



Southern Maine Volkssport Association Newsletter

MAY 2001

They said put it in a little box... so I did!

You miss a lot.... including some fun... when you miss the meetings of the SMVA!

Hi Dan! Here's a new item for the newsletter, one that will be a re-occurring one. Alan and I are coming with interesting door prizes or little goodies for everyone, it will be different every month and will be related to the month. For May we have little, colorful, clip-on bears (6 of them) that will go as door prizes. For June we have patriotic flag pins for door prizes (dozen) and for July we have patriotic fans (24, so everyone should be able to have one). We're working on the remaining months. Maybe this info could be put in a little box or something so that it's easily noticed. We're trying to entice people to come to the meetings. Also, maybe a reminder about the savings bond drawing at the end of the year might be good.

Thanks!

Wendy



[SMVA Home Page](#)

**Lifeline will be celebrating its 25th Anniversary on Sunday, May 6, from 11AM to 2 PM
at the University of Southern Maine Sullivan Gym in Portland**

Check-in at the Gym is from 10:30 - 11 AM

Walk is from 11 AM - 2 PM

Refreshments are from 1 - 2 PM

(This is **not** a sanctioned AVA walk - You are invited to participate for the exercise and enjoyment of the day.)

Two walks will be offered:

Walk a Little - Check in at USM Lifeline and get your bottle of water. Proceed down Falmouth Street across Forest Ave. to Pebble St. Extension. Cross Baxter Blvd. And start on the back cove path to the left. Follow the path all the way around and return to USM Lifeline Sullivan Gym. Enjoy the beautiful scenery and the Portland skyline. This walk is approximately 4 miles.

Walk a Lot - Check in at USM Lifeline and get your bottle of water. Proceed down Falmouth Street across Forest Ave. to Preble St. Extension. Cross Baxter Blvd. And start on the back cove path to the left. Follow the path all the way around until you see signs for the connecting path to the Eastern Promenade. Follow the Eastern Promenade trail to checkpoint. Turn around and follow the path back the left and return to USM Lifeline Sullivan Gym. Enjoy the beautiful scenery, Eastern Promenade and the Portland skyline. This walk is approximately 6.2 miles.

If you have any questions relating to the event, contact Ken Jackson at 148 Greenwood Lane, Portland, ME 04103. 207-797-3459 or agee2@aol.com

Minutes of the April Meeting of the SMVA Wednesday, April 18, 2001

Our President, Dan Carr, called the April meeting to order at 7:00 PM with 16 members present. The secretary's report for the month of March was accepted as written in the March Newsletter. There was no Treasurer's report at this time. The Treasurer was unable to attend the meeting. The total membership as of this date is 191. Of this figure, we have 33 new members. Under club sales, John Tibbetts reported that all the 2001 Start Books have been sold. Under Publicity on May 6, 2001 the club will have a table displaying information on Volksmarching at the USM Lifeline Sullivan Gym. Lifeline will be celebrating their 25th Anniversary. Ken Jackson will head this up as well as Wendy Hunter. Also more workers are needed. Please contact Ken Jackson at 797-3459. Under unfinished business; Allen Robitaille reported that the name badges for the Board members are being made. If anyone wants a badge please contact Allen at 797-5967. Under new business, it was voted that Charlotte Phillips of Vermont would take our proxy to the AVA National convention meetings, to be held in Washington State. Also there will be group walks of the YRE and seasonals starting in June at 5:30 on Tuesdays every other week through September. There will be more on this in the next newsletter. Jan Lynskey has the Canadian Start Books for sale. She can be contacted at (207) 725-1479. News from Away - Several cards were received from the Melcher's. Note the cards in this newsletter. Also Chuck Hutchins reported that he and several others attended the Canadian Convention. He and Fran had walked El Paso, Texas.

To date the Portland YRE has had a total of 22 walkers. The Casco Bay Bridge walk has a total of 22 walkers. For the seasonal walks Bar Harbor has had 1 walker, and the same for Brunswick. The Jackson, NH Ski had a total of 60 Cross Country Skiers for the season. Wow! The Maine County walk sponsored by the Wandering Maine-iacs is ready and the brochures are out. Also the Waldo County Belfast Walk and the Knox County Rockland Walk are ready and the brochures are out. These walks are put on by the Wandering Maine-iacs. The Downeast Weekend walks are still being worked on. The brochure is in this newsletter. The August 11 & 12 Harpswell (sunset) and Popham Beach (sunrise) walks are still in the making along with the McAuley walk to be held on Sept 22. The Livermore Falls Day Events to be held on Sept 29 & 30 are almost done. The 5th Annual Tri State weekend walks will have a web site through the Seacoast Striders. Shirley Milliken won the 50-50 for a total of \$7.50. John Tibbetts, Allen Robitaille, Shirley Milliken, Sylvia Allen and Happy Jackson won door prizes. Meeting adjourned at 8:10 PM.

Happy Jackson – Secretary

ONE LAST REMINDER F Walk Free on Your Birthday - just be sure to mark your walk card as Free-because it is my birthday. Only one birthday a year allowed. Good only on SMVA walks and only for credit.

Membership contest. ... Remember that we are having a membership contest and the three persons who get the most members wins. Join the fun. Invite a friend to walk. Encourage walkers to join. Not only will they be HEALTHIER, but you may win a prize also.

News from our friends at WALK 'n MASS

Walk 'n Mass Summer Strolls - Charlotte Temple

As crocuses, tulips and daffodils begin to appear in New England, can the easy and relaxed evenings of summer be far behind? For the third year, Walk 'n Mass is preparing to enjoy these relaxed summer evenings with its summer walking program, the popular Summer Strolls series. The Summer Strolls are group walks of the club's seasonal and year round events and are held every Tuesday. We usually gather at the start point between 5:30 - 5:45 to sign in, and be ready to walk as a group by 6:00 PM. Last year, except for one torrential downpour and a couple of thunderstorms, small groups of walkers gathered every Tuesday throughout the summer to enjoy an evening of walking or biking. This year our Summer Strolls will begin on Tuesday, May 1st with a walk in Cape Cod in beautiful Sandwich and conclude on Tuesday, August 28th. (Note that May 8, June 12, July 10 and August 14 are regularly sanctioned AVA events with new routes, marked trails and maps; the Summer Strolls, by contrast, are much more informal gatherings that utilize the familiar trails of our seasonal and YRE walks.) Note also that we will **not** be walking on Tuesday evening, July 3rd.

Our schedule for the months of May and June are listed here with July and August to follow in a future newsletter.

Date	Place	POC	Email	Telephone
May 1	Sandwich	Sharon	cdobbs@ncounty.net	508-533-9422
May 8*	Hudson	Ernie & Agnes	Elavio@yahoo.com	978-562-7023
May 15	Sudbury	Clara	cpetrosky@misti.com	978-779-2213
May 22	Newton	Joyce	joycet@tiac.net	617-969-9596
May 29	Natick	Charlotte	Chtemple@ix.netcom.com	508-877-9074

Jun 5	Arboretum	Helen		781-769-2630
Jun 12*	Callahan St Pk	Betty	Betfoley@ix.netcom.com	978-443-4857
Jun 19	Concord	Jeanette	jdose@earthlink.net	978-663-6756
Jun 26	Alt Freedom	Ann		781-488-0938

* Regularly sanctioned AVA event with new route, marked trails and map
 Questions? Please call either the walk POC or a member of the Summer Strolls Committee. We hope to see you on one of our walks. The Summer Strolls Committee: Charlotte Temple chtemple@ix.netcom.com 508-877-9074; Sharon Dobbs, cdobbs@ncounty.net, 508-533-9422; Joyce Toomre, joycet@tiac.net, 617-969-9596

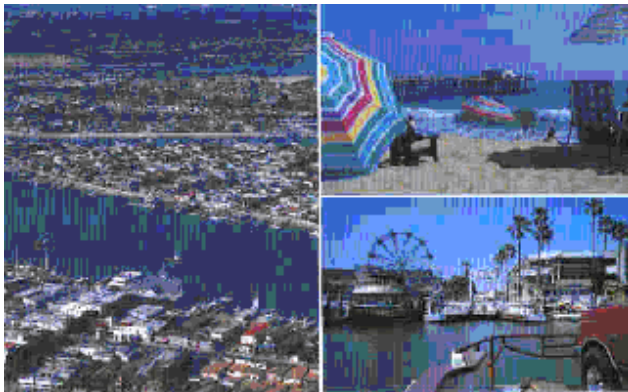
GET OUT YOUR CALENDARS --- THE WALK AND EAT GANG HITS THE TRAIL THIS MONTH!			
The "Walk and Eat Gang" walk weekly on Thursdays. They gather at the walk's starting point at 9:15 AM walking promptly at 9:30 AM. All are invited to join us for walking then eating after the walk (restaurant or picnic)			
	May 3	Danvers, MA	June
	21	Boston, MA (Back	
	May 10	Manchester, NH	June
	28	Westbrook, ME	
	May 17	So. Portland, ME (Lighthouse/Picnic)	July 5
	Newburyport, MA		
	May 24	Natick, MA	July 12
	Portsmouth, NH (Picnic)		
	May 31	Kennebunk, ME	July 19
	So. Portland, ME (Year Round)		
	June 7	Salem, MA	July 26
	Sudbury, MA		
	June 14	Falmouth, ME	
	(Picnic)		

**SEE ENCLOSED BROCHURE FOR Downeast Weekend 2
 Saturday, June 16 and Sunday June 17**

Featuring Southwest Harbor on Saturday, June 16, a sunrise walk up Cadillac Mountain on Sunday morning June 17, a walk in Belfast* later Sunday morning (sponsored by the Wandering Maine-iacs), and the Seasonal walk in Bar Harbor** at your leisure. Southwest Harbor Event, Saturday, June 16, Start Time: Noon -3:00 PM Finish Time: by 5:30 PM. Cadillac Mountain Sunrise Event Sunday, June 17 Start Time: 3:00 - 3:30 AM Finish Time: by 7:00 AM. Belfast walk on way home sponsored by Wandering Maine-iacs, and you are welcome to come early or stay late to walk the Bar Harbor Seasonal. Make your reservations NOW!

NEWS FROM AWAY! THEY'RE EVERYWHERE!

Joan and Roland Melcher seem to be walking all over the place.... here are two cards. One is from California and the other from Australia. Wonder if they'll be able to find their way home to Maine?



BALBOA ISLAND CALIFORNIA



FROM THE EXECUTIVE DIRECTOR'S DESK

Did you know that a volkssporter can only walk the same trail twice on the same start card if that individual is walking a short distance twice to fulfill the requirement that we have a medium distance walk? This also means that the two short distance segments must be done on the same day. That's right? AVA policy says, "Sponsoring clubs must offer at least one short and one medium distance at an event. Instead of a medium distance, clubs may allow participants to walk the same trail twice at no additional charge. And AVA Policy defines a short distance walks as "... a minimum of 10 kilometers (km) and a maximum of 19 km in length." and a medium distance as "... a minimum of 20 km and a maximum of 30 km in length."

The May Meeting of the SMVA will be on MAY 16TH at 7:00 PM at the Walker Library in Westbrook
GOODIES FOR THE EVENING OF APRIL 18

Sweets: Wendy Hunter Veggies: Alan Robitaille Beverages: Ed Witherell

These are meeting dates of the SMVA for 2001 at the Walker Library in Westbrook.

June 20 July 18 August 15 September 19 October 17 November 14 December 12

FOR YOUR CALENDAR: Fall Weekend At Norlands Living History Center

Saturday, September 29 and Sunday September 30

Livermore, Maine, Start 9 - 11 AM, Finish by 3 PM

Walk either Saturday or Sunday - one-day only/one credit only Walk NE01/243

Bike either Saturday or Sunday - one-day only/one credit only Bike NE01/244

Swim Saturday September 29th, Swim NE01/245 (USM - Farmington)

About The Norlands Living History Center

Norlands is the 19th century family home of Israel and Martha Washburn and their illustrious offspring. Among the seven Washburn sons were: two state Governors; one U.S. Senator; two Foreign Ministers; a Civil War General; a Navy Captain; a Secretary of State; founder of the Washburn-Crosby Gold Medal Flour; inventor of a typewriter; President of the Soo Railroad; and three authors of note.

The family's 445-acre property is formally known as Norlands Living History Center, and includes a stately Victorian country mansion, together with ell and barn; a granite library; a church; a one-room schoolhouse; and much of the original family farmland. The complex has been painstakingly revitalized and restored, and today offers unique group tours and live-in experiences, with the emphasis on participation as the educational tour.

Come and walk with us at the Norlands - drive down winding country roads, bring picnic, enjoy Maine's oldest living history farm with oxen, horses, sheep, cows, crops and seasonal activities.

This is foliage season... so make plans early. The Farmington Motel has rates of 1 double bed @\$48.00 - 2 double beds @\$58.00 and no charge for extra people. Their number is (207) 778-4680. Make sure you tell them that you are doing the volks events. Remember, this is a busy time in all New England Towns - something to do with leaf peeping.

Directions: From Lewiston and Auburn; Take Route 4 north; turn right onto Route 108; Look for the Norlands sign; go left on Norlands Road. From Augusta; (one half-hour); Take 202 west to Winthrop; then take Route 133 North to Wayne; turn left on Route 219 and right on Route 108" drive three miles to Norlands Road and turn right. From Portland (One hour and a half): Take I-95 north to Exit 30B Augusta, then follow directions from Augusta. Or take the Maine Turnpike to exit 12 Auburn and follow directions from Auburn. For more information, look up www.norlands.org on the web.

Parking: will be available where indicated by parking signs on the day of the event.

Rest Rooms: Porto-Potties are at the end of the equipment sheds. NO other facilities will be provided on the trails.

General Information: Norlands will be open on Sunday, but the festival will not be going on.

DON'T FORGET THE WANDERING MAINE-IACS ARE HAVING THEIR WALK IN

CALAIS, MAINE ON SATURDAY MAY 19TH - FMI contact Sylvia Allen (207) 774-8524 or email her at ronsyl56@aol.com. THERE WILL ALSO BE A WALK ON THAT SAME DAY WITH THE CANADIAN CLUB ACROSS THE RIVER. So you will get to cover two countries in one day.

SEACOAST STRIDERS will be having a Saturday walk in MADBURY, NH on June 9. Madbury is between Dover and Durham, NH, just a short hike from Maine. Contact Claudia Cauchon at (603) 659-8598 before 9 PM or email her at Claudia.Cauchon@unh.edu

Next month there will be a listing of TUESDAY EVENING WALKS for June, July and August. These will be walks of the Maine seasonals, and will begin at 5:30 PM. In talking with the other clubs we have found that even if walks are held on the same nights, they seem to attract only the local club members. Walk 'n Mass have Tuesday evening strolls (see this newsletters) and you are surely encouraged to participate in their walks as well.

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, and ME 04042.

[Southern Maine Volkssport Association](#)

[P. O. Box 722](#)

[Westbrook, Maine 04092-0722](#)

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

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