

Southern Maine Volkssport Association Newsletter

June 2002



The President's Corner:

Listen! Can you hear it? The word is getting out thanks to the hard work of two of our members. The word is "volkswalk" and Cheri Watson and Ken Jackson have been beating the bushes lately on our sports' behalf. Cheri has been corresponding with Phyllis Wolfe, Wellness Coordinator at Bath Iron Works, helping to develop their walking program. Our club had a few questions and reservations at the April meeting so Phyllis addressed our fears at the May meeting. Phyllis, a SMVA member, answered our questions and our membership overwhelmingly endorsed her program and our cooperation with it. The SMVA and AVA will be promoted in all their advertising and mailings as they launch their ten-week walking program. Their program will end at the start of our Sunrise/Sunset weekend. Alan Robitaille is going to work with Phyllis for a possible tie in with our two groups over that weekend.



Ken arranged for Channel Eight to be in South Portland on May 16th for the Wandering Mainiacs Bridge walk. The Walk and Eat Gang was there as well as many of our members--including three generations of the Chellis family! Steve Minnich interviewed several people and the piece aired twice on the local news Friday evening. We had two ladies that read about this event on our website and joined us for the walk. Thank you all for your effort and keep talking us up! I think we are a beneficial way to spend a few hours---friendship, health and discovery. Let's lace 'em up and get moving! Ann Stevens

Door Keepers for our June 19th meeting will be Ken and Happy Jackson

Refreshments for the June 19th meeting are Laurel Mackie- beverage, Happy Jackson - sweets, and Ann Stevens- healthy.



[SMVA Homepage](#)

WALK AND EAT SCHEDULE 2002 THROUGH JULY!

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.

June 6 Brunswick, ME * !June 13 Boston, MA (Choice) *! June 20 Hampton, NH *! June 27 So. Portland, ME (Lighthouse - Picnic) * ! 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

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

Minutes of The May 15th, 2002 Meeting of The Southern Maine Volkssport Association

SMVA President, Ann Stevens, opened the May meeting, held at the Walker Memorial Library in Westbrook, at 7PM. 26 members were present. Ann reminded everyone that Channel 8 would be at the "Walk and Eat Gang" walk next Monday morning at 9 AM. She would like as many members as possible to show up, as this will be good publicity for the club. The Secretary's report as printed in the May 2002 Newsletter was accepted as printed. The Treasurer's report as read by Janet Schaefer was accepted as read. Phyllis Wolfe, club member, spoke at length about the "Fit 'N Five" program she has developed at Bath Iron Works. This is a community-based program of fitness that will reference sources of exercise in various communities around Maine. She would like to use some of SMVA's maps from past walks that participants can use. Her program will list SMVA as one source of exercise. The members present voted to accept her proposal. This will help publicize SMVA through her program.

Membership as reported by Cheri Watson: 181 members (7 renewals in May). Club sales: John Tibbetts still has 5 Starting Point 2002 books left at \$13.00 each. Award patches: John's computer crashed so he hasn't been able to produce the patches yet for the year round and seasonal. He is working on it. Publicity: Ken Jackson attended the meeting of "Healthy Portland" where he gave out some SMVA packets. He gained one new member by attending the meeting. Walk Reports: Portland Year Round: 21; Bar Harbor: 5; Kennebunk: 21; Lighthouse Walk: 12.

Upcoming walks: John Schaefer needs more volunteers for his June 22nd Bridgton walk. Sunrise/Sunset: Alan will have the brochure done by June 1st. McAuley Walk: Alan and Ed are working on the route. Alan said he would probably rent a port-a-potty for the Orthopedic Associates start point. Tri-State: Walk 'n Mass finally has a start point. There will be a meeting of the three states over Memorial Day Weekend. Alan will be away so Mike Green has agreed to attend in his place. Ann Stevens will be having a walk in Wells on July 14th. Cheri Watson will have an Apple Festival walk in Cornish September 28th.

MONDAY NIGHT GROUP WALKS

(June 3rd-Casco Bay (June 17th-Augusta

July 1st-Bath (July 15th-Kennebunk (July 29th-Portland YRE

August 12th-Brunswick (August 26th-Lighthouse (September 9th-Casco Bay

All leave from the Starting Point AND All start at 5:30 p.m.

For More Info contact Carroll Tiernan at crrllt@aol.com

or or phone (207) 839-8447

There was some general discussion about buying a trailer to store club supplies. It was decided to table the matter and discuss it again next month as no consensus was reached. Ann Stevens proposed listing charitable organizations that SMVA might like to donate to and draw one name every four months.

For those of you who have nearly drowned during a walk because your clothes and you have been soaked to the skin.... there IS hope! Those who walked the Martha's Vineyard walk (which was a good example of this phenomena) saw the lightweight breathable rain gear worn by the Welch's. The gear is available several ways. Call toll free at 1-877-PennCycle or the website is where there is a link to Yahoo shopping network. Pants and jacket are less than \$25.00 each. - Pat Welch

Cheri will have the coupon books ready in a few days. She had a sample coupon sheet available tonight and Fred Welch and his wife bought it on the spot. The cost of the coupon sheet will be \$10.00. Dave Cole won the 50/50 drawing. The meeting was adjourned at 9 PM.

Ed Witherall, Secretary

THE ONLY WEB ADDRESS YOU NEED

<http://smva.8m.com>

This is our club site, 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.

Mary Ptacek from Tater Tours out of Nevada sent a note that they are coming to do the Augusta walk on June 23, arriving around 10 am. There will be 31. I thought I would pass the info on in case anyone would like to walk with them.

- Ed Farrell, Augusta POC.

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

A BIG THANK YOU ---- . " The animals, volunteers & staff of the Harvest Hills Animal Shelter wish to thank the walkers of the Southern Maine Volkssport Association for their kind donations to the shelter. Thanks to the generosity of people like you, we are able to care for hundreds of lost, stray, & abandoned animals each year. Your thoughtfulness is much appreciated by all." Janet Schaefer

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

JUNE 2	Sunday Waltham, MA	WNM	
	JUNE 8	Saturday	Shelburne, VT
	TSVA		
	JUNE 9	Sunday	Wareham, MA WNM
JUNE 15	Saturday	Cohasset, MA	WNM
JUNE 22	Saturday	Bridgeton, ME	SMVA
	JUNE 29	Saturday	Danvers, MA TWO TOWN
		JULY 13	Saturday TBA, NH
		SEACOAST STRIDERS	
		JULY 14	Sunday WELLS, ME
		SMVA	
	JULY 19	Friday	JFK Library, MA WNM
		JULY 20	Saturday BELLOWS FALLS,
		VT TSVA	
		JULY 21	Sunday TBA, NH
		PATTY PROULX	
		AUGUST 4	Sunday Forest Hills, MA
		WNM	
*AUGUST 17	Saturday	Sunset Walk-Auburn, ME	SMVA
*AUGUST 1	Sunday	Sunrise Walk-Poland Springs	SMVA
		AUGUST 25	Sunday Wendell, MA
		WNM	

SEPTEMBER 7	Saturday	Scusset, MA	WNM	
		SEPTEMBER 14	Saturday	Moultonborough, NH
			SEPTEMBER 15	Sunday Windham, NH
				Seacoast Striders
	SEPTEMBER 21	Saturday	McAuley Walk	SMVA
			SEPTEMBER 29	Sunday Lynn Woods,
			MA	WNM
			OCTOBER 5	Saturday
			VT	TSVA
	OCTOBER 6	Sunday	Bellingham, MA	WNM
		OCTOBER 6	Sunday	Portsmouth, NH
				Seacoast Striders
			OCTOBER 12	Saturday
				TRI-STATE
				SMVA/SS/WNM
	OCTOBER 1	Sunday	TRI-STATE -Haverhill, MA	WNM
NOVEMBER 2	Saturday	Lawrence, MA	WNM	
				DECEMBER 1
				NH
				Sunday Dover,
				Seacoast
DECEMBER 7	Saturday	Attleboro, MA	WNM	

* 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
 Two Town Walking Club- 65 Railroad Ave. Hamilton, MA 01982
 Diana Campbell - (978) 887-1963
 Twin State Volkssport Association- PO Box 907 Middlebury, VT 05753
 Charlotte Phillips - 802-462-2019

Birthdays in June

Ralph Green Dallas Kroll
 James Nadeau Carroll Tiernan

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 Center, ME 04042 (or email: SMVA officers: Ann Stevens, President. Cheri Watson, Vice President, Ed Witherall, Secretary, Janet Schaefer, Treasurer. Board members: Dan Carr, Barbara Weymouth, Thelma Gagne, Martha Chellis and Shirley Milliken.

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: 6/4/2002 9:36 PM