

Southern Maine Volkssport Association Newsletter

MARCH 2001

President's Corner

I don't know about you, but I am getting cabin fever. I have walked the Maine Mall a lot this winter whenever the weather has taken me into the big city, but it is not the same as enjoying the great outdoors. I still have over two feet of the frozen white stuff outside my window, and am thinking about getting a can of green paint. The roads in the 'boonies' are still too dangerous to navigate. I am ready for getting out and walking weather. It is coming. The calendar promises that spring will arrive on March 20.

The clubs in our region are gearing up for the coming year. There are many seasonals listed here and soon regular events that will be on the pages of our newsletter, as we drop out the seasonals (be sure to save your past issues of the newsletters for reference). There is news in our newsletter from our regions. Seacoast Striders, Walk 'n Mass, Vermont's Twin State Volkssport Association, all have information here. Next month, I hope to have a more complete schedule of what is coming up.

In the meantime, keep walking the mall, stretch those legs, and get ready to walk for the HEALTH of it. See you at the Mall and hopefully soon on the trail. Dan



The Club would like to express its deepest sympathy in the loss of one of its members.

Robert B. Bowen passed away on February 3, 2001.



[SMVA HOME PAGE](#)

The Last Mall Walk is Coming!

The Maine Mall Walks A "B" Award Event March 11



Start time 8:00 a.m. - 9:00 a.m. Finish by 11:00 a.m.
Start/Finish: Maine Mall, 364 Maine Mall Road,
South Portland, Maine 'B' Award and Credit \$4.00
IVV Credit only \$2.00 Free Event - All welcome - No
Charge. There will be large selection of "B" awards
available from previous events. Course Description:
You may choose to do each walk inside or outside the
Maine Mall. Trails of shorter distances are available
for those unable to complete a 10 km walk.

**Procedure: Upon registration, each participant,
including free walkers, receives a Start Card,
which should be carried and stamped at the
Checkpoints along the route. Start Cards must be
turned in at the Finish. Refreshments: Water will**

be available at the Start/Finish. Restrooms are available also.

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

**In the picture above you see Carroll Tiernan and Sylvia Allen hard at work at a mall walk.
Volunteers are what make it all work!!!!**

Minutes of the February Meeting of the SMVA Wednesday, February 21, 2000

Vice President Penny Cole called the February meeting to order, with 14 members present. The Secretary's Report was accepted as written in the January Newsletter. The Treasurer's report was accepted as reported by Treasurer, David Cole. The membership at this meeting has a total of 151 members. Of this there are 30 new members.

There was no report on the Newsletter or Club Sales at this time.

Under Publicity, Ken Jackson reported that several Year Round and Seasonal Brochures have been delivered to the office of Dr. Lynch. He will help to promote these walks. Ken is working on getting these same brochures out to the Information Bureaus.

It was reported that at the Jan. 28 Mall walk there were 30 walkers and at the Feb. 11 Mall Walk there were 40 walkers. The Maine County Walk at Calais is all ready. This is a Wandering Maniacs Walk. Also the Maniacs are planning a walk in Belfast during June. Watch for more information on this county walk in the upcoming newsletters.

There was no report on the June 16 and 17 sunset/sunrise walks at this time.

The August 11 & 12 Sunset (Harpwell) and Sunrise walk (Popham) and the Sept 22 McAuley Residence Walk are being worked on at this time.

Ken Jackson is working the Sep 29/30 Norlands Fall Days Walk/Bike/ Swim on.

There was no report on the Tri State Weekend Walk and the Rockland (Wandering Maniacs) at this time. Under YRE & SEAs for 2001, a total of 22 have done the Portland YRE. 20 have done the Jackson, NH Ski. There was no report on the Casco Bay Bridge YRE.

No unfinished business.

Under new business, New Balance needs a 60-day notice in advance of an event to get promotional material out.

News from away: Joan and Roland Melcher are on the move again. A card was received from Columbia, SC. We also received a card from Pat Broome and she is in Port Arkansas, TX.

Please read the cards in this newsletter.

For Door Prizes Carroll Tiernan cut Valentine Heart Cards and these were handed out to the members. We had to find a match to win the prizes. Those that matched were Elaine Johnson & Lillian Cross, Ken Jackson & Wendy Hunter and last of all Happy Jackson and Allen Robitaille. This was different and fun. We all came home with the prizes.

Meeting was adjourned. A standing ovation was given to Penny for an outstanding job, filling in for our Pres. Dan Carr.

Happy Jackson, Sec.

UPCOMING SMVA SEASONALS

- 1. The Maine Mall Walk. Last one will be on Sundays, March 11th starting at 8:00 AM.**
- 2. PORTLAND, MAINE - Year Round 11K Walk (See February newsletter)**
- 3. NEW HAMPSHIRE - JACKSON NEW HAMPSHIRE (See February newsletter)**
- 4. BACK THIS YEAR, THE FALMOUTH SEASONAL. FALMOUTH, MAINE - 10Km Walk, May 1 - October 31 YR1059/2001 Welcome to Falmouth, Maine where you will find the Maine Headquarters of the Audubon Society and the Gilsland Farm Environmental center. Award: A refrigerator magnet depicting a Falmouth scene. Point of Contact: Carroll Tiernan, 207-839-8447 (after 6pm) or 207-781-2330, ext, 210. 3 Joshua Libby Road, Scarborough, ME 04074 E-Mail: CRRLLT@aol.com Start/Finish. Maine Audubon Society Gilsland Farm Environmental Center, 20 Gilsland Farm Road, Falmouth, Maine. Event Info: daily dawn to dusk. Start point open 9 to 5 Monday through Saturday and 12 to 4 on Sundays (closed July 4th) Rated 1+. Parts are difficult for strollers or wheel chairs. Dogs are not permitted on the Maine Audubon property. There are two trails available. Both circle the Maine Audubon property. Then one goes to Mackworth Island while the other showcases the Falmouth Foreside neighborhood. Water/Restrooms: are available at the start/finish. Pets: Please note that pets are not allowed in the sanctuary. Accommodations: There are a variety of hotels/motels in the area. Directions: From the south: take the Maine Turnpike to Exit 7. Head north on 295. Take exit 9 (Falmouth Foreside, Route One North) for 2 miles and turn left onto Gilsland Farm Road, Maine Audubon's driveway. If you get to a blinker, you have gone too far. The start point is at the end of the driveway. From the north: take the Maine Turnpike south to Exit 9. Head south on Route One to grass median strip, and blinker light. Take next right onto Gilsland Farm Road, Maine Audubon's driveway. The start point is at the end of the driveway. OR from the North: take 95 south to Exit 10, Bucknam Road. Head south on Route One to grass median strip, and blinker light. Take next right onto Gilsland Farm Road, Maine Audubon's driveway. The start point is at the end of the driveway.**

GET OUT YOUR CALENDARS ---

THE WALK AND EAT GANG STRIKES AGAIN!

The "Walk and Eat Gang" will again walk weekly on Thursdays officially beginning in April. We will 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)

| | | | | |
|---------------|-----------------|---|----------------|--------------------------------------|
| | April 5 | So. Portland, ME (Year Round) | June 7 | Salem, MA |
| | April 12 | Beverly, MA | | June 14 |
| | | Falmouth, ME (Picnic) | | |
| | April 19 | Hampton, NH | | June 21 |
| | | Boston, MA (Back Bay) | | |
| | April 26 | Brunswick, ME | | June 28 |
| | | Westbrook, ME | | |
| | May 3 | Danvers, MA | | July 5 |
| | | Newburyport, MA | | |
| | May 10 | Manchester, NH | | July 12 |
| | | Portsmouth, NH (Picnic) | | |
| | May 17 | So. Portland, ME (Lighthouse/Picnic) | July 19 | So. Portland, ME (Year Round) |
| | May 24 | Natick, MA | | July 26 |
| | | Sudbury, MA | | |
| May 31 | | Kennebunk, ME | | |

The March Meeting of the SMVA will be on March 21, 7:00 PM at the Walker Library in Westbrook .

GOODIES FOR THE EVENING OF MARCH 21

Sweets: Thelma Gagne Veggies: Alan Robitaille Beverages: Dan Carr

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

March 21 April 18 May 16 June 20 July 18 August 15

September 19 October 17 November 14 December 12

"The Men That Go Down to the Sea in Ships"

This year's walks, the fifth annual Yankee Tri-State weekend, will feature "the men that go down to the sea in ships" and

those who build those ships. We are still wrapping up the details of the four events, but here is what we know so far. The Southern Maine Volkssport Association, New Hampshire's the Seacoast Striders, and the Walk 'n Mass Volkssport Club are planning four walks on Columbus Day weekend that will emphasize the region's "Gateway to the North Atlantic." In Kittery, Maine walkers will hopefully visit the historic Portsmouth Naval Shipyard. A Portsmouth, NH walk will focus on the harbor area, once home to John Paul Jones, America's most famous naval hero. One of two diverse walks in the Gloucester, Massachusetts area will tour the historic port that evokes tales of courage in man's struggle to conquer the elements (e.g. The Perfect Storm.) The other event in the Gloucester area will feature the quiet of a nature trail shielded from the rugged Cape Ann landscape below. These walks will follow last year's highly successful Fourth Annual Yankee Lighthouse Weekend that attracted walkers from 30 states. As a bonus, the 2001 walks will also offer another glimpse of a New England lighthouse or two. The weekend will include a bountiful buffet at Yoke's in Portsmouth, New Hampshire on Saturday evening, October 6. Yoke's is one of the oldest independently owned family restaurants in New England.

NORTHEAST REGIONAL - VOLKSSPORT EVENTS IN 2001

(SOME DATES MAY BE TENTATIVE - CHECK BACK EACH MONTH FOR MORE UP TO DATE INFORMATION. These dates were made at the Calendar Clearing Conversations in October.

(CVVC) - CONNECTICUT VALLEY VOLKSSPORT CLUB PO BOX 251 GLASTONBURY, CT 06033-0251 BOB MCDOUGALL 860 342 3062

(ESCV) - EMPIRE STATE CAPITAL VOLKSSPORTERS (ESCV) PO BOX 6995 ALBANY, NY 12206 6995

(FLVC) - THE FINGER LAKES VOLKSSPORTS CLUB 36 SHERWOOD VALLEY RD WINDSOR, NY 13865 607 775 9060

(TTWC) - TWO TOWN WALKING CLUB 22 GRANT AVENUE SOUTH HAMILTON, MA 01982



DIANA & JAMES CAMPBELL 978 468 3164 E mail: JPIFFAT@aol.com

(WNM) - WALK'N MASS VOLKSSPORT CLUB 80 WINGATE RD HOLLISTON, MA 01746 1261

BEATE HAIT 508 429 3564 FAX: 508 429 1813 Email: Joyce Toomre

**(WM) - WANDERING MAINE IACS PO BOX 6403 PORTLAND, ME 04102 6403 DAVID MUZZY
207 854 5424**

| DATE | CLUB | EVENT |
|----------------------------|----------------------|---|
| MARCH | | |
| March 10 - Saturday | CVVC | FARMINGTON, CT YRE GROUP |
| March 11 - Sunday | SMVA | MAINE MALL WALK - SO. PORTLAND |
| March 24 - Saturday | ESCV | RHINEBECK, NY YRE GROUP |
| March 31 - Saturday | ESCV TTWC | WILLIAMSTOWN, MA YRE GROUP SALEM, MA YRE GROUP 1:00 PM |
| APRIL | | |
| April 1 - Sunday | WNM | AUBURNDALE MASSACHUSETTS |
| April 7 - Saturday | | REGIONAL DIRECTOR'S WALK (CANCELLED) |
| April 14 - Saturday | CVVC | GROTON, CONNECTICUT, YRE GROUP |



**The Seacoast Striders - 2001 Year-Round and Seasonal Events -- For Club Information see above -
Concord, NH (NE01-Y0292) - 10km Walk - (January 13-December 16, 2001)**

Start Point: Holiday Inn 172 North Main Street, Concord, NH 03301 (603) 224-9534

“B” Award event - 1+ - daylight hours. Water/Restrooms at start/finish and along way.

Hampton, NH (NE01 - Y1093) - 11Km Walk - (January 13 - December 16, 2001) NEW!

Start Point: Shop ‘n Save 630 Lafayette Road, Hampton, NH 03842 (603) 926-9808

“B” Award Event - 1+ - daylight hours - Closed Easter/Thanksgiving - Water/Restrooms at Start/Finish

Manchester, NH (NE01-Y1085 - 10Km Walk - (April 16 - November 3, 2001) NEW!

Start/Finish: Amoskeag Fishways Learning Center Fletcher Street, Manchester, NH 03105 (603) 626-3474

“Credit only” event. - 2 - Mon.-Sat. 9:30 AM to 5:00 PM (gate closes 5:00 PM.

Portsmouth, NH (NE01-Y01312 Walk - 10km - (January 13 - December 16, 2001)

Start/Finish: Wynwood Hotel and Suites (formerly Howard Johnson’s)

Interstate Traffic Circle, Portsmouth, NH 03801 (603) 436-7600

Warner’s House Patch - 1+ - daytime hours - Water/restrooms at Start/Finish

Portsmouth NH NE01-Y1095 Bike -25km- April 28 - November 4 (NEW)

Start/Finish: Wynwood Hotel and Suites (formerly Howard Johnson’s)

Interstate Traffic Circle, Portsmouth, NH 03801 (603) 436-7600

Warner’s House Patch - 1+ - daytime hours - Water/restrooms at Start/Finish



Walk ‘n Mass Volkssport Club – For Club Information - see above Year-Round and Seasonal Events, 2001 (Those STARTING in January,2001)

Bedford, MA (01/Y828) - Walk - (January 2 - December 31, 2001)

Start/Finish: Bikeway Source 111 South Road Bedford, MA 01730 (781-275-7799

Credit Event only - 1.5 - Jan.-Apr. Wed.-Sat. 10 AM - 5 PM, Sunday Noon-5 PM

Bedford, MA (01/Y927) - X-C Ski (10km or 13km) - (January 2 - March 31, 2001)

Start/Finish: Bikeway Source 111 South Road Bedford, MA 01730 (781-275-7799

Credit Event only - 1.5 - Jan.-Apr. Wed.-Sat. 10 AM - 5 PM, Sunday Noon-5 PM

Boston, MA (01/Y730) - Walk - 11km - Freedom Trail - (January 1 - December 31, 2001)

Boston National Historic Park Visitor Center 15 State Street, Boston, MA

(Across from the Old State House) (617-242-5642 “

“A” Patch available - 1 - Jan. 1 to June 30 9AM to 5 PM closed New Year’s, Christmas, Thanksgiving

Boston, MA (01/Y347) - Walk - 10km - Back Bay - (January 1 - December 31, 2001)

Boston National Historic Park Visitor Center 15 State Street, Boston, MA

(Across from the Old State House) (617-242-5642

“A” Patch available - Rated 1 - Jan.1 to June 30 9AM to 5 PM closed New Year’s, Christmas, Thanksgiving

Bourne, MA (01/Y346 (walk) - (01/Y347 (bike) April 14 - December 1)

Start/finish Major’s RV Service Center 150 MacArthur Blvd (Rt. 285), Bourne, MA 02532 (508) 759-2833

Alternate start: Stop & Shop, Customer Service Desk, Stop & Shop Plaza - 54 Route 6A, Sandwich, MA 02563 Start after 9 AM, finish prior to sunset (This is also start point for Sandwich Seasonal) Drive to start point from either Start/Finish.

“A” Award Patch Available - Tuesday-Saturday 9AM - 3 PM - finish by 5 PM.

Burlington, MA (01/Y354) - 10km Walk - Burlington Mall - (January 2 - March 31, 2001)

Start/Finish: The Walking Company (lower level, opposite Filene’s)

Burlington Mall, 75 Middlesex Turnpike, Burlington, MA 01803 (781) 270-9299

Credit only walk - Rated 1 - 10AM - 8 PM Mon-Sat, 11AM - 4:30 PM Sun

Newton, MA (01/1036) - Walk - (January 1 - December 31. 2001)

Start/Finish: Newton Free Library 330 Homer Street Newton Centre, MA 02459 (617) 552-7145

Walk box can be found on table in main lobby

“B” Event Credit - Rated 1.5 - Mon-Thurs 9AM - 9 PM, Fri-Sat - 9 AM - 5 PM, Sun. Noon - 5 PM

Plymouth, MA (01/Y1018) - Walk - April 7 - November 25

Start/Finish: Wal-Mart 381 Court St. Plymouth, MA (508)830-9555

“B” Award Event - Rated 1.5 Daily, after 8 a.m. Closed Thanksgiving and Easter - finish prior to sunset.

Roslindale, MA (01/1418) - Walk - (January 1 - December 31, 2001)

Start/Finish: Larry’s Mobil Station 1225 Centre Street Roslindale, MA 02131 (617) 323-9859

“B” Award Event - Rated 1.5 - Daily, after 8 AM - prior to sunset -

Walk ‘n’ Mass AUBURNDALE (NEWTON) April Fool’s Walk SUNDAY, APRIL 1 (March for Parks Event)

5km, 8km, 10 km a County Walk Start: 9- Noon (1.5 RATING) Finish by 3:00 PM Starting on a wooded path following the Charles River, the 10 km (6.2 mile) walk enters Waltham, known as the “City of Watches”. This trail includes Mount Feake Cemetery, founded in 1857, with the area named in 1632 by Governor

John Winthrop after his son-in-law Robert Feake, and affords scenic views across the Charles River. walkers will pass the Boston Manufacturing Mill Complex, which in the early 1800's was the first to produce cloth entirely powered by machinery. The route will also pass along Moody Street, the home of many ethnic stores and restaurants. The last portion goes through residential area in Waltham and Newton.

Start/Finish: Auburndale Cove Playground West Pine Street, Auburndale (Newton) MA 02466

Additional Info: Joyce Toomre (617-969-9596 or Marianne Marshall 781-899-5975

OUR WONDERFUL WEB SITE (THANKS DON BOLIN) www.ava.org/clubs/smva

(Our website has been down due to the AVA's change of servers. It is up, but some changes have been made due to new procedures. Check it regularly for updates.

**THREE 2001 WALKING TRIPS TO CONSIDER
(See February's Newsletter)
The Canadian Convention
The Mackinac Strait Bridge
The AVA Convention**

Connecticut Self-Guided Trails for 2001

| | | | |
|--------------------|------------------|----------------------|------------------|
| Fairfield 10/15 km | Jan. 1 - Dec. 31 | Farmington 10 km | Jan. 1 - Dec. 31 |
| Groton 10 km | Jan. 1 - Dec. 31 | Hartford 12 km | Jan 1 - Dec. 31 |
| Litchfield 10 km | Jan. 1 - Dec. 31 | Mansfield Center (2) | Jan. 1 - Dec. 31 |
| Milford 10 km | Jan. 1 - Dec. 31 | Mystic 10 km | Jan. 1 - Dec. 31 |
| Old Saybrook 13 km | Jan. 1 - Dec. 31 | Portland 10/20 km | Jan. 1 - Dec. 31 |



Hi, everyone. I completed this walk in January. It was cold, wet and foggy -- not a good day for walking. Wind along the coast close to 20 - 30 MPH gusting to about 55 mph. But I would do it again in a minute. There is a beautiful campground and free fishing pier nest to the start point. I saw an 8-foot black alligator on the suggested extension of the walk. Still walking lots each day; I have done Denton, Carrollton and Weslaco, Texas, walks also. They are OK, but Port Arkansas gives Kennebunk a good run for an award.
(signed) Pat Broome



Have walked in Annapolis MD, Richmond and Norfolk VA, Raleigh NC, Charleston, Columbia and Savannah, SC. Annapolis and Richmond have new starting points and new walks. The winter coats came off in NC, the sweatshirts came off in SC, and the sunblock went on in GA. Had some rain today. On to St. Augustine FL tomorrow.

(signed) Joan and Roland Melcher

For Your Calendar

Downeast Weekend 2: June 16 and 17, 2001

Saturday June 16, we will walk in beautiful Southwest Harbor

Sunday, June 17, we will walk up Cadillac Mountain leaving from the overflow parking lot of the Kebo Valley Golf Club.

Come early or late and walk the Bar Harbor Seasonal.

That's three sanctioned walks, beautiful scenery, and a great taste of the wonder of Maine.

Vermont Self-Guided Trails for 2001 YEAR ROUND: (Jan. 1 - Dec. 31) Burlington (Start at Radisson Hotel)

Montpelier (Start at Capitol Plaza Hotel)

SEASONALS: (April 1 - Nov. 30) Middlebury (Start Middlebury Inn) 10 km

Norwich and White River Junction (Start - Coolidge Hotel) 11 km

Stowe (Start at Green Mountain Inn) 11 km

Woodstock (Start at Maple Mobil)

(May 1 - Oct. 31) Lyndonville (Start at White's Market)

Vermont's 2001 Events

July 21 Danville (Start at Methodist Church on the Green)

September 8 Manchester/Arlington (Start to be determined)

Some Coming Event information

The Maine County Walk at Calais is all ready. This is a Wandering Maniacs Walk. Also the Maniacs are planning a walk in Belfast during June. Watch for more information on this county walk in the up coming newsletters.

Put on your calendar the August 11 & 12 Sunset(Harpswell) and Sunrise walk(Popham) walk and the Sept 22 McAuley Residence Walk.

THERE IS NO BETTER PRESENT THAN HEALTH.... ONE OF THE BEST WAYS TO STAY HEALTHY IS WALKING. GIVE A LOVED ONE OR FRIEND A REAL PRESENT, A MEMBERSHIP IN SMVA.

MEMBERSHIP INFORMATION

Individual Membership: \$10 (1 Person)

Double Membership: \$12 (2 people)

Family Membership \$15 (3 or more)

Each person listed on the application will receive a membership patch, but only one issue of the monthly newsletter will be mailed to a household. For additional newsletters, the person(s) to whom issues are to be sent must apply separately as an as an individual member, due to newsletter costs.

Membership Application Form

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

#1 Name _____ Address _____
City/State _____ Zip _____
#2 Name _____
#3 Name _____
E-mail _____
Signature: _____
Phone: _____
New _____ Renewal _____ Amount Enclosed: _____

Southern Maine Volkssport Association issues SMVA Newsletter monthly for its members. Membership is open to any person regardless of residence, upon application.
News Articles for inclusion in this newsletter are welcome and may be submitted at any time, and will be published as space is available. All dated material must be submitted no later than the 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 mail to DJMSMASTER@AOL.COM with questions or comments about this web site.

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