

Southern Maine Volkssport Association Newsletter

May 2002



The President's Corner:

The robins have returned, trees are budding, bulbs are popping and our Year Rounds and Seasonals are all up and running. We have some wonderful destinations for our Special Events this summer and fall. Welcome Spring. Welcome Walkers. Really, if you stop and think about it, volkssporting is quite the concept. A form of recreation for the whole family that doesn't have to cost you a fortune--you can walk for free (walking for credit helps support your club as do award purchases and donations). Directions have been provided to a location where you can park (usually for free). The Start Boxes will provide you with directions, maps and points of interest along the way, even restrooms! Our walks are interesting, safe using common sense, can take as little or as long as you would like, for all ages and degrees of physical fitness. I really enjoy our group walks. I have met some really wonderful and remarkable people along the trail. People that I would not normally have a chance to interact with and have added a new dimension to my outings. My sister and I enjoy poking in the nooks and crannies along the way. We would never do it on our own and we have been to places would never would have dreamed of visiting. People come from miles away and pay the big bucks to enjoy what is just outside our front doors The old "honey do" list will always be there. Seems like there is never getting ahead but I've reached the point of who cares". It is far more important to me now to get outside, breath the fresh air, get a little exercise and enjoy each others company. Hope to meet up with you soon. Ann Stevens



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MONDAY NIGHT GROUP WALKS

May 20th-Portland YRE 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 crllt@aol.com

or or (207) 839-8447



[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. May 2 Salem, MA May 9 Concord, NH * May 16 So. Portland, ME (YRE) * May 23 Newburyport, MA * May 30 Manchester, NH * 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

For further info on Walk and Eat walks contact- Chuck and Fran Hutchins 603-483-0598
bfinch38@msn.com

**The May Meeting of SMVA
will be at the Walker Library in
Westbrook - May 15th at 7:00 PM.**

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

Minutes of The April 17th, 2002 Meeting of The Southern Maine Volkssport Association

The April meeting opened at 7 PM at the Walker Memorial Library in Westbrook. There were 19 members present. Ann Stevens, President, asked all members to state their name and what was their last walk. Dave Muzzy said he spent 10 days in England, and although he didn't do any Volksmarches he did a lot of walking and visited Wales, where his ancestors came from. The Secretary's report was accepted as printed in the March/April newsletter. Ann Stevens accepted the Treasurer's report as read. She only had the checking account report, as the CD report was not available. Membership report by Cheri Watson: April renewals 20 New 0 Total YTD 171. Club sales: No report. There haven't been any walks recently.

Publicity: Ken Jackson passed out "Your First Volksmarch" brochures to members so that they could give them to anyone that might be interested in Volksmarching. Ken also said that Channel 8 will be at the May 16th "Walk and Eat Gang" walk in South Portland. The walk starts at the Hannaford Supermarket at Millcreek at 9:30 AM and would like a good turnout; as Channel 8 will be interviewing some members prior to the start, so please show up well before the start time. Ken is still working with L. L. Bean on the Freeport walk for next year.

Some Thoughts Thought While Thinking -

“Walking is man's best medicine.” Hippocrates,
Greek physician 460-377 BC

“Public sentiment is everything. With public
sentiment nothing can fail, but without it, nothing
can succeed.” Abraham Lincoln

New and Unfinished business: The board decided to publish a newsletter every month from now on. Carroll thought it would be a good idea to publish the newsletter online so those with a computer could get the newsletter online rather than through the mail. Cheri Watson has been working with Phyllis Wolfe, club member and BIW Coordinator, to create, in partnership with SMVA a walk brochure for the BIW Healthy Ways Strive for 5 programs. Phyllis would like some of the SMVA past walk maps from Boothbay, Wiscasset, Bath, Brunswick, Biddeford/Saco, Augusta/Waterville, and Greater Portland areas. After some lively discussion it was decided to invite Phyllis to our May meeting to find out more about what she wants and what the club can offer her. SMVA will have to be sure it follows the by-laws when joining in any partnership with any outside organization, although Cheri and Ann contacted Patty Proulx, NE Regional Director, and Patty was enthusiastic about the partnership. Phyllis will be putting on a 10K walk on September 8th at Thompson's Point and said that SMVA could have a table at that walk and would be willing to give SMVA promotional exposure on all their brochures and signs if we want to participate. Dave Muzzy said that the maps we give to Phyllis, if they aren't sanctioned walks, should not have the SMVA name on the maps so that SMVA would not be liable if someone got injured. The board has decided to participate with Phyllis and BIW but the details will be worked out at the May meeting, which Phyllis hopefully will attend. The club voted to have discount coupons available in blocks of 10. Cheri Watson will produce the coupon booklets. A benefactor has offered a \$500.00 down payment on a trailer SMVA could buy to store club inventory. There was discussion about whether the club wanted to purchase such a trailer and where it could be parked. No final decision was made. A picture of what the trailer would look like was passed around to members. Ann Stevens wondered if the club could give some of our trinkets to a charitable organization to give away as SMVA has an oversupply of trinkets and awards. Carroll Tiernan will submit a list of Monday night walks in

the next newsletter. (Included) Walk Reports: Portland YRE: 26; Brunswick: 14; Bath: 7; no report for Augusta, Bar Harbor, Kennebunk. Upcoming walks: Ann Stevens has set up a walk in Wells for Sunday July 14th (start time 7-AM). The brochure is now available. Cheri has been working on the Apple Festival walk in Cornish for later this year. Alan has a tentative start site for the Tri-State Walk on October 12th at the Orthopedic Associates parking lot on Sewell St. in Portland (I can now report that final approval was confirmed on the 18th). A port-a-potty might be needed there, but no final decision has been made. Seacoast Striders have a start point but Haverhill, Mass. still has not been able to find a start point. McAuley walk: no new developments. Alan Robitaille will take over the Sunrise/Sunset walks in August. The Auburn walk will be the same as the walk a couple years ago. Penny and Dave Cole will map out a route in Poland Springs. Happy Jackson won the 50/50 drawing (what else is new). Dave, Carroll, and Ken won door prizes. The meeting was adjourned at 8:45 PM. -Ed Witherall, Secretary

LOOKING AHEAD*

BRIDGTON, MAINE JUNE 22, 2002,

a 5K and 10K Volksmarch

The Bridgton walk is all set for June 22nd - start times from 9AM till Noon and finish by 3PM. The 10K walk goes between two lakes covering the main parts of Bridgton whereas the 5K visit the town and one lake. It is mainly on level surfaces however there are small hills. Anyone interested in helping with the walk please contact John Schaefer at: 935 4117 E-Mail: www.jonjan@pivot.net

The Start is at the Municipal Complex - lower level.

[John](#)

THE ONLY WEB ADDRESS YOU NEED

www.ava.org

**From there you can access our club site,
our neighbor's web sites,
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.**



Nancy Snow and Ginny Emery took a morning to do the 10k walk at Celebration - Disneytown. Very interesting but they did not have a map to go with the direction. (See picture on the left.)

Birthdays in May:

Therese Beecroft
Beth Bullock
Cheri Watson
Jerry Watson
Tammy Melcher
Cecile Green
Amelia Wise
Penny Cole
Soren Christensen

HELP WANTED

**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**

Thank you Happy Jackson for welcoming everyone at the door for our April meeting. Lorraine Afthim is doing the honors for our May meeting. Cheri Watson, Elaine Johnson and Wally Johnson will provide our refreshments. Happy also won the 50/50.

HEY MA* I'M ON TELEVISION

Ken Jackson has arranged for our local ABC Affiliate Channel 8 to join the Walk and Eat Gang, and anyone else who walks on May 16th, for the scheduled walk starting at the South Portland, Maine Year Round (Casco Bay Bridge Walk.) They will do a spot on volkssporting. We are excited and hope to have a big turnout. The crew plans to stay with the walk and talk to people along the way. Hope to see you next month wearing your best smile and as always, showing your enthusiasm for our sport.

A Big THANK you TO our
anonymous donor for the generous offer to purchase a trailer for SMVA equipment.

Phyllis Wolfe from Bath Iron Works will attend our May meeting to answer any and all questions regarding our mutual cooperation. Please read details of the proposition in the Secretary's Report.

**FOR YOUR CALENDAR - UPCOMING WALKS IN OUR REGION
(DOES NOT INCLUDE EVENTS LISTED ELSEWHERE IN THE NEWSLETTER).
CHECK FOR MORE DETAILS.**

			MAY 4	SATURDAY		
					NEWBURYPORT, MA	
					TWO TOWN	
MAY 5	SUNDAY	BENNINGTON	VERMONT		ESCV	
			MAY 18	SATURDAY		
					WESTMINSTER, MA	W'N
					MASS	
			JUNE 2	SUNDAY	WALTHAM,	
					MA	W'N MASS
		JUNE 9	SUNDAY	WAREHAM, MA		
				W'N MASS		
JUNE 15	SATURDAY	COHASSET, MA			W'N MASS	
JUNE 22	SATURDAY	DURHAM, NH			SEACOAST	
		STRIDERS				
		JUNE 29	SATURDAY	DANVERS, MA		
				TWO TOWN		
			JULY 13	SATURDAY		
					TBA	
					SEACOAST STRIDERS	
			JULY 14	SUNDAY		
					WELLS	
					SMVA	
			JULY 20	SATURDAY		

