

# Southern Maine Volkssport Association Newsletter

June

2000

## President's Corner

Now is the time to hit the trail. To get the shoes ready, and the outfits you will wear all cleaned, and enjoy the wonderful place we call New England, and our own special part of that world called Maine.

Be sure to check out our event's calendar. It is arranged a little different than the other clubs of our region, but enables you to discover what is happening in a total club listing (except for some events happening in the fall in Massachusetts.) Each month we will update this list and try to make you aware of any changes along the way.

This month we will look at the upcoming walk in Castine on Saturday, June 3 and the group walk in Bar Harbor on Sunday, June 4. If you plan to stay overnight, you might want to make your reservations now to avoid being shut out by the 'tourists'.

Next... note the article by Dave Muzzy on the State Capitol Walk in Salt Lake City. We hope to hear from some of you about your adventures on the trail.

Next.... we have been invited to participate in a national Walker's Health Survey being done through a grant from the National Institute of Health by the University of California. The purpose of the survey is to find whether walking faster, further and more frequently provides the greatest benefits in terms of reducing heart disease and breast cancer. All you need to do is take a minute to complete the questions, place the survey in the envelope and mail it. All information is to be kept confidential.

So let's go...



[SMVA HOME PAGE](#)

WELCOME TO CASTINE

Castine is thick with American history, lying close to the mouth of the Penobscot River, and the Atlantic Ocean. Here during the British occupation of the area, the English army had tried to turn Castine into an Island by digging a canal across the neck to protect it from attack.

It has a Historical Society and a beautiful white church in the town square. At the town hall there are maps of the area, which point out some 50 places in the area. There are no fast food restaurants, but there is a variety store where you can get a bite. The variety stores has an old-fashioned lunch counter with the round stools many of us remember as kids.

The Main Street in Castine was very quiet and also very quaint. The homes on Main Street were well maintained and showed an era that is long gone by. The Maine Maritime Academy was founded in 1941 and is a place to learn everything from seamanship to engineering. Its graduates are known all over the world. You might know this school as one that applies its teaching to its trade as sometime during the year the cadets have to crew the training vessel, State of Maine, on a cruise to a different port.

Just up Battle Avenue from the Academy is The Manor. Commodore Fuller of the New York Yacht Club as a summerhouse built this building in 1895. At one time, this building was condemned to be torn down, but was bought and restored to its original state. Now The Manor is an elegant inn that is a registered National Historic Landmark. Here you will find the wonderful carvings and the decoys of Earl Bakeman. Hope you can make it to Castine to join us on this trip back into history, and to just enjoy the beauty of the area. Now some of the specifics....

**06/03/2000 - 06/03/2000 - WALK - SMVA**



Start: MAIRE MARITIME ACADEMY, CASTINE,

MAINE 10KM/5K option

Contact: BARBARA WEYMOUTH 207-288-5216 Start place address: Maine Maritime Academy parking lot at Steven's street.

Start times: 10 AM to noon. Finished by 3 PM.

Event description: Welcome to Castine, Maine. Home of the Maine Maritime Academy and the port of the State of Maine. This 10K walk will take you through the historical town of Castine, past the Dyces Head Lighthouse, along the waterfront and a woods trail through the Hatch Natural Area. The woods trail is not suitable for wheelchairs or strollers.

Award and fees: Award is a hand made insulated bottle holder. Award and credit - \$6.00; Credit only - \$2.00; or you may walk for FREE. 'B' awards may be available.

Directions: From Augusta: Take Rt. 3 through Belfast, Bucksport and at Orland take Rt. 175S for approximately 7.5 miles to 166S into Castine. Upon entering Castine, take your second left onto Pleasant Street. Parking will be a block down on your left, turning onto Stevens Street.

From Bangor/Brewer: Take Rt. 15 to Bucksport and Orland and follow above directions.

Contact: Edna Coyer, 207-667-9276 or Barbara Weymouth, 207-288-5216.

Email contact: [agitator@panax.com](mailto:agitator@panax.com)

Accommodations: Castine Inn 207-326-4365 Manor Inn 207-326-4861

Castine Harbor Lodge 207-326-4335

Pentagoet 207-326-8618

Refreshments/Restrooms: Water will be available at the S/F. NO RESTROOMS WILL BE AVAILABLE THE S/F. Public restrooms will be open on the public landing at the very end of Main Street.

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

## **WELCOME TO BAR HARBOR**

Bar Harbor has as many facets as a diamond, each offering a wealth of experience that is just waiting to be enjoyed and explored by visitors.

Bar Harbor is comprised of 28,800 beautiful acres (that's 45 square miles), is 28 miles long from west to east, and enjoys a coastline roughly as long. Downtown Bar Harbor has four major streets, and a delightful assortment of side streets, alleys, squares, and places running between them. West Street showcases some of the fine mansions that made Bar Harbor the queen of the East Coast at the turn of the century. Some remain private homes, while others have become elegant, welcoming inns. The foot of West Street plays host to the working waterfront, where fishing boats, schooners, yachts, excursion boats, and even cruise ship tenders bustle with their cargoes of seafood and passengers. It also marks the beginning of the Shore Path, an enchanting stroll along the front lawns of some of Bar Harbor's biggest "cottages", highlighting views that were once the exclusive domain of the summer colony. Bar Harbor is the state in microcosm; the sea, the mountains, old and new growth forests, hidden villages, fantastic shopping, a cornucopia of food, and finally a good night's rest, all in the same small town. Hope you can join us in our group walk on Sunday Morning, June 4.

### GROUP WALK INFORMATION

Group Walk: You are invited to walk with us on a group walk of our Bar Harbor seasonal on Sunday, June 4th at 9 AM.

Acadia National Park (Group Walk) OF 2000/Y1013

Distance and Trail Rating: 10K, rated 1+. Suitable for strollers and wheelchairs.

Start place address: Burwaldo's, 317 Main Street, Bar Harbor, ME

Start times: Group walk starts at 9 AM.

Event description: Come join us and walk Bar Harbor and Acadia National Park. The route will be taking you through the 8<sup>th</sup> oldest golf course in the US, Sieur du Mont Spring in Acadia National Park and the Town's working harbor. The trail will be on paved roads and sidewalks and through parts of the Acadia National Park.

Award and fees: The Award is a hand-painted wooden magnet of a lobster boat. Fees: 'A' award and credit - \$5.00; 'B' award and credit - \$4.00; Credit only - \$2.00; Or you may walk for FREE.

Directions: Take Rt. 3 from Ellsworth to Bar Harbor (about 20 miles). At stop sign (4 way intersection), turn left at Mt. Desert St. At the next stop sign, turn right onto Main St. Start point is 3 blocks on the right. There is limited parking.

Contact: Barbara Weymouth, 207-288-5216

Email contact: agitator@panax.com

Comments: Water/Restrooms: At the S/F and along the route.

Refreshments: Available along the trail.

Pets: Must be leashed and picked up after.

Accommodations: There are a variety of hotels/motels in the area.

See you the Trail!

Dan Carr

### **VERY IMPORTANT!!!!**

**Next meeting is Wednesday, June 21 at 7:00 PM, at the Walker Library in beautiful downtown Westbrook. BUT there is MORE HAPPENING BEFORE 7 PM!!**

This is our "Meet and Greet Night"

Everyone is asked to bring goodies to share. Before we eat however, we walk:

We will meet at the Walker Library between 4:30 and 5:00 leaving promptly at 5PM. We will do our best to get back to the Library by 7:00 PM for our monthly meeting. Let's make this a good fun evening, and meet and

walk with some new friends. A good chance to explain volkswalking.

SOME NEW SMVA INCENTIVES:



1. **When you finish an event or distance book, come to the next SMVA meeting and get a free "B" award of your choice.**

2. **You get a free walk on your birthday.** Just write birthday on your walk card and include the following information - be sure to list the hospital where you were born, the town, the time born, the doctors attending, what room you were born in, and a certified copy of your birth certificate. (Just kidding).

3. **We are looking at more incentives to keep you on the trail... keep tuned!**

**!! NOTICE!!**

Date change....

How would you like to go on a walk where you not only got your exercise, but also visited a New Balance factory in the process... (New Balance is an AVA sponsor)... and ... special discounts and some freebies as well.... **CLEAR YOUR CALENDAR for Saturday, NOT SUNDAY, as originally planned, SEPTEMBER 2 in Skowhegan, Maine where this will be a reality. Watch the newsletter for more exciting information.**

ALWAYS NEEDED!!!

Goodies (give a ways - white elephants - things you have always wanted to get rid of )for our meetings..

Your >>>>>> is someone else's Treasure!!

### **Walk and Eat Gang"**

The "Walk and Eat Gang" are continuing weekly walks at 9:30 a.m. on Thursdays during May and continuing into September. They will meet at the starting point of each walk as follows:

May 25 Rye, NH

June 1 Brunswick, ME

June 8 Salem, MA

June 15 Portsmouth, NH

June 22 No Walk Scheduled

June 29 No Walk Scheduled

**contacts:**

Chuck and Fran Hutchins 603-483-0598 [bfinch38@aol.com](mailto:bfinch38@aol.com)

Don and Polly Meltzer 978-443-8513 [Meltzwalk@aol.com](mailto:Meltzwalk@aol.com)

Al and Bonnie Moulton 603-778-0267 [nnieal@mediaone.net](mailto:nnieal@mediaone.net)

Dick and Joan Rossi 978- 887-5901 [JODIROSSI@aol.com](mailto:JODIROSSI@aol.com)

Herm and Valerie Day 603-775-2586 [walherm@worldpath.net](mailto:walherm@worldpath.net)

**We welcome our New Members!!**

**Katherine Oulette, Topsham;**

**Amy Oulette, Topsham;**

**Alona Harris, Portland;**

**Mary Dysinger, Fryeburg;**

**and James Monk, Auburn**

**Some news from our neighbors...Walk 'n Mass**

**They are sponsoring a program of quality walking events in each of the 14 counties of Mass. Here is the rest of the schedule for 2000.**

**July 15 (Saturday) - Reading - brochure available at our club meeting. - Middlesex County.**

**August 19 (Saturday) - Fairhaven - brochure available at our club meeting. - Bristol County.**

**August 27 -(Sunday) Carlisle - Middlesex County.**

**September 23 (Saturday)- Martha's Vineyard - Dukes County.**

**October 1 (Sunday) - Groton - Middlesex County.**

**October 8 (Sunday) - Annisquam and Rockport - Essex County.**

**October 21 (Saturday) - Sturbridge - Worcester County**

**November 4 (Saturday) - Clinton - Worcester County.**

**NOTE: WE WILL TRY TO HAVE THE BROCHURES AVAILABLE AT CLUB MEETINGS AS THEY BECOME AVAILABLE TO US.**

#### NEWS FROM THE AVA CHECKPOINT

### **The Official Voice of the American Volkssport Association**

The National Executive Council is working on a new strategic/long-range plan to chart the AVA's future growth and development.

The National Executive Council voted to change an AVA policy relating to walking bicycle events. The change means that volkssporters can no longer walk bicycle events.

A change was made in the way event stamps will be mailed. They will ONLY be mailed to the club address. It is up to the club to get the stamps to the persons in charge of the event.

It is requested that only ONE person deal with a specific problem a club has when dealing with headquarters. This will avoid mistakes and duplication of efforts.

Second quarter YRE reports are due to national headquarters by June 30<sup>th</sup>.

## **Wanted/Needed!**

A REPLACEMENT FOR CHUCK HUTCHINS ON THE TRI-STATE WALK COMMITTEE!! If you are willing to help, please contact Chuck at 603-483-0598 or at [bfinch38@aol.com](mailto:bfinch38@aol.com)

### **ALSO**

AN EQUIPMENT MANAGER - This person will check to see that all the supplies and equipment needed for a walk, ARE ready to go.

**The Gray walk through the eyes of Megan Paul.**

- Ken and Happy's Granddaughter

We went on a Volkswalk at the Gray Wildlife Park a couple of weeks ago. My friend Leah Varney went with us. We saw lots of animals and walked through paths in the woods. I fed carrots to the deer and bears. One really fat bear got all the carrots. He did tricks for us, just so he would get the most. It was really fun!!!!

I met a new friend on the walk too! Her name was Samantha. All of us ran, talked and had fun together. Sam and Leah and I played, walked and played some more.



We all got a sneaker key chain and a stuffed moose for doing the walk. The moose is really cute. We weren't supposed to take anything or pick anything in the park but Leah did. She found a tick on her shoulder on the way home. She flicked it and now she feels really bad because it is loose in my Grammie's car!!! "I'm sorry!" Unfortunately, we couldn't find it to take it back.

Well, that's about it!! I had fun, and I hope we can walk there again.

Megan Paul.

**A report from Sylvia on the Gray Walk**

What a beautiful day for a walk. On Sunday April 30, we had 132 walkers (80 awards, 31 credit and 21 free). Pre-registrations brought in \$230 and the event \$376 for a total of \$606. We had \$3 in donations that brought the total to \$609.

The costs of our mailing, maps, sanction fee, brochures, laminating and awards, and AVA fee and a donation of

\$50 to the Wildlife Park amounted to \$567.28, which means the club netted a profit (much needed) of \$41.72. We had 2 walkers from Vermont, 1 from Connecticut, 1 from New York, 6 from Massachusetts, 20 from New Hampshire, and 102 from Maine.

Thanks to those who helped: Thelma Gagne, Lillian Cross, David and Penny Cole, David Muzzy, Ken Jackson, John Tibbets, Linda Kate Muller, Lorraine Afthim. And thanks to all of you for making this a very special walk.

### A Request from Eileen Angarita

She and her husband will be in our area for the 4<sup>th</sup> Annual Tri-State walk on October 7 and 8. She and her husband would like to rent or exchange a stay at their home while they are here for the event. Email her at luian@prodigy.net

### The Mission Statement and Vision of the

#### American Volkssport Association

*"The AVA promotes health, fun and fellowship by providing noncompetitive walking and other sporting events for everyone. We seek to be "the premier noncompetitive sports organization in the United States with sustained growth, national recognition and presence and a sound financial base.*

## News from Patty Proulx

(Patty is the AVA Northeast Region Director)

[jcp1607@top.monad.net](mailto:jcp1607@top.monad.net)

The Executive Council approved a strategic planning conference in San Antonio on July 8. The one-day retreat will focus on development of a vision statement, review or draft a new mission statement, develop core values of the organization, process strengths, weaknesses, opportunities and threats to the organization. She is inviting any input. The next meeting of the EC is on October 6 in Manchester, NH.



## TED BALLMAN REMEMBERED

The first Maine volksmarch was held in May 1984. To support SMVA's fledgling effort, a

contingent of volksmarch enthusiasts came from Ohio to give us their personal support. Not only did they walk the first Maine event, they all became members of SMVA, giving further support with their dues payment. Their memberships lapsed, naturally, over the years, and many of those persons have dropped from the volkssporting scene. But one of those who remained active was Ted Ballman. Ted went on to become President of the American Volkssport Association. As one of his Presidential duties, Ted enjoyed being the Ambassador of Good Will from AVA. Last week, he went to Halifax, Nova Scotia, to attend the Canadian Volkssport Federation's Annual General Meeting and to extend that good will. While in Halifax, Ted collapsed and died suddenly - doing the activity he enjoyed and embodied. SMVA remembers Ted Ballman, and the support he gave us in our beginning. We extend our sympathies to the Ballman family and to the volkssporting community. And we wish Best Wishes and Good Luck to AVA Vice-president, Nancy Stenger, as she succeeds to the Presidency.

Reported by Dave Muzzy

## **Portland Trails News**

### **8:30-11 AM - Make the Connection celebration**

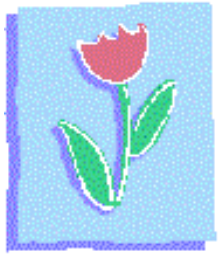
Saturday, June 3, is National Trails Day.. There will be a free family walk to celebrate the completion of the connector linking the Eastern Promenade Trail with the Back Cove Trail under Turkey's Bridge. There will be refreshments, trail exhibits, music and a ceremonial ribbon tying. Refreshments and exhibits will start at 8:30 at the Portland Company building at 58 Fore Street. Walk and kid's bike parade will begin at 9:30.

### **1:30 - 2 PM - Public Unveiling of Sculpture**

Hooray for Public Art! Join us to celebrate the public unveiling of Pat Plourde's armillary sphere sculpture at the gateway to the Eastern Promenade Trail. The sculpture has been funded by the Portland Rotary to commemorate their 85<sup>th</sup> anniversary.

### **2-3:30 PM - Historic Eastern Prom Trail Walk**

Portland's own Herb Adams will enlighten us on the history of Portland's harbor as he leads a walk along the Eastern Promenade Trail. Walk starts at the entrance to the trail by India and Commercial Streets. Not to be missed! \$2.00 donation suggested for non-members of Portland Trails.



## **Minutes of May 17 SMVA meeting:**

The meeting opened at 7:00 PM by our President, Dan Carr, with 22 members and visitors present.

The secretary's report was accepted as written in the April newsletter.

The treasurer's report was accepted as reported by Dave Cole, treasurer.

Membership report was 10 - 11 new members for the month of April. Some of these were as a result of the Gray walk at The Maine Wildlife Park.

John Tibbetts reported a sale of trinkets in the amount of \$170.00. He also reported that all beginner packets were sold out at the Gray walk and more are on order. These should be in anytime now.

Ken Jackson reported that notices of the Castine and Bar Harbor Walks have been mailed to several newspapers in the area.

Sylvia Allen reported a total of 132 people walked the Maine Wildlife Park walk in Gray, Me. on April 30.

Barbara Weymouth reported that the Castine and Bar Harbor walks are ready.

The Wandering Maine-iacs walks for June 8 - 22, July 13 - 27, and Aug 10 - 24 are ready, reported by Dave Muzzy.

The Sunrise/Sunset walks for Aug. 12/13 are still under construction.

Dave Muzzy reported that seats are still available for the Ottawa Bus trip on Sept 22 through 25.

The McCauley walk at Fort Williams is ready. This walk will offer 5K, 10K and 20K walks. Also the Tri--State walk at York Beach is ready.

The Oct. 14/15 Sanford/Berwick walks are under construction.

The Dec. 10 Holiday walk is in need of a coordinator. Any takers out there, please speak up.

Seasonal Walks: John Tibbetts reported 9 walkers for the Month of April. Barbara Weymouth reported a total of 39 walkers to date at the Bar Harbor seasonal walk. Chuck Hutchins reported a total of 29 walkers for the Kennebunk seasonal. Dave Cole reported a total of 31 walkers for the Westbrook walk. David Muzzy reported a

total of 28 walkers for the So. Portland Lighthouse walk.

Under unfinished business, the storage of all the SMVA equipment was brought up again. It has been suggested that a retired U-Haul trailer may be the way to go. Also was the question of where this trailer could be stored, which should be in the greater Portland area. Please give this a lot of thought and maybe this problem can be resolved at the June meeting.

Chuck Hutchins still needs someone to work with the Tri-State walk for 2001.

Under new business, it was voted to send a check for \$50.00 to the Maine Wildlife Park in Gray, in appreciation for giving us permission to use the Park for our SMVA Volksmarch on April 30.

Also at this time, there was talk of getting an Equipment Coordinator. This person would be responsible for making sure the start box and any other items needed for walks are ready. Let's give this some thought and perhaps we can get better organized for our walks. Any takers out there will be greatly appreciated. We are waiting to hear from you.

Ken Jackson reported that he had mailed post cards to all the new walkers that attended the Gray walk, thanking them for doing the walk. Also inviting them to our meeting and the Castine & Bar Harbor walks.

At this time it was brought to our attention that we should be planning our walks for the year 2001. The question of incorporating county walks into the year 2001 along with our regular walks was brought to our attention

Dave Muzzy having attended the Canadian Convention and enjoyed seeing old friends again away brought news from to us. Dave and Soren Christensen made this trip together. Sylvia Allen also attended the Canadian Convention with Joan & Roland Melcher. Sylvia along with Thelma Gagne and Lillian Cross had a great trip to DE and New Jersey. They enjoyed the walks there.

Lillian Cross won the 50-50 for a total of \$11.00. What happened John?

Ralph Green, Rita Thompson, Barbara Weymouth and Happy Jackson won door prizes.

Our thanks to Ed Witherall, Allan Robitaille and Happy Jackson for supplying the refreshments.

Meeting adjourned at 8:15 PM.

**Following you will find information on the regular and seasonal events in Maine, New Hampshire, Vermont and Massachusetts.**

**These were current as of the 15<sup>th</sup> of May.... check each month here for changes.**

**They will be noted....**

**We will try to treat Maine (SMVA and Wandering Maine-iacs here in events and in the body of the newsletter, so look in both places.)**

**MAINE REGULAR WALKS - One Day Only**

**SOUTHERN MAINE VOLKSSPORT ASSN (SMVA)**

**PO BOX 722 WESTBROOK, ME 04092-0722**

**WANDERING MAINE-IACS (WM)**

**PO BOX 6403 PORTLAND, ME 04102-6403**

**6/8/00 - 6/8/00 - GUIDED WALK WM**

Start: Macdonald's, SOUTH PORTLAND 10KM:

Contact: DAVID MUZZY 207-854-5424

The first Thursday Night Summer Evening Walk NE2000/0224

Distance and Trail Rating: 10K. Rated 2.

Starts place address: McDonald's, Mill Creek Shopping Center, South Portland, ME

Start times: 4 PM to 6 PM. Finish by Dusk.

Event description: Wandering Maine-iacs welcomes you to participate in our six summer evening walks in 2000. These six events will be 'Map-guided Walks' where the participant will follow a printed directions as they walk the route. There will be no posted signs along the way. The routes of these walks will be along sidewalks and walking paths through business and residential areas. Many segments of these trails have been used before at other volkswalks held in the area, but we have tried to incorporate new segments as they fit in. Occasionally, there may be construction or dirt paths, which will have to be traversed. For these reasons, we are rating five of the trails as 2, although you may find them easier. One of the Portland trails will be rated 3 because of a series of stairs, which will be on the route.

Award and fees: Credit only event. Credit only - \$2.00, or you may walk FREE. 'B' awards may be available.

Directions: Exit I-295 at Forest Ave using Exit 6A. Turn right and follow RT 77 across the bridge into South Portland. Turn left off the bridge at the Waterfront Market District exit. McDonald's will be to your left.

Contact: Sylvia Allen, 887 Spring St, Westbrook, ME 04092 (207-774-8524) OR, Dave Muzzy, 455 Duck Pond Rd, Westbrook, ME 04092, (207-854-5424)

Email contact: edmuzzy@aol.com

Comments: Registration: There is no pre-registration for this event. Each person must carry a start card even if walking for free. Start cards must be turned in at the finish of the walk.

Water/Restroom: At the start/finish. Walkers should plan on carrying water on the walk.

Pets: Pets must be leashed at all times. Owners must pick up after their pets.

FYI: COST OF DOING BUSINESS

In the past years, these evening walks have been money-losing events for the Wandering Maine-iacs, but we continue to offer them for your walking enjoyment. To help offset these losses, donations will be gratefully accepted.

**6/21/00 - 6/21/00 - GUIDED WALK SMVA**

**Meet and Greet Walk** - invite a friend and come and walk Westbrook, Maine. We will meet at the Walker Library between 4:30 and 5:00 leaving promptly at 5PM. We will do our best to get back to the Library by 7:00 PM for our monthly meeting. All Members are asked to bring goodies to share. Let's make this a good fun evening, and meet some new friends.

**6/22/00 - 6/22/00 - GUIDED WALK - WM**

Start: McDonalds, SOUTH PORTLAND

10KM (Mill Creek area) - WANDERING MAINE-IACS

Contact: DAVID MUZZY 207-854-5424

**7/4/00 - 7/4/00 - WALK - WM**

Start: The MAINE AUDUBON SANCTUARY STORE BUILDING

AT GISLAND FARM FALMOUTH, ME 10K

Contact: SYLVIA ALLEN 207-774-8524

**7/13/00 - 7/13/00 - GUIDED WALK - WM**

Start: ARBY'S, PORTLAND 10KM

Contact: DAVID MUZZY 207-854-5424

**7/27/00 - 7/27/00 - GUIDED WALK - WM**

Start: ARBY'S, PORTLAND 10KM

Contact: DAVID MUZZY 207-854-5424

**8/10/00 - 8/10/00 - GUIDED WALK - WM**

Start: McDonalds, SOUTH PORTLAND 10KM

Contact: DAVID MUZZY 207-854-5424

**8/24/00 - 8/24/00 - GUIDED WALK**

Start: McDonalds, SOUTH PORTLAND 10KM

Contact: DAVID MUZZY 207-854-5424

**STAY TUNED FOR MORE REGULAR EVENTS**

**(Some still in planning stages - watch for them to show up in the section above.)**

**(When that happens consider them as ready to go)**

**August 12/13 Sunrise/Sunset Walk SMVA**

**Old Orchard/ Biddeford Pool (?)**

**September 2 - Skowhegan Walk**

**Factory tour/shop/gifts (NOTE DATE CHANGE)**

**September 17 - Harvest Walk SMVA -**

**Bradbury Mountain**

**September 30 - McCauley and Fort Williams Walk - SMVA**

**October 7/8 Tri State Lighthouse Walk - SMVA**

**Nubble Light, York Beach, Maine, (SA)**

**Rye, Whaleback Light, Portsmouth Harbor, New Hampshire, (SA)**

**Thatcher Island Twin Light, Rockport, Mass (SU)**

**Annisquam Harbor Light, (East Gloucester), Mass. (SU)**

**October 14/15 Sanford/Berwick Walks (?) - SMVA**

**October 28/29 Fryeburg, Maine and North Conway, NH. A joint venture of SMVA and the Seacoast Striders. - EVENT NEW TO OUR LIST**

**December 10 Maine Holiday Walk - SMVA (NEW)**

**MAINE SEASONAL EVENTS - NOTE DATES**

**04/01/00 - 11/30/00 - SMVA**

Start: PINE TREE STATE ARBORETUM, AUGUSTA State Capital Walk (New Route)

10KM ( 2000/Y1179)

Contact: JAN LYNSKEY (207-725-1479) Distance and Trail Rating: 10K. Rated 3.

Starts place address: Pine Tree State Arboretum, Route 9, 153 Hospital Street, Augusta, ME. 207-621-0031. Start box is in a wooden box attached to the OUTSIDE, left side of the maintenance garage at the end of the parking lot.

Start times: Sunrise to two hours before sunset.

Event description: The trail will take you on paths through the Pine Tree State Arboretum and along roads with views of the State Capital, Fort Western and the Kennebec River.

Award and fees: The Award is a hand painted wooden magnet of the State of Maine. Fees: 'A' award and credit - \$5.00; 'B' award and credit - \$4.00; Credit only - \$2.00; OR you may walk for FREE.

Directions: From North and South on I-95, take Exit 30. Follow signs for RT 202 in to Augusta. Go about 1 1/2 miles to rotary, go half way around, following signs for Waterville, RT 201 and crossing the Memorial Bridge. After crossing the bridge, IMMEDIATLY take the first right, onto RT 9. The Arboretum is about 1 mile on the left. Park at the end of the lot near the garage.

Email contact: jroblyn@clinic.net

Water/Restroom: At the start/finish (Open M-F, Closed on Weekends) or at the convenience store about two blocks away.

Refreshments: Refreshments are available along the trail. Pets: Must be leashed and picked up after.

Accommodations: There are a variety of hotels/motels in the area.

**04/01/00 - 11/30/00 - SMVA**

Start: BURWALDO'S, BAR HARBOR 10KM

Contact: BARBARA WAYMOUTH 207-288-5216

**05/28/00 - 11/30/00 - SMVA**

Start: SHOP 'N SAVE, BRUNSWICK 10-12KM

Contact: JAN LYNSKEY 207-725-1479

**04/15/00 - 11/30/00 - YEAR ROUND WALK - SMVA**

Start: VILLAGE TAKE OUT, KENNEBUNK 11KM

Contact: CHUCK HUTCHINS 207-839-8447

**04/01/00 - 11/03/00 - SMVA**

Start: SHOP 'N SAVE, BRADLEE,'S PLAZA,

(NOT CVS AS PREVIOUSLY STATED)

WESTBROOK 10KM

Contact: PENNY/DAVID COLE 207-854-5761

**01/01/00 - 12/31/00 - SMVA**

Start: DOUBLE TREE HOTEL, PORTLAND 11KM

Contact: JOHN TIBBETTS 207-774-8306

**04/01/00 - 11/30/00 - WM**

Start: SHOP'N SAVE SUPERMARKET, SO. PORTLAND 11KM

Contact: SYLVIA ALLEN 207-748-524

**NEW HAMPSHIRE- One Day Only**

**SEACOAST STRIDERS PO BOX 3151 (SS)**

**PORTSMOUTH, NH 03802-0168**

**08/17/2000 - 08/17/2000 - WALK - SS (NEW)**

**Start: HOWARD JOHNSON'S HOTEL, POTSMOUTH 11KM**

**Contact: CLAUDIA CAUCHON (603)659-8598/862-1533**

**09/03/2000 - 09/03/2000 - WALK - SS**

Start: SEWALL FALLS PARKING LOT, CONCORD 10KM

Contact: BILL MOUNTFORD 603-463-9868

**10/07/00 - 10/07/00 - WALK - SS**

Start: WALLIS SANDS STATE BEACH, RYE 10KM

Contact: ALAN MOULTON 603-778-0267

**12/03/2000 - 12/03/2000 - WALK - SS**

Start: EXETER PUBLIC LIBRARY, EXETER 10KM

Contact: CRAIG/STEPHANIE JOHNSON 603-778-6896

**NEW HAMPSHIRE SEASONAL EVENTS NOTE DATES**

**01/15/00 - 12/17/00 - WALK - SS**

Start: HOLIDAY INN, CONCORD 10KM

Contact: DIANE/ STEPHEN AVERY 603-746-6726

**04/01/00 - 06/30/00 - SWIM - SS**

Start: DOVER INDOOR POOL, DOVER 300METER

Contact: JANET SHERROD 603-926-5651

**07/01/99 - 09/30/00 - SWIM - SS**

Start: DOVER INDOOR POOL, DOVER 300METER

Contact: JANET SHERROD 603-926-5651

**09/01/99 - 11/30/00 - SWIM - SS**

Start: DOVER INDOOR POOL, DOVER 300METERS

Contact: JANET SHERROD 603-926-5651

**01/01/00 - 12/31/00 - WALK - SS**

Start: HIGH STREET GROCERY, EXETER 10KM

Contact: DON PHILLIPS 603-679-5712

**01/01/00 - 12/31/00 - BIKE - SS**

Start: HIGH STREET GROCERY, EXETER 25KM

Contact: DON PHILLIPS 603-679-5712

**01/15/00 - 12/17/00 - WALK - SS**

Start: COMFORT INN, NASHUA 10KM

Contact: ANNE MAQUIRE 603-889-0708

**01/15/00 - 12/17/00 - WALK - SS**

Start: HOWARD JOHNSON'S HOTEL, PORTSMOUTH 10KM

Contact: DORIS CASON 603-742-5324

**05/20/00 - 09/30/00 - YEAR ROUND WALK - SS**

Start: DUNES MOTEL, RYE BEACH, 10KM

Contact: ALAN MOULTON 603-778-0267

**05/20/00 - 09/30/00 - YEAR ROUND BIKE - SS**

Start: DUNES MOTEL, RYE BEACH 25KM

Contact: ALAN MOULTON 603-778-0267

**MASSACHUSETTS REGULAR EVENTS**

WALK 'N MASS VOLKSSPORT CLUB (WNM)

80 WINGATE RD HOLLISTON, MA 01746-1261

EMPIRE STATE CAPITAL VOLKSSPORTERS (ESCV)

PO BOX 6995 ALBANY, NY 12206-6995

TWO TOWN WALKING CLUB

56 LEDGEWOOD DRIVE DANVERS, MA 01923-1651

**06/10/00 - 06/10/00 - WALK - TTWC**

Start: MASCONOMET REGIONAL HIGH SCHOOL, TOPSFIELD 10KM -

Contact: RICHARD ROSSI 978-887-5901

**06/13/00 - 06/13/00 - GUIDED WALK - WNM**

Start: PIZERIA EXPRESS, HARVARD 5-10KM

Contact: CHARLES SMITH 978-269-5093

**07/11/00 - 07/11/00 - GUIDED WALK - WNM**

Start: FAIR BANK COMMUNITY CENTER, SUDBURY 10KM

Contact: BEATE HAIT 508-429-3564

**07/15/00 - 07/15/00 - WALK - WNM**

Start: BURBANK YMCA, READING 5-10KM

Contact: KEN HOLT 781-944-8798

**08/08/00 - 08/08/00 - GUIDED WALK - WNM**

Start: ST. JULIA'S PARISK CENTER, WESTON 5-10KM

**EVENT NEW TO OUR LIST**

Contact: BETTY FOLEY 978-443-4857

**08/19/00 - 08/19/00 - WALK - WNM**

Start: FORT PHOENIX, FAIRHAVEN 5-10KM

**EVENT NEW TO OUR LIST**

Contact: MARGO CRAVEN 508-222-1152

**08/25/2000 - 08/25/2000 - WALK - WNM**

Start: GEORGE WASHINGTON PARK, CHEPACHET 5-10KM - **EVENT NEW TO OUR LIST**

Contact: MARGO CRAVEN 508-222-1152

**08/27/2000 - 08/27/2000 - WALK - WNM**

Start: GREAT BROOK FARM STATE PARK, CARLISLE 5-10KM - **EVENT NEW TO OUR LIST**

Contact: CHRIS/CHUCK LIPSON 781-275-0464

**SOME MASSACHUSETTS SEASONAL EVENTS**

**01/01/00 - 12/31/00 - YEAR ROUND WALK - WNM**

Start: THE BIKEWAY SOURCE, BEDFORD 10-13KM

Contact: CHARLIE SMITH 978-263-5093

**01/01/00 - 12/31/00 - YEAR ROUND WALK - WNM**

Start: NATIONAL HISTORIC PARK VISITORS' CENTER, BOSTON 10-11KM Contact: DON/POLLY MELTZER 978-443-8513

**01/01/00 - 12/31/00 - YEAR ROUND WALK - WNM**

Start: NATIONAL HISTORIC PARK VISITORS' CENTER, BOSTON 10-11KM Contact: DON/POLLY MELTZER 978-443-8513

**04/15/00 - 12/01/00 - YEAR ROUND WALK - WNM**

Start: MAJOR'S RV SERVICE CENTER, BOURNE 10KM

Contact: PATRICIA MJOR/BETTY FOLEY 508-759-5211

**04/15/00 - 12/01/00 - YEAR ROUND BIKE - WNM**

Start: MAJOR'S RV SERVICE CENTER, BOURNE 25KM

Contact: PATRICIA MAJOR 508-759-5211

**01/03/00 - 03/31/00 - YEAR ROUND WALK - WNM**

Start: THE WALKING COMPANY, BURLINGTON 10KM

Contact: DON/POLLY MELTZER 978-443-8513

**04/01/00 - 12/15/00 - YEAR ROUND WALK - WNM**

**Start: BROOKS PHARMARY, CONCORD 10KM**

Contact: JEANETTE DOSE 978-663-6756

**01/08/00 - 12/17/00 - YEAR ROUND WALK - TTWC**

Start: SUPER "8" MOTEL, DANVERS, 11KM

Host Club: TWO TOWN WALKING CLUB

Contact: WILLIAM JENKINS 978-468-2104

**04/15/00 - 11/02/00 - YEAR ROUND BIKE - WNM**

Start: BIKEWAY CYCLE CENTER, LEXINGTON 25KM

Contact: BETTY FOLEY 978-443-4857

**01/08/00 - 12/17/00 - YEAR ROUND WALK - TTWC**

Start: CVS PHARMACY, NEWBURYPORT 10KM

Contact: BEN ANDREOZZI 978-465-8603

**01/01/00 - 12/31/00 - YEAR ROUND WALK - WNM**

Start: NEWTON FREE LIBRARY, NEWTON CENTRE 10KM

Contact: JOYCE TOOMRE 617-969-9596

**01/01/00 - 12/31/00 - YEAR ROUND WALK - WNM**

Start: LARRY'S MOBIL STATION, ROSLINDALE 10KM

Contact: ARLENE GIROUARD 617-325-9198

**01/08/00 - 12/17/00 - YEAR ROUND WALK - TTWC**

Start: BROTHERS DELI AND RESTAURANT, SALEM, 10KM

Contact: WILLIAM JENKINS 978-468-2104

**04/15/00 - 11/15/00 - YEAR ROUND WALK - WNM**

Start: STOP AND SHOP PLAZA, SANDWICH 10KM

Contact: PAT MAJOR 508-759-5211

**04/01/00 - 11/15/00 - YEAR ROUND BIKE - TTWC**

Start: BAY ROAD BIKE SHOP, SOUTH HAMILTON 25/27KM

Contact: DIANA CAMPBELL 978-468-3164

**04/01/00 - 12/03/00 - YEAR ROUND WALK - WNM**

Start: COACH HOUSE INN, SUDBURY 10KM

Contact: CHARLOTTE TEMPLE 508-877-9074

### **VERMONT REGULAR EVENTS**

**07/22/2000 - 07/22/2000 - WALK -TTVA**

Start: FIRST UNITED METHODIST CHURCH, BRATTLEBORO 10KM - **EVENT NEW TO OUR LIST**

Host Club: TWIN STATE VOLKSSPORT ASSN

Contact: PAT STARK 802-295-3077

### **VERMONT YEAR-ROUND EVENTS**

**EMPIRE STATE CAPITAL VOLKSSPORTERS (ESCV)**

**PO BOX 6995 ALBANY, NY 12206-6995**

**TWIN STATE VOLKSSPORT ASSN (TTVA)**

**PO BOX 907 MIDDLEBURY, VT 05753**

**04/01/00 - 11/30/00 - YEAR ROUND WALK - ESCV**

Start: JAY'S CARDS & GIFTS, BENNINGTON 10KM

Contact: LAVERNE STILES 518-584-5285

**04/01/00 - 11/30/00 - YEAR ROUND BIKE - TTVA**

Event Number: 2000/Y1332

Start: RADISSON HOTEL, BURLINGTON 25KM

Contact: CHARLOTTE PHILLIPS 802-462-2019

**01/01/00 - 12/31/00 - YEAR ROUND WALK - TTVA**

Start: RADISSON HOTEL, BURLINGTON 10KM

Contact: CHARLOTTE PHILLIPS 802-462-2019

**05/01/00 - 10/31/00 - YEAR ROUND WALK - TTV**

**05/01/00 - 10/31/00 - YEAR ROUND WALK - TTVA**

Start: THE WHITE MARKET, LYNDONVILLE 10KM

Contact: JIM/MARY FEARON 802-626-3829

**04/01/00 - 11/30/00 - YEAR ROUND WALK - TTVA**

Start: MIDDLEBURY INN, MIDDLEBURY 10-11KM

Contact: CHARLOTTE PHILLIPS 802-462-2019

**01/01/00 - 12/31/00 - YEAR ROUND WALK - TTVA**

Start: CAPITAL PLAZA HOTEL, MONTPELIER 10KM

Contact: CHARLOTTE PHILLIPS 802-462-2019

**05/27/00 - 09/30/00 - YEAR ROUND WALK - TTVA**

Start: MT INDEPENDENCE STATE HISTORICAL SITE, ORWELL 10KM

Contact: CHARLOTTE PHILLIPS 802-462-2019

**04/01/00 - 11/30/00 - YEAR ROUND WALK - TTVA**

Start: HOTEL COOLIDGE, WHITE RIVER JCT 11KM

Contact: PAT STARK 802-296-2192

## **Southern Maine Volkssport Association**

**P. O. Box 722**

**Westbrook, Maine 04092-0722**

### **04/01/00 - 11/30/00 - YEAR ROUND WALK - TTVA**

Start: HOTEL COOLIDGE, WHITE RIVER JCT 10KM

Contact: PAT STARK 802-296-2192

### **04/01/00 - 11/30/00 - YEAR ROUND WALK - TTVA**

Start: MAPLEFIELD MOBILE STATION, WOODSTOCK K 10-13KM

Contact: CATHERINE HARRIMAN 802-457-3624

Dan Carr - President [dan@sacoriver.net](mailto:dan@sacoriver.net) -

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

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David Cole - Treasurer [davpencole@webtv.net](mailto:davpencole@webtv.net)

Ken Jackson - Publicity [Agee2@aol.com](mailto:Agee2@aol.com)

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 23<sup>rd</sup> of the preceding month for inclusion in the next issue. Please send directly to: Dan Carr, P. O. Box 128, Hollis, ME 04042.

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