay until then to ski other trails. Also, check out the JSTF web site for trail conditions and other information:

The photo here shows skiers clearing the tunnel and heading toward the Ellis River Trail. The one below part of the Ellis River Trail.

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.



**Skier on the Ellis River Trail**

**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.**

## **NOVEMBER CHECKPOINT**

### **FROM THE EXECUTIVE DIRECTOR OF THE AVA'S DESK**

**I want to thank all of you who responded to our request for comments to the first part of our**

**new strategic plan. I realize that we gave you a very short time to do this, but we are on a very tight time schedule to ensure we can complete the new plan in time to present it at the 2001 Convention in Bellevue. The comments we received were excellent and appreciated.**

**There are a number of very important items included with this issue.**

- 1. The Call to Convention: This is your formal notification concerning the convention to be held in Bellevue, Washington. (If you desire more information see Dan Carr). Of special importance is the deadline for clubs and state organizations to ensure they are "in good standing" with the AVA. This is a one day snapshot of the club's or state organization's status. The magic day is May 14.**
- 2. The Call for Bid for the 2005 Convention: This provides detailed information on the requirements and procedures for submitting a bid for the 2005 Biennial Convention.**
- 3. The Nomination Procedures for the 2001 Elections: This is from the Nominating Committee Chair Diane Evans and give details on what people must do to be placed on the ballot for the election of National Officers and who is in charge of Regional Nominating Committees.**
- 4. We are pleased to announce that we have completed our new contract with New Balance and they have agreed to extend our sponsorship for three more years. New Balance has also generously increased their monetary payment to the AVA and will continue with their support of club events. There will, however, be a change to the direct support to club walking events. In order to provide support to more events and provide a better variety of support items, we will be reducing the number of shoes provided to one pair for each sanctioned walk for which support is requested. We did not make this decision lightly, but it was the result of a mutual decision on how New Balance could best support the AVA as a whole. Since July of 1999, New Balance has provided more than \$170,000 worth of shoes and more than \$75,000 worth of giveaway items to our clubs. We felt that we could achieve a better distribution of the support if they reduced the number of shoes to one pair per event and channeled some of these funds into marketing support both nationally and locally. There will be no reduction in the other support provided to the events or to the clubs, but this will allow opportunities for the possible support of some special events throughout the contract period. New Balance will still be providing us fantastic support and we thank them for their interest in helping the AVA and its clubs and state organizations renew The Spirit of Walking across the United States.**

#### **Other Items: Along the Trail**

**Silent Auction Items Needed--Traditionally at AVA conventions a silent auction has been held. We believe in upholding tradition; therefore, there will be a silent auction at the 2001 Convention in Bellevue, Washington. The silent auction not only raises money for AVA, but everyone enjoys the experience. Do you do a handicraft? Is there an item from your region that is unique? Do you have any item(s) you would like to donate? In the past such items as theme baskets, quilts, bottles of wine,**

a case of local drink, and craft items, such as ties, clothing, or food have been donated by individuals and clubs. There are three ways you can donate an item to the silent auction: One, you can bring the item(s) with you when you come to the 2001 convention; two, you can mail the item(s); or three, you send a check with a note stating what you would like to be purchased to be put up for the silent auction. For further information, contact the Silent Auction Chair, Carolyn Warhol at 8718 159th St. E., Puyallup, WA 98375 or E-mail her at TAW IS LATE-- The American Wanderer will be about three weeks late. I apologize for the delay. The problems will be corrected in the next issue. Just a reminder that December 22 will be the next deadline for the February issue.

**Medical Update--**Director of Finance Candace Purcell is on medical leave following major surgery. She is on the road to recovery, but it will be a while before she is able to return to her full-time duties. In the meantime, the staff will try to answer any of your financial questions.

**Officer's Update--**A reminder that all clubs must submit an enclosed officer's update form between January 1 and March 31 and whenever changes occur.

**Publicity Contest--**Guidelines for submitting entries for the Publicity Contest are enclosed. Individuals may also start submitting photos for the photography contest. Winners will be announced in Bellevue at the convention.

**Patches Wanted--**John Wickham is looking for three National Volkssport Month patches. You can reach him at (316)-788-6406 or Approved policy manual changes will be mailed with December Checkpoint

**AMERICAN VOLKSPPORT ASSOCIATION - EXECUTIVE COUNCIL MEETING**

**OCTOBER 6, 2000. AVA Exec. Council Minutes**

1. Formal signing of the Girl Scouts of the United States of America - AVA Memorandum of Understanding - Ringwood State Park, New Jersey - October 21, 2000
2. AVA Executive Council Meeting - Southeast Region - February 15-16, 2001
3. Japanese Trans-America Walk 2001 kickoff - Washington D.C. - March 30-April 1, 2001.
- Canadian Volkssport Federation General Meeting - Ottawa, Ontario, Canada - April 6-8, 2001
5. Victoria International Blossom Walk - Victoria, British Columbia, Canada - April 13-15, 2001
6. International Walkfest - Vancouver, WA - April 20-22, 2001
7. IVV Olympiad - Seefeld, Austria - June 20-24, 2001
8. IVV Full Presidium Meeting - Seefeld, Austria - June 25-26, 2001
9. AVA 12th Biennial Convention - Bellevue, Washington - June 26-29, 2001
10. Japanese Trans-America Walk 2001 Finale - San Francisco, CA - September 9, 2001

**New Balance Partnership.** We are in the process of finalizing a new contract for calendar years 2001 and 2002. Under the new contract, New Balance will continue to support our events plus provide financial support of our programs. They have increased their financial support to include the funding of one position in the National Headquarters to process materials requested by our clubs for their events. The person in this position will also be available to do other work for the AVA. In addition to this personnel support for 2001 and 2002, New Balance has agreed to fund that position for the remainder of this calendar year. We are in the process of developing a job description for that position and will begin looking for someone to fill that position soon.

**There are 6 active Special Events on going. (National Heritage Program, National Heritage Phase II Program, Walking our Nations Lighthouses Special Events Informational Program, National Millennium Trails Kit, the Other Top 9 YRE's and Trans-America Walk 2001 Project). Will be providing assistance on three other programs (Route 66, Original 13 State and the Lewis and Clark Special Events).**

**Revision of Section 4.01 GENERAL RULES FOR A EVENT of AVA Policy**

**Manual to include Requirements for conducting "Hosted" Year Round/Seasonal Events (Jesse Miller) I move that the proposed requirements for Hosted Year Round/Seasonal events be added to the AVA Policy Manual under section 4.01 F as attached. Motion failed. Moved the Executive Council go on record as discouraging the holding of hosted Year Round Event's. Motion carried.**

## **Congratulations to Chuck Hutchins**

**At the meeting of the SMVA on Wednesday, December 13, the Volunteer of the Year Award was presented to Chuck Hutchins. chuck and Fran were the driving forces for our club on the Tri-State Walks, and Chuck set-up and was the Point of Contact for the Kennebunk Seasonal that has been a favorite of so many. Although it has been a difficult year for our club and many others to break even on walks, two of Chuck's efforts enabled us to keep our heads above water.**

**We were presented a check for \$713.03 as our club's portion of the profit from the Tri-State walk, and if Chuck's figures were close to correct, we were able to make over \$350 on the Kennebunk walk. Walks are not just something to do with Chuck and Fran. They are something very special in their lives, and they with others from other groups have made the Walk and Eat Gang a fun way of extending the walk schedule for the year, and to do it in a way that others can participate. When, you see Chuck congratulate him on his hard work, and for being our SMVA Volunteer of the year.**

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

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

**The January Meeting of the SMVA will be on January 17, 7:00 PM at the Walker Library in Westbrook.**

**John Tibbetts says: "I have 25 copies of Starting Point 2001. Anyone desiring a copy be saved for them should send a check to SMVA in the amount of \$10.00 to me John Tibbetts, 1544 Congress St., Portland, ME, 04104 and I will hold one for them for you."**

**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**

<b>DATE</b>	<b>CLUB</b>	<b>EVENT</b>	<b>POINT OF CONTACT</b>
<b>JANUARY</b>			
<b>Jan. 1 - Monday</b>	<b>ESCV</b>	<b>ALBANY, NY YRE GROUP</b>	
<b>Jan. 13 - Saturday</b>	<b>CVVC</b>	<b>STORMS, CT YRE GROUP</b>	
<b>Jan. 14 - Sunday</b>	<b>SMVA</b>	<b>MAINE MALL - SO. PORTLAND</b>	
<b>Jan. 20 - Saturday</b>	<b>FLVC</b>	<b>CHENANGO FALLS, NY YRE GROUP</b>	
<b>Jan. 27 - Saturday</b>	<b>ESCV</b>	<b>SARATOGA SPRINGS, NY YRE GROUP</b>	
<b>Jan 28 - Sunday</b>	<b>SMVA</b>	<b>MAINE MALL WALK - SO. PORTLAND</b>	
<b>FEBRUARY</b>			
<b>Feb. 10 - Saturday</b>	<b>ESCV</b>	<b>SCHENECTADY, NY YRE GROUP</b>	
	<b>CVVC</b>	<b>FAIRFIELD, CT YRE GROUP</b>	
<b>Feb. 11 - Sunday</b>	<b>SMVA</b>	<b>MAINE MALL WALK - SO. PORTLAND</b>	
<b>Feb. 25 - Sunday</b>	<b>SMVA</b>	<b>MAINE MALL WALK - SO. PORTLAND</b>	
<b>MARCH</b>			
<b>March 10 - Saturday</b>	<b>CVVC</b>	<b>FARMINGTON, CT YRE GROUP</b>	
<b>March 11 - Sunday</b>	<b>SMVA</b>	<b>MAINE MALL WALK - SO. PORTLAND</b>	
<b>March 24 - Saturday</b>	<b>ESCV</b>	<b>RHINEBECK, NY YRE GROUP</b>	
<b>March 31 - Saturday</b>	<b>ESCV</b>	<b>WILLIAMSTOWN, MA YRE GROUP</b>	
	<b>TTWC</b>	<b>SALEM, MA YRE GROUP 1:00 PM</b>	
<b>APRIL</b>			
<b>April 1 - Sunday</b>	<b>WNM</b>	<b>NEWTON, MASSACHUSETTS</b>	

<b>April 7 - Saturday</b>		<b>REGIONAL DIRECTOR'S WALK</b>
<b>April 14 - Saturday</b>	<b>CVVC</b>	<b>GROTON, CONNECTICUT, YRE GROUP</b>

**OUR WONDERFUL WEB SITE (THANKS DON BOLIN)**

**IT'S TIME TO RENEW YOUR MEMBERSHIP**  
**This is the last issue of our newsletter you will receive if your membership is not received by January 20. We don't want to lose you as a member. We want you to come and walk with us and be proactive in your health.**

**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**

Send to : Southern Maine  
 Volkssport Association  
 P. O. Box 722  
 Westbrook Maine 04098

#1 Name \_\_\_\_\_ Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

#2 Name \_\_\_\_\_

#3 Name \_\_\_\_\_

E-mail \_\_\_\_\_

Signature: \_\_\_\_\_

Phone: \_\_\_\_\_

New \_\_\_\_\_ Renewal \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

**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**

**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**

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

**Happy Jackson - Secretary**

**David Cole - Treasurer**

**Ken Jackson - Publicity**

**Don Bolin - SMVA Website -**

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

Send mail to [dbolin@juno.com](mailto:dbolin@juno.com) with questions or comments about this web site.

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