

NEWS LETTER

SMVA

MAY 2000

President's Corner

In one of my emails, I received this 'promo' to visit a website. Read it yourself.... Interested in "Walking for Fun, Fitness and Spirit"? Here's a great article written by Jan M. Faust, Lifestyle Correspondent for (sorry I can't give you her article because it is copyrighted) entitled just that. It's about volkswalking (or volksmarching). This intriguing form of walking originated in Germany and migrated to America with soldiers returning from military duty. The term refers to long, healthy group walks that fulfill fitness, socialization and, in many cases, "nature-watching." Back home, the sport has become so popular that dedicated volkswalkers have organized the American Volkssport Association (AVA), which has 37,000+ members participating in chapters throughout all 50 states. Watch out for the seasoned volkswalker-- recently, volkscycling, volksswimming and volksnordicskiing are on the rise! "

Alan Cook wrote an article for the Walklist related to walking. I emailed him for permission to use the article in this newsletter and he was happy to let me do it. The only stipulation was that we send him a copy of the newsletter, which we will gladly do. Here is what he wrote:



[SMVA HOME PAGE](#)

WALKING IS BORING



I normally don't try to force others to share my likes and dislikes, but when my sister-in-law, who I have known for thirty years (ever since she was a penniless and braless hippy) and who I love and respect, even though she now wears a bra and has a Ph.D. in psychology, says "walking is boring" I have to respond. Walking is not boring. So there!

If walking is not boring, what is it? A lot of things. So hit the road, Jack, and hit the trail, Jackie.

Let's treat our bodies the way nature intended..

- Alan Cook Rancho Palos Verdes, CA

Gray Walk

We had a good walk! There were 132 walkers and we sold 83 awards. And there were lots of new walkers. Everything went smoothly. We are thinking that you must have put in a word for us about the weather - it was wonderful.

Many comments about our wonderful newsletter! Barbara Weymouth was there but only took back one checkpoint box.



Not the actual picture, but close enough. At the end of February we received a card from Dean and Sue Cilley from Tucson where they had been doing some walks intown and in natural areas and they said: "Lots of variety. At the Old Tucson start box they have a map with walkers states colored in and Maine was missing - guess we helped them out with that." - learned at the April meeting that they were off walking again.. Maybe they'll share a little of their expeditions with us in a later issue.

Next meeting is Wednesday, May 17 at 7:00 PM,

at the Walker Library in beautiful

downtown Westbrook.

Alan Robitaille will bring the sweet stuff

Happy Jackson will bring the healthy stuff

and

Ed Witherell will bring the drinks

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!**

NEWS YOU CAN USE:

Join PORTLAND TRAILS as they celebrate the opening of the long-awaited connector under Turkey's Bridge in a fun walk on July 8th. Or on Sept.24 for the Turkey Trot, their first 5/10K along the Eastern Promenade and under the connector to the Back Cove trail. For more info call 775-2411.

EXTRA!

How would you like to go on a walk where you not only got your exercise, but 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, SEPTEMBER 2nd in Skowhegan, Maine where this will be a reality. Watch the newsletter for more exciting information.

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, meeting at the starting point of each walk as follows:

May 4 Nashua, NH

May 11 No Walk Scheduled (possible Augusta and/or Bar Harbor if attending the Canadian Convention

May 18 Newton, MA

May 25 Rye, NH

contacts:

Chuck and Fran Hutchins 603-483-0598

Don and Polly Meltzer 978-443-8513

Al and Bonnie Moulton 603-778-0267

Dick and Joan Rossi 978- 887-5901 JODIROSSI@aolcom

Herm and Valerie Day 603-775-2586 walherm@worldpath.net

Minutes of the April 19th SMVA Meeting President Dan Carr opened the meeting at 7:00 p.m. with 21 visitors and guests present.

The secretary's report was accepted as published in the newsletter. The treasurer's report was read and filed.

Jan Lynskey reported that we have 160 members at the present time. Those who have not renewed for the year 2000 will no longer receive the newsletter. Dan is taking over as newsletter editor. Please e-mail inclusions for the newsletter to Dan.

John Tibbetts reported no current business with trinkets. He did announce two new items that will

be available: T-shirts in sharp new colors and visors.

Ken Jackson, who had just been voted in as publicity chair by the board, reported that he along with Ann Stevens would handle getting the word out to newspapers, radio, etc. about walks and meetings.

Jan introduced Maria South from the Kennebec Girl Scout Council. AVA is working on a promotion with the girl scouts through their girls' sports initiative. Maria told us that there are 11,000 members in Maine and that volksmarching is a nice alternative for those who wish to be involved in other than team sports. Carroll invited them to join us for the Maine Wildlife Park walk on April 30th.

John reported that the Portland YRE had 29 walkers last month. Jan has had 6 at the Augusta SEA. Also Jan is expecting bus tours on May 7th & 10th; call her if you would like to walk with these folks. No one has made the trip yet to walk Barbara Weymouth's SEA in Bar Harbor. The Brunswick SEA is a late starter beginning May 28th. Chuck Hutchins is back from a winter in the south and opened the Kennebunk SEA on April 19th So far 4 people have walked this event. 21 people have walked Penny & David Cole's new SEA in Westbrook. The Wandering Maniacs' Lighthouse walk has had 3 walkers so far, but on 4/20 the "Walk & Eat Club" was doing this walk which will add to the numbers.

By the time you read this the Maine Wildlife Park walk will be history. Ken is working hard to publicize this event.

The brochure is available for the Castine and Bar Harbor SEA group walk on June 3rd & 4th. Other walks are being organized, but there is time for them. Sunset/Sunrise will be at OOB & possibly Biddeford Pool. The Harvest walk will be at Bradbury Mountain. And the McCauley walk will be at Fort Williams and offer 5K, 10K and 20K courses!

On June 21st before the June meeting, there will be a "Meet & Greet" walk of the Westbrook SEA starting at 5:00p.m. From the Walker Library followed by the June meeting.

There is the possibility of a walk on Labor Day weekend in Skowhegan, on Sunday, Sept. 3rd. The New Balance factory is located there. They will be giving tours that day and sox to all walkers. Stay tuned for more info!

The main item under new business is missing equipment: do you know where the Wandering Maniacs measuring wheel or the 2 SMVA water jugs are?

Chuck announced that the Tri-State walk for 2001 would need a new co-ordinator. Any takers?

Many people have been traveling including Dave Muzzy to Salt Lake City, Dan to U. Of Va., and

Greensboro, N.C., Chuck and Fran to Gettysburg(3), Madison, Ga., New Orleans and Newcastle, Del. and Sue and Dean Cilley to Arizona and NY/Vt/Mass./ NH (in one long week end). Jan has finished her National Heritage book.

The 50-50-50 was won by John Tibbetts for \$12.50. How do you do it, John?

Door prizes were won by Sylvia Allen, Marie South, Jan Lynskey, Alan Robitaille and Wendy Hunter.

Thanks for refreshments to Penny, Sylvia and Dan. The meeting was adjourned at 8:30 p.m.

Respectfully submitted, Carroll Tiernan, Secretary Pro Tem

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

These were current as of the 15th of April.... Check each month here for changes. We will try to treat Maine (SMVA and Wandering Maine-iacs here 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

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

Start: MAIRE MARITIME ACADEMY, CASTINE,

MAINE 10KM/5K option

Contact: BARBARA WEYMOUTH 207-288-5216

On your right A picture of your handmade bottle insulator, which will be the award of the day. Be sure to respond to the enclosed brochure as soon as possible.

And THEN

On Sunday

06/04/00 - 06/04/00

A group walk of the

BAR HARBOR SEASONAL

(See information under Seasonal Events - Maine)

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

Start: McDonalds, South Portland 10KM:

Contact: DAVID MUZZY 207-854-5424

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 Baxter 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 3 - Skowhegan Walk

factory tour/shop/gifts

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 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.

December 10 Maine Holiday Walk - SMVA

MAINE SEASONAL EVENTS - NOTE DATES

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

Start: PINE TREE STATE ARBORETUM, AUGUSTA 10KM

Contact: JAN LYNSKEY 207-725-1479

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 Riverside St.

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

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

04/16/00 - 04/16/00 - WALK - WNM

Start: NEWTON CITY HALL, NEWTON CENTRE 10-15KM

Contact: JOYCE TOOMRE 617-969-9596

04/29/00 - 04/29/00 - WALK - WNM

Start: ***** CANCELLED ***** GEORGE WASHINGTON PARK, CHEPACHET 5-10KM WALK 'N
MASS VOLKSSPORT CLUB

05/06/2001 - 05/06/2001 - WALK - WNM

Start: PATRIOTS TRAIL GIRL SCOUT COUNCIL, DEDHAM 5-10KM

Contact: CHRIS/PAULINE MELLEN 978-649-7633

05/09/00 - 05/09/00 - GUIDED WALK - WNM

Start: THE COLONIAL INN, CONCORD 5-10KM -

Contact: JEANETTE DOSE 978-663-6756

05/20/2000 - 05/20/2000 - WALK - WNM

Start: CHAMBER OF COMMERCE, FALMOUTH 5-10KM

Contact: PAT MAJOR 508-759-5211

5/21/00 - 5/21/00 - WALK - WNM

Start: AMERICANA HOLIDAY MOTEL, WEST YARMOUTH 5-11KM

Contact: CHRIS/PAULINE MELLEN 978-649-7633

05/27/2000 - 05/27/2000 - WALK - ESCV

Start: GRANGE HALL, STOCKBRIDGE 10KM

Contact: PAOLA PUGLIESE 518-473-6710

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

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 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 - 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

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 10-13KM

Contact: CATHERINE HARRIMAN 802-457-3624

Southern Maine Volkssport Association

P. O. Box 722

Westbrook, Maine 04092-0722

Dan Carr - President

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

Jan Lynskey - Vice President

Happy Jackson - Secretary

David Cole - Treasurer

Ken Jackson - Publicity

SMVA Newsletter is issued monthly by Southern Maine Volkssport Association 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 23rd of the preceding month for inclusion in the next issue. Please send directly to: Dan Carr, P. O. Box 128, Hollis, ME 04042.

Send mail todbolin@juno.com with questions or comments about this web site.

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