

Southern Maine Volkssport Association Newsletter

JULY 2001

The President's Corner

Wendy Bumgardner has written an article entitled **The Dangers of Not Walking** on her About.com web page. She writes, "Walking less and weighing more? You are not alone. Walking continues to be the most popular form of exercise in the US. But walking as a part of daily life is declining steeply and our waistlines are expanding as a result." Wendy gives these facts... The Mean Streets 2000 report from the Surface Transportation Policy Projects paints a grim picture of walking in the USA. - Fewer trips of under a mile are being made on foot - in favor of driving. This is a decrease of 42% in the past 20 years. The decrease in walking as a part of daily life is contributing to the epidemic of obesity - over half of the adults in the US are overweight or obese. Nationwide, 5.4 percent of all trips are made on foot, and 13 percent of all traffic fatalities are pedestrians. Yet the states spent less than one percent of their federal funds on pedestrian safety. - Children are walking far less, often due to pedestrian hazards around their schools. Childhood obesity is climbing, almost tripling in the past 20 years to 13.6% - Walking regularly for 30 minutes to an hour a day has been shown to reduce risk of heart disease, stroke, cancer, and diabetes among other ailments. In previous decades many adults walked as part of getting from one place to another. Newer cities are the worst for pedestrian facilities, being designed for car traffic with pedestrian paths as a frill or afterthought. In the May 15th issue of Woman's Day Magazine, it is stated that the rate of which walking has dropped in the last 20 years is 42%, and the increase in the number of overweight Americans in the last 20 years is 40%. Walkers have a message to spread - a healthy one. We also have a message to share with our legislatures and community leaders. We need more walk space and safer walk space. Maybe it is time that we worked more closely with the clubs and organizations in our communities to encourage that Maine become a more 'walker-friendly' place to walk.

Here is the summer walking schedule:

July

3 Falmouth

10 Augusta

17 Lighthouse Walk

24 Brunswick

31 Portland YRE

August

7 Casco Bay Bridge Walk

14 Falmouth

21 Brunswick

28 Augusta

September

4 Lighthouse Walk

11 Westbrook

18 Kennebunk



[SMVA Home Page](#)

Minutes of the June Meeting of the SMVA Wednesday, June 20, 2001

Dan Carr, President, called the June meeting to order at 7:00 PM with 14 members present. The Secretary's report was accepted as printed in the May Newsletter. The Treasurer's report was accepted as given by our Treasurer, David Cole. Total membership is now at 205. Don't forget there is a contest going on for the one who brings in the most new members. Guess we all better get busy. For club sales -- many walk books were sold at the Southwest Harbor walk for a total of \$55.00. Under Publicity, Ken Jackson, reported that the Norlands Weekend Event Brochure is now out and will be distributed to the Information Bureaus. The May 19, 2001 Calais County walk by the Wandering Maniacs had a total of 47 walkers. This was a great walk, thanks to Sylvia Allen and Dave Muzzy. The Downeast Weekend walks on June 16 and 17 were great walks. Southwest Harbor had 53 walkers and Mt. Cadillac had 20 walkers. Even though we did not get to see the sunrise, the walk was very nice. Thanks to Barbara Weymouth and Edna Coyne for these walks. The County walk in Belfast by the Wandering Maniacs had a total of 47 walkers. This again was a great walk seeing all the artistic bears with their many different poses, walking along the shore path and streets. The Mermaid bear on the Belfast pier took my eye. Thanks to Sylvia Allen and Dave Muzzy for this walk. The Sunset walk at Popham Beach on Aug 11 and the Sunrise walk at Bailey's Island on Aug 12 are ready and the brochures for these walks are now being worked on. The October 6 & 7 Tri State Weekend is now shaping up. To date the Bar Harbor SEA has a total of 39 walkers, Falmouth SEA 25, Kennebunk SEA 53 and Westbrook SEA a total of 19 walkers. Under new business, it was voted to send \$100.00 each to Patty Proux, our Northeast Regional Director and to Charlotte Phillips of VT who is our representative at the National AVA Convention being held in Washington State. Also under new business it was discussed at great length as to whether we should raise the membership fees to help defray our cost of printing the newsletter and mailing the newsletter with the brochures. It was suggested that a single member would be \$12.50, a couple at \$15.00 and a family at \$17.50. No action was taken at this time. News from away: Allen Robitaille and Wendy Hunter reported that they had walked in Savagemills, MD, Lowell, MD, Washington, DC (this was a 17 K Monument walk) Annapolis, MD and Arlington, DC. Elaine Johnson walked in Winchester, VA. Dan Carr, Ann Stevens and Barbara Weymouth walked in Madbury, NH. Ann Stevens won the 50-50 for \$9.00. Shirley Milleken, Wendy Hunter, Ken Jackson, Elaine Johnson, Penny Cole, Ed Witherall, David Cole, Ralph Green, Dottie Lewis and Happy Jackson won door prizes. Meeting adjourned at 8:30 PM. Respectfully submitted, Happy Jackson, Sec.

A Look At Downeast Weekend 2001 - Dan Carr

Thanks Barbara and Edna for another wonderful trip Downeast. What a great weekend. I had the opportunity to walk with my sister-in-law Liz on all the walks, while Jan spent time with her sister and mother at the cabin. Starting with the walk in Southwest Harbor (actually a cool walk after a horrendous hot day the day before). A beautiful and quaint village. (Results of Southwest Harbor walk, A & C 17, C 25, F 11, Total 53)

Bill Mountford (see below) wrote a neat little article for the Walklist on Cadillac Mountain (Thanks Bill). That was quite a walk. Starting in the dark and fog and ending in the light and fog, it was still a very special time. To be enveloped in the dampness and the silence climbing gradually up quite a mountain to be greeted at the top with muffins and juice (thanks Barbara) and a bunch of happy walkers made the day special. Herm and Val even drove overnight to be a part of the walk (their grandson was part of the baseball team that

won the state championship and they had to be there for that game, but then up they came). I don't know that I would have been as ambitious climbing the mountain if I had seen where I was going (Though we could climb without flashlights even at 3 in the morning), and I really doubt that I would have made it to Belfast if the sun had risen in its glory. There were just too many beautiful views that would have taken up my time to enjoy we discovered the next day when we drove up the mountain. Thanks to a very special lady. Barbara waited in her car at the base of the mountain to be sure we were all down before she took off - just one of the special caring things she always does. (Figures for Cadillac: A&C 7, C 13. Total 20 very enthusiastic walkers)

Thanks David and Sylvia for a splendid walk of Belfast Maine. The only problem with the day was being in danger of being run over by bikes. There must have been thousands of them in their Trek Across Maine. The waterfront was bright with their colors. The walk and contrast as we walked across the old bridge and new bridge made it even more special. And being a part of the Walking the Counties of Maine program meant I got another stamp in my bright yellow book.

We stayed in Bar Harbor Sunday night and Monday night to take advantage of the Bar Harbor seasonal. The walk changed a little from last year, but was just as good. There was more of a look at the golf course (which we had seen in the dark the morning before) and a good tour of downtown and the waterfront. (YTD figures on Bar Harbor - Award & Credit 9; Credit 27; Free 3; Total 39 Thanks to everyone who had a part of making it a very special time. Thanks to all who came to walk, and for those who took care of us who came to walk, and a special thanks to the One who gave us NO rain and wonderful walking weather.

Bill Mountford sent this note to the Walklist (Web) about the Cadillac Mountain walk, which was part of the Downeast Weekend. He writes: "It was scheduled for 3-3:30 AM to allow the walkers time to reach the summit for a 4:29 sunrise. Registration began at 2:25 AM and walkers were on the auto road at 2:30 (three walkers had left at 2AM and were registered at the summit) with plenty of time to traverse the course. It was dark but as your eyes adjusted to the available light it was possible to walk the road without the aid of a flashlight. The darkness prevented you from seeing how steep the road was which was a mental blessing. The fog or low clouds increased with elevation and made those of us with glasses wish for wipers. The summit was cool, with wind blown fog but the bathrooms were open. Some folks even managed to dry their hair with the blowers in the rest room. The Chamber of Commerce inducted us all into the Cadillac Mountain Sunrise Club. (Does it count that we could not really see the sun)? Barbara Weymouth drove to the summit and had fruit juice and muffins for all the hungry walkers. Nineteen walkers participated in the event including one couple that arrived at the start point at 1 AM after a 5-hour drive to sleep for an hour and then begin the walk. After reaching the foot of the mountain about 6 AM everyone packed up for the drive to Belfast, ME for the walk scheduled for 9:30 AM. Thanks to Barbara Weymouth and her staff to putting on a memorable series of walks over the weekend in Bar Harbor, ME. - Bill Mountford

I received a note from Barbara Weymouth saying "that the Empire State Capital group in NY would like to bring a bus to a sunrise walk next year. Would SMVA want to do another next summer? It doesn't have to be decided right now, but if it is a go, maybe having it in mid-September might be better (no fog and a little but later sunrise). What do you think? Please thank Sylvia, Dave, Penny, Ken and Happy for all their help in making the weekend a success. I had a great time and enjoyed seeing you all." Barbara

Sunrise/Sunset...

Although these ARE words from Fiddler on the Roof, we are talking about the walks to be held on August 11 and 12

Wendy Hunter says this about the August 11 walk -: "Come one, come all to the Tropical Beach Party Walk at Popham Beach State Park on Saturday, August 11. 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 4-5 PM and finish by 8 PM. The time for the Harpswell walk will be - start 7-8 AM and finish by 11 AM. The brochure is in this newsletter.

GET OUT YOUR CALENDARS --- THE WALK AND EAT GANG SCHEDULE FOR JULY!

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)

July 5 Newburyport, MA

July 12 Portsmouth, NH (Picnic)

July 19 So. Portland, ME (Year Round)

July 26 Sudbury, MA

Checkpoint May 2001 - FROM THE EXECUTIVE DIRECTOR'S DESK OF AVA

WOW!!! The volkssporters and the clubs have really come through on my plea for donations to this final year of the Millennium Fund campaign. As of May 23, we had received \$22,625.69 and the dollars keep coming in. Not only is this great for the AVA financially, it is great for the morale of the National Headquarters staff. Your positive response reaffirms the commitment of so many to ensure volkssporting continues as a viable program to help us enjoy a fun and healthy lifestyle. Thank you to all of you for your continued support. I know we will make our \$25,000 goal before the end of the convention in Bellevue. The 12th Biennial Convention is here, and this convention will be remembered for two very important happenings. First, we will be celebrating twenty-five years of volkssporting in the United States. The convention will feature a special birthday event at Wednesday's general session, which will cap off a celebration that will begin in Fredericksburg, Texas, on June 8, 9 and 10. Second, the AVA will be setting its course for the second twenty-five years of volkssporting in the U.S.A. I wish all of you could be there to join in these historic events. But for those who cannot, we wish you a happy volkssport twenty-fifth birthday and look forward to working with you as we build the future of volkssporting in the United States. Thank you for all of the help you have already given us in renewing The Spirit of Walking. Along the Trail: Annual Dues are due, by July 1. Convention week, June 25-29 the AVA Headquarter staff will be reduced by half--please keep that in mind. For the next thirty days, certain headquarter staffers will be involved in relocation of their offices--kindly bear with them. Awards report an eight-week backlog. We will be closed July 4. YRE/Seasonal sanction requests are due at Headquarters by September. From Brandi Deemer, Special Projects Coordinator-- All June sponsorship requests have been filled and all July sponsorship requests will be filled before our convention in June. As we continue to develop a stronger network of New Balance local retailers nationally it becomes increasingly important that each of our clubs abide by the eight-week deadline for sponsorship. It is necessary to have this time in order to find and confirm a local retailer.

The July Meeting of the SMVA will be on JULY 18TH at 7:00 PM at the Walker Library in Westbrook

GOODIES FOR THE EVENING

Sweets: Joan Melcher

Veggies: Ann Stevens

Beverages: Roland Melcher

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

August 15 September 19 October 17 November 14 December 12

FOR YOUR CALENDAR:

JULY 14 - SATURDAY - SEACOAST STRIDERS will be having their annual picnic walk in PORTSMOUTH, NH. 5km and 10 km walks. Starting at the Urban Forestry Center 45 Elwyn Road, Portsmouth. Rated 1+. FMI contact Stephanie and Craig Johnson (603) 679-2732. Start 8-11AM - Finish 2PM. Picnic will start around noon. **DIRECTIONS:** From I-95: Take exit 5 into the Portsmouth Traffic Circle (Meadowbrook Motel, Holiday Inn, and Howard Johnson's.) From the Circle take Route 1 Bypass to Rt 1 (Lafayette Road). About 2 miles through a series of 5 lights to the stoplights at Yoken's Restaurant. Then turn left onto Elwyn Road, take the first left turn approximately 500 feet) into the Urban Forestry Center road to the parking lot. The Urban Forestry Center is well signed on Route 1 just before you get to Yoken's. From Route 4: Take Route 4 to the Spaulding Turnpike, cross the General Sullivan Bridge, pass Pease International Tradeport (bear to the left) into the Portsmouth Traffic Circle - follow above directions from there

JULY 21 - Saturday - Danville, Vermont. A small Vermont town that lies overlooking the Connecticut Valley. Near by is Joe's Pond, the source of a great deal of excitement in Vermont's spring. People from around the world bet on when the marker placed on the ice will fall through the ice. The center of the village is a picturesque green with a Gazebo. Start/Finish - Methodist Church on the Green 8:30 AM to 1 PM Across from the store on north side of Route 2 **DIRECTIONS** Danville is on US 2. 8 miles West of I-91 or 35 miles east of I-89. Trail: over rolling hills, along country roads, through peaceful farm scenes. The walk goes through the covered bridge shown on the award and along a river to hamlet known as Harvey and then backs to Danville. Suitable footing for wheelchairs or strollers. **AWARD** 2-1/2 medallion of covered bridge. Please pre-register, only 36 are being ordered. **FEES** Walk-free Walk and credit--\$2.00 Award and Credit--\$5.00 **Participation:** The events are free and everyone is welcome. An adult must accompany children under 12. Everyone may walk at his/her own pace. Groups of 10 or more should write or call in advance. **ALL WALKERS MUST REGISTER AND CARRY A START CARD. ALL CARDS SHOULD BE TURNED IN AT END OF WALK** **PETS:** Leashed pets are permitted. Pets are not allowed in any buildings. It is suggested that you bring water for the dogs. **REFRESHMENTS:** Water, food, and rest rooms are available at the start and finish. Water is available along the route. **FOR MORE GENERAL INFORMATION CONTACT:** CHARLOTTE PHILLIPS PO BOX 907 MIDDLEBURY VT 05753 802 462-2019 OR PAT STARK PO BOX 44 HARTFORD VT 05047-044 802 296-2192 (H) 802 295-3077-- EXT 232 (W 9-4)

JULY 22 - SUNDAY - Host Club: WALK 'N MASS VOLKSSPORT CLUB - Start: MINUTE MAN RECREATION TRAIL, LEXINGTON CENTER, 5/11KM Write for more information to: 80 WINGATE RD

HOLLISTON, MA 01746 1261 Contact: CAROL LEITER 978 443 4857 Lexington, Massachusetts Start: 9:00 a.m. - Noon 5km and 11km Walks Minuteman Walks APPROVED MIDDLESEX COUNTY WALK

under the Mass County Walk. Explore historic Lexington utilizing less-traversed trails along well-marked 5km and 11km routes (3.1 and 7 miles). These walks are non-competitive and are walked at your own pace. Anyone may participate regardless of age or physical fitness. The routes are suitable for strollers but not wheelchairs. An adult must accompany children under the age of 12. Dogs are welcome and must be leashed at all times. Don't want to walk alone? Meet at the start at 9:30am to walk with other participants. **START/ FINISH:** Old Lexington Depot Minute Man Recreation Trail Lexington Center, MA **START TIME:** 9:00 a.m. - Noon. **FINISH TIME:** by 4:00 p.m. **TRAIL DESCRIPTION:** Lexington is known historically as the site of the first Revolutionary War conflict. This Lexington walk—a route that brings you to areas not previously explored by Walk 'n Mass—will be remembered for the open space traversed and the shade afforded on a warm summer day in a thriving community. After a brief visit to the Lexington Visitors' Center, both the 5km and 11km (3.1 and 7 miles) routes head south to explore a shaded Nature Trail teeming with birds. Another shaded path circumnavigates the cool waters of the Lexington Reservoir. Here, the 5km walkers return to the start via another portion of the Nature Trail. The 11km walkers continue south into Lincoln visiting the Cambridge Reservoir, where Great Blue Herons congregate, and return to the start via the newly

restored shaded Battle Road. Due to some unpaved paths, the AVA trail rating for both routes is 1.5 (easy), suitable for strollers but not wheelchairs.

August 25 - Saturday -CHEPACHET RHODE ISLAND Picnic Walk at Pulaski Park 5km and 10km WALKS sponsored by Walk'n Mass Volkssport Club. 10 a.m. Group Start. A picnic walk at Pulaski and George Washington Parks located in Chepachet, Rhode Island. A well-marked 5km and 10km routes (3.1 miles and 6.2 miles) may be completed at your own pace. Anyone may participate regardless of age or physical fitness. The route is not suitable for wheelchairs and baby strollers. An adult must accompany children under the age of 12. Pets must be leashed at all times.

All are welcome to partake in our post-walk picnic! START/FINISH: Peck's Pond Pavilion at Pulaski Park Pulaski Park Road, Chepachet, RI **START TIME:** Registration: 9:30 to 10:00 a.m.

Groups (per walking pace) start at 10:00 a.m. **FINISH TIME:** by 1:00 p.m. **DIRECTIONS:**

From the North: 1. Take Route 128/I-95 South to Route 295.2.* Take Route 295 to Exit 7 (Route 44 West). 3. Take Route 44 West for about 15.5 miles to Pulaski Park Road— about .4 miles after the State Line Diner after you pass through Chepachet. 4. Turn RIGHT on Pulaski Park Road for .7 miles, passing a small booth to the further parking lot. Walk path to pavilion by pond. **From the West:** Take Route 90 East to Route 146 South. 2. Take Route 146 South to Route 295 South/West. Follow from * above. **From the South:** Take Route 95 North to Route 295 North/East. Follow from * above.

SEPTEMBER 8 - SATURDAY - MANCHESTER/ARLINGTON Vermont - two 10 KM AVA sanctioned walks 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. Lincoln's planned retirement area. Norman Rockwell lived in Arlington and painted in Arlington for many years. Lincoln planned to retire to Vermont. Visit Hildane, his planned home after the walks, and the Rockwell museum during the walk. **MORE INFORMATION:** CHARLOTTE, 802 462-2019, <http://www.geocities.com/cpwalkvt> 2000. **MANCHESTER START/FINISH:** FIRST CONGOGRATIONAL CHURCH, MANCHESTER **START:** 8:00 AM to 3 PM **FINISH:** BY 5 PM. **DIRECTIONS** TAKE EXIT 4, FROM US 7, GO WEST TO 7A FOLLOW SOUTH TOWARDS ARLINGTON CHURCH IS ACROSS FROM THE EQUINOX HOTEL **TRAIL RATED 2 .**

Two trails, 10 and 5 KM. A walk that passes by colonial homes and the Equinox Hotel, through a typical urban neighbor hood and old cemetery and finally around the discount stores. Passing the Fly Fishing Museum. Award to be determined.

SEPTEMBER 16 - SUNDAY - Host Club: WALK 'N MASS VOLKSSPORT CLUB Start: BUNKER HILL COMMUNITY COLLEGE, CHARLESTOWN, 5/10KM Write for more information to: 80 WINGATE RD HOLLISTON, MA 01746 1261 Contact: CHRIS MELLEN 978 649 7633

SEPTEMBER 29 (SATURDAY) and SEPTEMBER 30 (SUNDAY) Fall Weekend At Norlands Living History Center - Livermore, ME. Start 9 - 11 AM Finish by 3 PM- Walk either Saturday or Sunday - one day only/one credit only. Bike either Saturday or Sunday - one day only/one credit only. Swim Saturday September 29th, Swim NE01/245 (USM - Farmington)- a Maine County Walk - Androscoggin County. **Directions:** From the NORTH, I-95, take Exit #30 west on route #202 to Winthrop, then take Route #133 north to Wayne. Turn left on Route #219 and right on Route #108. Drive three miles to Norlands Road and turn right, to the Norland's Living History Center. It will be about ½ hour from Augusta From the SOUTH and Portland, take I-95 or Route #1 north to Exit #9 and continue on the Maine Turnpike I-495 to Exit #12 Auburn. Follow Route #4 north to Livermore. Turn right on Route #108. Turn left on the Norland's Road. Norland's Living History Center will be on your right. The Norland's is about 1-½ hours from Portland. **For more information, look up www.norlands.org on the web, or write: Norlands Living History Center, 290 Norlands Road, Livermore, ME 04253. Call (207) 897-4360 or fax (207) 897-4963.** **Parking:** will be available where indicated by parking signs on the day of the event. RV parking may be a problem because of shoulder parking. **Rest Rooms:** Potra-Potties are at the end of the equipment sheds. **NO**

other facilities will be provided on the trails. **Water** is available at the start/finish.

General Information: The Norlands Gift Store will be open on Sunday, but the festival will not be going on. **No Smoking** is allowed on the Norlands property. **Rating:** Because of terrain, strollers are not recommended. The trail is rated a 3. **FOR MORE INFORMATION** - contact Ken Jackson, 148 Greenwood Lane, Portland, ME 04103. (207)797-3459 or email: agee2@aol.com

OCTOBER 6 (SATURDAY) Kittery, Maine - incorporated in the Province of Maine in 1649. The trail includes Kittery's Portsmouth Naval Shipyard, established in 1800. The Shipyard has played a major role in U. S. naval history since the 74 gun warship U.S.S. Washington was launched there in 1815. Start/Finish: Kittery Community Center Cole Street Kittery, Maine Start Time: 8 a.m. to Noon. Finish Time: All participants must finish by 3 p.m. Trail Description: The trail features the oldest town in Maine. You will stroll among the pine and oak trees of Rogers Park on the shores of Spruce Creek, passing historic homes and "Champion", Maine's largest "cork elm." Highlight of the walk is the Shipyard with its Marine Barracks and Commander's Quarters (built in 1814); U.S.S. Squalus/Sailfish Memorial; the imposing Naval Prison; and Building 86 where the Russo/Japanese War peace treaty was signed. **CAMERAS ARE NOT ALLOWED IN THE SHIPYARD.** 5 and 10 km. trails will be available. The AVA trail rating is 1+ (easy). Some areas are not suitable for wheelchairs and strollers but alternative routes will be available. Pets are not allowed in the shipyard. **and Portsmouth, NH.** The Seacoast Striders invite you to enjoy a walk along the New Hampshire seacoast to view Portsmouth harbor. Portsmouth is the 3rd oldest city (settle in 1623) and a major seaport in New Hampshire. Portsmouth is home to many historical buildings from John Paul Jones house to the old houses in the Strawberry Banke Museum. The Treaty of Portsmouth, ending the Russo Japanese War, was signed here in 1905 Start/Finish: J.F.K. Recreation Center 175 Parrott Avenue Portsmouth, NH 03801 Start Time: 8 a.m. to 1 p.m. Finish Time: All participants must finish by 4 p.m. Trail Description: The trails will walk along Portsmouth harbor where you will see views of the Portsmouth Naval Shipyard with a spectacular view of the harbor from the Memorial Bridge (celebrating its 77th year as a major connection between Kittery, ME and Portsmouth). Along the route you will see old historical houses, Portsmouth harbor, Prescott Park and the U.S. S. Albacore. 5 and 10 km trails will be available. The AVA trail rating is 1+ (easy). The trail is suitable for strollers and wheelchairs. **AND OCTOBER 7 (SUNDAY) Gloucester, MA.** This is the much-anticipated TRI- STATE WEEKEND. Bookmark: Brochures have been printed and mailed to each club member. Be sure to make reservations early. This is Columbus Weekend and also leaf-peeping time.

OCTOBER 13 (SATURDAY) ROCKLAND, ME. 5/10km. Contact is Sylvia Allen 887 Spring St. Westbrook, ME 04092. (207)774-8524 or This is a Maine County Walk - Knox County. Start/Finish at McDonalds Restaurant on Camden Street in Rockland. Rated 1+.

A Look at Calais, ME and St. Stephens, NB - Ken and Happy Jackson

Friday Morning, May 18 - This is our first trip out this year with the Motor Home. We left home at 11:50 AM and had to fill up with propane gas before we could get on the highway. Finally about 12:40 PM we were on the highway and we drove straight through to the rest area just outside of Augusta. Here we stopped for lunch. After eating I went out to walk around for a few minutes before rolling on. It was a good thing I did as I could see water coming from under the RV. It was a slow steady flow. It was fine when we left home. Ken got out to check and the drain valve in the water line had worked loose. Guess he did not have it turned off tight enough. Got that minor problem taken care of and now time to roll. We drove straight through to Bangor where we had to stop and give Bessie (the RV) a drink. She was getting a little thirsty, so best get her filled up before we head across the Air Line. As we drove through Bangor, we decided to stop for coffee to go. I figured if Bessie can drink so can I. After going some distances across the Air Line, I spotted a wild turkey beside the road at Addison, Maine. We stopped at the Irving truck stop at 5:45 PM just before getting into Calais. Here we were able to spend the night. We checked inside and was told many campers park there all the time. It being early in the season, the campgrounds were not open for the season.

Saturday, May 19, 2001 - The temperature this morning is at 63 degrees. Just right for walking but, the

clouds do not look too promising. We went to the diner here for breakfast and was on the road at 7:30 AM headed for St. Stephens, NB to walk rain or shine. We will do it. As Ken went through the Canadian Customs, he set the alarm off. When he put Bessie in reverse and started to back up, off went the alarm again. Now what, put it in drive and move, off goes the alarm. What is going on????? By now one of the Customs agents came out from nowhere and motioned for us to back up. We did, and then the girl in the booth opened the window. She asked where we were going, how much liquor did we have and how many packs of cigarettes did we have. I answered her, and she said "Git going". The booth had the smoke glass windows and we could not see in. It looked like it was closed. Boy, were we ever mistaken. We sure learned, never try to go past a booth even if you can't see in. It now is funny, but at the time we were quite taken back as to what was going on. We finally made it to the Information Bureau where the walk was to start and finish. It was drizzling so we got into our rain gear and with umbrellas in hand were on the trail at 9:15 AM. Our time it was 8:15 AM. Not knowing if it was going to pour or stay the way the weather was, we decided to do the 5K walk. This walk took us through a very nice clean residential area and past the hospital. As we continued on, we ended up in the business section of St. Stephens and back to the Start/Finish point. We did not have to open the umbrellas but did have some wet feet when we returned. We were back around 10:30 AM our time and went right to the rig and changed our socks and shoes before getting our books stamped. After crossing the border, we went to the Calais Information Bureau where the Start/Finish point for the County walk was going on. Here we picked up our maps and got our books stamped at the same time. The weather had not changed any and Ken was tired from the first walk, so we would do it the next day. We stopped at Dunkin Donuts for coffee to go and drove into the Ames parking lot for lunch. Here we could eat and watch all the die hard Volksmarchers go by. It was fun to wave to everyone. When I got back to Bessie, Ken wanted to drive into the Moosehorn Wildlife Refuge, so off we went. We found this to be quite an interesting area. There are any number of trails both long and short for the public to use. It would be nice to spend a couple of days, just exploring and walking the trails. I did pick up some information of the refuge, hoping someday we can go back there. On our way out, we stopped and did walk one of the short trails. It was interesting just listening to the many kinds of birds singing and hear the woody woodpeckers at work. Also we saw many Canadian geese there by a small pond.

Sunday, May 20, 2001 - Up early this morning and it seemed nice not to have to rush around or feel like we were being pushed. Wow! The temperature is down to 44 degrees. Just a little cool outside but the sun is very bright. It won't take long to warm up. After breakfast, we were off to do the Washington County walk in Calais. We were on the trail at 9:00 AM. This was a great walk starting down by the river on a footpath along the river and then up through a residential area. We continued on the trail through a nice residential area until we came to the Rails for Trails and we followed this back to the start point. This is the beginning point of the Rails for Trails and will end in Key West, Florida. There will be a Celebration on Saturday, June 2, 2001 at Calais, honoring this Gateway 2600-mile East Coast Greenway Trail. When we got back to the Start/Finish point I had to shed some clothes and go into lighter weight clothing. It had warmed up to about 70 degrees. What a change from 44 degrees this morning. We were on the road headed for home about 11:30 AM. We were on the road headed for home about 11:30 AM. As we came to the craft store, I had to go in and check it out. The only thing I bought was a pound of fudge. That was nice to nibble on the way home.

A note from Jan Lynskey - Hi Dan. Maybe in the newsletter you could tell folks to stop at the Orr's Island Schoolhouse on Sunday when they do the walk on Bailey's Island and see my art exhibit ...maybe someone would be interested in seeing what I've been up to instead of being at SMVA...Jan

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.

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

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