

Southern Maine Volkssport Association Newsletter

July 2002

Corner

A walk was a lovely start to summer on a slightly less than lovely day. There were 69 with some from as far away as Nova Scotia and Indiana. Everyone was enthusiastic the trail that Janet and John Schaeffer laid out. Thanks for starting our summer off
od note.

For many reasons, we have decided that for this year, all of our walks done in the state will qualify as a county walk. We continue to be excited about this program and plan to cover the state but do to limited man and woman power, we felt this was the best solution for the moment. If anyone can and is willing to lend a hand to this program, please contact us. Many hands do lighten the load.

Carroll is still trying to round us up for the Monday evening walks. Bath is next on the agenda for July 1st at 5:30.

Wells is the next event on our calendar. I'm looking forward to seeing your smiling faces. We will also accept your help! There will be no "official" prewalk but I will e-mail a map to you so that you can do it at your leisure. Be there on July 14th to get your stamps Ann

A BIG THANK YOU to all the volunteers for the Bridgton walk. They were: Happy and Ken Jackson, Pat and Fred Welch, Ann Stevens, Cheri Watson, Elaine Johnson, Heather McLeod, Sylvia Allen, Thelma Gagne, Nancy Poore, Sandy and Wally Johnson, Dave and Penny Cole, Shirley Milliken, and Herm and Valerie Day.



[SMVA Home Page](#)

Jane Cauchon from New Hampshire and Florida was the lucky winner of a new pair of New

Balance shoes. Congratulations, Jane

July has Shirley as the guardian at the door on July 17th, and Sandy Johnson and Ann Stevens will provide refreshments.

**The July Meeting of SMVA
will be at the Walker Library in Westbrook - July 19th at 7:00 PM.**

WALK AND EAT SCHEDULE 2002

You are invited to join the "Walk and Eat Gang" in weekly Thursday walks beginning in April. They gather by 9:15 a.m. at the start point, and walk promptly at 9:30 a.m. You are invited to come to walk and talk, and then eat after the walk.

- July 4 NO WALK ! July 11 Beverly, MA ! July 18 Wolfeboro, NH Picnic at Days ! July 25 Bath, ME ! Aug. 1 Newburyport, MA ! Aug. 8 Portsmouth, NH ! Aug. 15 So. Portland, ME (Year Round)! Aug. 22 Danvers, MA ! Aug. 29 Hampton, NH Picnic - Sept. 5 Portland, ME Sept. 12 Roslindale, MA (10:30 a.m. start) - Sept. 19 Concord, NH - Sept. 26 Boston, MA (Choice) - Oct. 3 Newton, MA (10:30 a.m. start)



For further info on Walk and Eat walks contact:

Chuck and Fran Hutchins	603-483-0598	bfinch38@msn.com
Don and Polly Meltzer	978-443-8513	
Al and Bonnie Moulton	603-778-0267	bonnieal@attbi.com
Dick and Joan Rossi	978-887-5901	JODIROSSI@aol.com
Herm and Valerie Day	603-755-2856	valherm@adelphia.net

Minutes of The June 19th, 2002 Meeting of The Southern Maine Volkssport Association

Ann Stevens, SMVA President, opened the June 19th meeting at the Walker Memorial Library, Westbrook, at 7:05 PM. There were 22 club members present. Various members walked around

the room introducing themselves. Nametags were passed out for those in attendance. The May Secretaries Report, as printed in the June Newsletter, was accepted as printed. The Treasurer's Report, as read by Janet Schaefer, was also accepted as reported. Membership Report by Cheri Watson: 181 members. Newsletter: if you have been on any interesting walks recently e-mail your experiences to Dan Carr and he will put them in the next Newsletter (reports are due by June 24 for the July Newsletter).



SMVA 2002 Walk Reports: Portland Year Round: 12; Augusta: 20; Bar Harbor: 4; Kennebunk: 15; S. Portland Light House: 19. Upcoming walk reports: The Bridgton Walk for Saturday June 22 is ready. The July 14th Wells Walk, by Ann Stevens, is all set and the brochure is available. The start time for this walk is between 7-9 AM. Alan has the brochure done for the Sunrise/Sunset walk on August 17 and 18. He had it printed at no cost to the club (thanks for the multi-colored brochures). McAuley Walk set for September 21: Alan said that McAuley decided not to do a 20K walk this year. If someone wishes to do 20K (as it has already been sanctioned at 20K, 10K, and 5K) they can do the 10K twice. This walk will now be a group walk (everyone starts at 9 AM). They will provide a lunch for all participants between 11 and 12. Alan and Ed will have the route done soon and the next meeting will do the brochure. Cheri Watson plans a walk in Cornish on September 28th. She has been working on a brochure (she passed around a colorful prototype) and is now looking for someone to print it up. She will not have an award, as she found none that were suitable. Tri-State: No one from Mass. or New Hampshire contacted Mike Green about the May meeting, so no one from Maine was there. Alan hasn't been getting much feedback from the other clubs so far. Neither has he received any T-shirts (or are they long sleeved shirts). But the walk is still on. The start point for the Maine walk on October 12th will be at the Orthopedics Associates parking lot on Sewall St. (off Congress St. near the train station).

The next Monday night group walk will be the Wandering Maine-iacs Bath Walk on July 1st. Meet at 5:30 PM

There is another Monday night group walk on July 15th in Kennebunk, and one on July 29th for the Portland Year Round.

The seasonal and year round walks for 2003 are due to be submitted by August 1st so they can be in the Starting Point. It was decided to continue the Kennebunk Walk for another year. Barbara will do a Bar Harbor walk. Augusta, as the state Capitol will be another seasonal, along with

Portland as a year round.

There was discussion about sending the Newsletter online, rather than through the mail, to those with e-mail addresses to save costs. It was decided to both mail and e-mail a newsletter as a trial to see what feedback arises. Most people, it was thought, like getting the newsletter in the mail and is one of the benefits of membership. And not all people read their e-mail in a timely fashion. Ann asked anyone to put the name of a favorite charity in a basket for a future drawing.

WE NEED YOUR HELP!

SMVA members desperately needed

Please volunteer some of your valuable time to help our club with numerous projects. Please contact our President, Ann Stevens either by e-mail (seejohnrun@cybertours.com) or telephone (985-4196) to see all the options.

Thank you

The meeting was adjourned at 8:45 PM. .

THE ONLY WEB ADDRESS YOU NEED <http://smva.8m.com>

This is our club site, and from it you can access our neighbor's web sites, and sites around the country.

Don Bolin, our Webmaster, keeps our site up to date, and all the back issues of our newsletters are on line too.

NEXT NEWSLETTER DEADLINE IS

July 22, 2002



A TEST RUN - SMVA WILL SEND NEXT MONTH'S NEWSLETTER TO THOSE MEMBERS FOR WHOM WE HAVE E-MAIL ADDRESSES. MAKE SURE THAT YOUR E-MAIL ADDRESS IS ON FILE. ALL OTHER MEMBERS WILL RECEIVE THE NEWSLETTER IN THE MAIL. - YOU CAN ALSO READ OUR NEWSLETTER AT: <http://smva.8m.com>

25 years plus

Have you been walking in AVA for 25 or more years? Please send info to Donna Seline, 3951 Russell Ave. N, Minneapolis, MN 55412, or

IVV EVENT AWARDS

AWARDS

Polly and Donald Meltzer for 1,200 events

Alan and Bonnie Moulton for 800 events
km

Herman and Valerie Day for 550 events
6,500 km

Patty Proulx for 375 events
15,000 km

Carroll Tiernan for 275 events

Dan Carr for 125 events

IVV DISTANCE

Patty Proulx for 4,000 km

Herman and Valerie Day for 5,500

Amelia and Richard Wise for

Donald and Polly Meltzer for

To anyone interested in running for a change of pace, we received this note: "I am David C. Fadden, Sr., the new Director of the Bridgton 4 on the 4th Road Race in Bridgton, Maine and this is our 26th annual race to be run on July 4th in Bridgton, Maine. WHEN AND WHERE: 8:00 AM (Wheelchairs 7:55) July 4, 2002, at Main Street & Rt. 117, Bridgton, Maine. Pickup runner's packets from 6-7:30 AM at the Bridgton Memorial School on Depot Street, Bridgton. COURSE: 4 miles - Maine USA Track & Field certified. Water point at mile 2, sprays after 1st and 2d mile, split times at miles 1-2-3. Hospitality beverages, snacks and watermelon provided at the finish for all participants. AWARDS: award ceremony at 9:00 AM. Special prizes for top 15 male/15 female winners. Age categories both male/female (1st, 2nd, 3rd places) 10 and under, 11-13, 14-18, open, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and up and 1st, 2d, 3d wheelchairs. REGISTRATION: \$20.00 either on line at www.4onthe4th.com or, register in person at the Cool Moose, Main Street, Bridgton. Same day registration from 6:00 - 7:30 AM at the race site, Bridgton memorial School. "ALL RUNNERS, CHILDREN, WALKERS AND SPECTATORS ARE ENCOURAGED TO COME OUT AND PAY TRIBUTE TO THE VICTIMS OF THE 9/11 ATTACKS ON THE UNITED STATES AND TO HONOR OUR MEN

AND WOMEN IN UNIFORM SERVING IN HARMS WAY TO PROTECT OUR FREEDOM THIS INDEPENDENCE DAY.

FOR YOUR CALENDAR - UPCOMING WALKS IN OUR REGION (DOES NOT INCLUDE EVENTS LISTED ELSEWHERE IN THE NEWSLETTER). CHECK <http://smva.8m.com> FOR MORE DETAILS. You might also contact the individual clubs - Addresses are listed at the end of events

JULY 13	Saturday	TBA	SEACOAST STRIDERS
JULY 14	Sunday	Wells	SMVA
JULY 19	Friday	JFK Library, MA	W'n Mass
JULY 20	Saturday	Bellows Falls, VT	TSVA
JULY 21	Sunday	TBA, NH	PATTY PROULX
AUGUST 4	Sunday	Jamaica Plain, MA	W'n Mass
*AUGUST 17	Saturday	Sunset Walk - Auburn, ME	SMVA
*AUGUST 18	Sunday	Sunrise Walk- Poland Springs, ME	SMVA
AUGUST 25	Sunday	Millers Falls, MA	W'n Mass
SEPTEMBER 7	Saturday	Bourne, MA	W'n Mass
SEPTEMBER 14	Saturday	Moultonborough, NH	Seacoast Striders
SEPTEMBER 15	Sunday	Windham, NH	Seacoast Striders
SEPTEMBER 21	Saturday	McAuley Walk Portland, ME	SMVA
SEPTEMBER 28	Saturday	Cornish, ME	SMVA
SEPTEMBER 29	Sunday	Lynn Woods, MA	W'n Mass
OCTOBER 5	Saturday	Newport, VT	TSVA
OCTOBER 6	Sunday	Bellingham, MA	W'n Mass
*OCTOBER 6	Sunday	Portsmouth, NH	Seacoast Striders (NO WALK THIS DAY)

----TRI-STATE WEEKEND----

OCTOBER 12	Saturday	Portland Maine	SMVA
OCTOBER 13	Sunday	Durham, NH SS and Haverhill, MA	W'n Mass
NOVEMBER 2	Saturday	Lawrence, MA	W'n Mass
DECEMBER 1	Sunday	Dover, NH	Seacoast Striders
DECEMBER 7	Saturday	Attleboro, Ma	W'n Mass

* NOTE DATE CORRECTIONS

Seacoast Striders - P. O. Box 3151, Portsmouth, NH 03802-0168

Claudia Cauchon - 603-659-8598/862-1533

Walk 'n Mass - 80 Wingate Rd Holliston, MA 01746-1261

Beate Hait - 508-429-3564

Hamilton, MA 01982

Diana Campbell - (978) 887-1963

Twin State Volkssport Association, PO Box 907 Middlebury, VT 05753

Charlotte Phillips - 802-462-2019

The SMVA Newsletter is issued 12 times a year. Please send materials to be considered for publication (preferably by e-mail) to Dan Carr or by mail P.O. Box 128, Hollis, ME 04042.

Southern Maine Volkssport Association

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Westbrook, Maine 04098

Send mail to DJMSMASTER@AOL.COM with questions or comments about this web site.

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Last modified: 12/20/2004 8:41 PM