

Southern Maine Volkssport Association Newsletter

November 2000

President's Corner

What a busy and full month October was. It actually started the end of September, as I joined a handful of others for the 20 km course of the McAuley walk in conjunction with Mercy Hospital. Ed Witherell set a wonderful course that covered a lot of the South Portland area, including a lot of the Lighthouse Walk plans of the Wandering Maine-iacs. The Green Belt of South Portland is something of which they can be proud.



Here is a picture of the Letourneau's, with John Tibbetts, (one of our club's best ambassador's) welcoming some of our newest members at the McAuley walk. The Letourneau's walked the 20km part of the walk, and as I was returning from signing out, they were coming back into Fort Williams. Eric and Dalton I believe are our youngest members, ages of 9 and 6, and they kept right up with their mom. Cheryl took on the 20Km as a challenge. It is about the same distance as from her home to work in rural Maine. Well we now know she can make the hike to work with little trouble.

As a whole, the club really made a poor showing for the event. Those that did attend had a wonderful time and were very enthused. The folks from Mercy were very gracious and wonderful hosts. Remember that even though this is a fundraiser for Mercy, it is a walk for us. You are not required or looked down upon if you do not participate in the fund raising. We hope that our walkers will better attend the event on September 22, 2001. It seems that many of our club this year have either been too busy or have been watching walking events on their couch. Remember we are walking for the HEALTH of it, and we need to stay off of our bottoms and more on our feet. Those who have not walked this year have missed some wonderful times and walks as well.

Enough lecturing.

How can we even begin to describe the YANKEE LIGHTHOUSE WEEKEND? It started early for my wife, her two sisters and me. I was part of the greeting and manning the table groups Chuck and Fran had set up to handle the crowds who were to come.... and indeed they did.

From 7:30 AM on there was a constant stream of individuals, groups and busloads of walkers. A great day and lots of fun meeting new people from 'away.' After Jan and her sisters had returned from the walk (I had pre-walked it), we all took off to Wallis Sands State Beach for the 10km walk there. Greeted by another group of enthusiastic Seacoast Striders, we headed north along the seacoast and then into the Odiorne State Park, where we were treated to a view of the Whaleback Lighthouse, and even another one or two. By the time we returned to check out for the day, we had absorbed a lot of the beauty and wonder of our Southern Maine and Coastal New Hampshire treasures. We wondered what could happen on Sunday to make it any better.

Before we headed to our Bed and Breakfast in Epping for the night, we had a meeting at the State Beach concerning the walking schedule for 2001. Patty Proulx, our Northeast Regional Director, and the Presidents of all the New England Clubs tried to establish some dates and avoid some conflicts in dates for next year. A very special thanks you to Bea Hait for coordinating the proposed dates. The dates will be shared as events are logged for the New Year.

Leaving from Epping, New Hampshire on Sunday morning we headed to East Gloucester, Massachusetts to make the trek to the Annisquam Lighthouse. What a marvelous walk. Over hill and over dale we walked. Across bridges, into craft fairs and ice cream shops, we trekked, until we were up close and personal with a beautiful view not only of the lighthouse but the harbor as well. When we finished this walk, we were running out of time, so we headed to Rockport. We knew we couldn't finish the walk in time, but we did begin it, walking down to the harbor area to enjoy the food and shops. I usually walk with one of my wife's sisters, Liz, but this weekend Jan and Jo, who usually walk where we walk but at their own pace and for their own amazement, had walked three walks, and about 19 miles. That should tell you the wonder and caliber of these walks. Mark your calendars for October 6 and 7 of 2001, as we look forward to seeing what **Joan and Roland Melcher** and the representatives from our sister clubs will create for us to enjoy on our Yankee weekend.

If you thought I was finished, surprise! Want to tell you about another special happening during the month of October (besides the Wednesday walks in Brunswick, Augusta and Kennebunk). On October 11th and 12th, we were invited to exhibit at the Blaine House Summit on a Healthy Maine at the Augusta Civic Center at no charge, by the Department of Human Services, to tell Maine what Volkssporting is all about. I spent most of the day there on Wednesday; Alan Robitaille joined me in the early afternoon. I left at 3:00 to join the group for the Augusta Seasonal, and Ken and Happy were at the booth until it closed. Then on Friday, Ken and Happy were back again, joined in the morning by Jan Lynskey, and they completed the day. I didn't stop talking from the time I arrived to the time I left, and I doubt if any of the others did either. What a great way to share the message of Volkssporting. Thanks to all who helped at the

booth, and thanks to Maine for the exposure to the various state agencies and media. It was great exposure and I hope it leads to new opportunities for growth. Long LIVE Maine.

Enough said. Let's see what is happening in the world of walking for the HEALth of it.



[SMVA HOME PAGE](#)



These are the kinds of notes we like to get!

Our club recently received a letter I would like to share with you. It says, "My wife and I recently visited Portland while on a Regal cruise and had time to do the YRE in Portland, Me. We took a taxi from the pier to the Double Tree Inn start point, got our start cards and completed the walk. When finished stamping our books back at the start point I asked at the desk for help getting a taxi to return to the ship. The young lady at the desk informed me that we did not need a taxi because they had a courtesy shuttle service, which we were welcome to use. What a pleasant way to end a beautiful walk in New England. Our thanks to the people at the Double Tree Inn."

OUR THANKS to John Tibbetts for the work he does on the Portland Year Round and I know he will (as we should) let the people of the DoubleTree know how much we appreciate them.

Another Recipe.

Wendy's Favorite Walking Recipes ---Wendy Bumgardner is a very active walker and has not only a walking site on the web, but also serves as the moderator of the WalkList. Here is her

recipe for a seasonal favorite.

Caramel Apple Cider

A great warm-up treat after a brisk walk. You will need some caramel syrup (such as Torani, like they have at the espresso bars), apple cider, and nonfat whipped topping. Heat the cider, and pour into a mug, add a tablespoon or two of the caramel syrup stir. Then top with the whipped topping.

Carroll Tiernan emailed me this poem from the *Santa Fe Trail Blazers Newsletter*. It has a lot of meaning concerning life... thanks Carroll.

Have you ever watched kids on a merry-go-round
Or listened to the rain lapping on the ground?
Ever followed a butterfly's erratic flight
or gazed at the sun into the fading night?
Life is not a race. Do take it slower.
Hear the music, before the song is over.

Do you run through each day on the fly?
When you ask, "How are you?" Do you hear the reply:
When the day is done, do you lay in your bed
With the next hundred chores running through your head?
Life is not a race. Do take it slower.
Hear the music, before the song is over.

Ever told you child, we'll do it tomorrow
And in your haste not see his sorrow?
Ever you lost touch, let a good friendship die
'Cause you never had time to call and say "Hi."
Life is not a race. Do take it slower.
Hear the music, before the song is over.

When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift....Thrown away...
Life is not a race. Do take it slower.
Hear the music, before the song is over.

We received a nice note from Nancy Stenger, President of the AVA.... she wrote:

Dear Dan:

I wish to express my “thanks” to you and the Southern Maine Volkssport Association for a wonderful weekend in New England. All aspects of the weekend were most enjoyable! You and your volunteers did a great job of organizing and entertaining guests from all over the United States.

Thanks again for a memorable weekend.

Sincerely,

Nancy

A note from Dan! The reality is that everyone working together made us look good. You were terrific. Special thanks of course to Chuck and Fran - you made it very special.

We received another nice note from Shirley Lindberg, the Vice-President of the AVA.... she wrote:

Dear Fran, Chuck, and club members:

I have fond memories of the recent Lighthouse Weekend and I thought that I should take the time to write and tell you. The SMVA put so much time and effort into a lovely weekend so people could come from around the country to enjoy what New England in the fall has to offer. I want to commend you all for hosting your event in York Beach.

These special events don't just happen. It takes planning, organization, follow-through, publicity, solicitation, volunteers, energy, and much, much more. I hope that each club member knows that they are appreciated for their dedication to the spirit of Volkssporting. There is a great satisfaction when you try so hard and have given so much, and I trust this is the feeling that remains with you now. You set a high standard, gave Volkssporters great examples of how to host an event, and gave us the extras like the social on Saturday night and the hand--painted award.

I liked all the walks, met so many nice people, and got to renew acquaintances with others I hadn't seen in awhile. The weekend was perfect weather-wise too – just great for walking.

So thank you one and all. It was great!

Very truly yours.

Shirley Lindberg

AVA Vice President.

Minutes of the October 18th Meeting of the SMVA at the Walker Library in Westbrook

The October meeting opened at 7:00PM by President, Dan Carr, with 19 members present.

The Secretaries report was accepted as written in the September Newsletter.

The Treasurer's report was accepted as reported by David Cole, Treasurer.

Total membership to date is 209.

There was no report on club sales.

Ken Jackson reported that he had notified several news media in the Fryeburg area of the upcoming walk to be held in Fryeburg on October 28, 2000. He also commented on trying to get the local news media and also WGAN of Portland to attend the presentation of the 50 State award to

Eleanor Draper of Texas.

The Ottawa bus trip was a success. All those who did the trip had a great time. There were 6 walks in all.

The McAuley walk went off well. However, Allen Robitalle reported that he was a little disappointed that the SMVA members did not turn out in record numbers. The walk, 5K, 10K and 20K was a great success. The highlight of this walk was the 20K with several people doing this walk. One of the newest members to do this walk was Cheryl Letourneau and her two boys age 9 and 6. She was thrilled that she made the walk even though she was a little tired on her return to the finish point. The two boys still had a little energy left and did a fine job. Everyone at this walk received a free T-shirt with the McAuley logo and SMVA logo on it.

The Tri-state walk at York Beach had a total of 545 walkers. Ann Stevens and Doris Chamberlain won the NB shoes. Doris is from Schenectady, NY.

The Fryeburg walk is all set to go. There will be a pre-walk on Oct 27 at 1:00 for the walkers who will be working on the walk.

The Holiday walk in Yarmouth is ready. The award for this walk is a miniature harmonica that does work. Carroll Tiernan commented that the harmonica was the first instrument to be played in outer space.

Portland YRE had a total of 25 walkers for the month of September. Augusta SEA had a total to date of 196 walkers.

Brunswick SEA had a total of 126 walkers.

Bar Harbor SEA had a total of 156.

Kennebunk had a total of 291 walkers. Chuck Hutchins received the award for this walk being rated as No 6 in the country by AVA. Westbrook had a total of 72 walkers.

The Portland Lighthouse seasonal sponsored by the Wandering Maniacs had a total of 215 walkers.

There was no unfinished business to be discussed at this time.

Under new business, it was voted to advance \$200.00 to Roland Melcher for the Tri-state walk to be held in 2001.

There was much discussion about the rocker patch as to whether it should be discontinued because of cost and lack of use. A decision was to made to put a 'choice to vote' in the newsletter to let the total membership decide whether to use the patch this year and in the future.

A suggestion was made to increase to \$12.00 the basic membership fee in 2002, would help to offset club costs.

Ed Witherell, John Schaefer, Ann Stevens, Sylvia Allen, Carroll Tiernan and Shirley Milliken won door prizes.

Al Moulton of NH won the fifty-fifty.

Meeting adjourned at 8:15PM.

Submitted by Happy Jackson, Club Secretary



**HAPPY BIRTHDAY TO YOU!
DO YOU KNOW THAT ON YOUR BIRTHDAY YOU CAN WALK FREE!!!**

**AND, IF THERE ARE NO WALKS THAT DAY!
OR IF THE WEATHER IS TERRIBLE!
WHEN THE SEASONAL WALKS START, YOU CAN WALK A SEASONAL FOR
FREE. JUST MARK
BIRTHDAY ON YOUR CARD. REMEMBER, ONLY ONE BIRTHDAY A YEAR!!!**

I AM WALKING ALL SIXTEEN MAINE COUNTIES 2001-2004

“Walking Maine Counties is a program for walkers who wish to walk in each of Maine’s sixteen counties. The program is sponsored by the Southern Maine Volkssport Association and by Wandering Maine-iacs. These walking clubs are affiliated with the American Volkssport Association, and each walk will be a sanctioned volksmarch as defined by the AVA.

There will be two walks for credit in each of Maine’s 16 counties. They will be offered on alternate years. Example: Washington County will have a walk in 2001 and 2003, so you will have two opportunities to get credit for each county. Below are the counties that will be walked in 2001. Only the locations marked with an (*) are set at this time. A walk will be established in one of the towns listed as a location. Upon adoption, an asterisk will be added to that location. We invite you to adopt and set up a walk in one of these towns in your favorite county and present it to the club. Upon approval we will add it to this list. If you have any questions contact Dan Carr at or 929-4047 (for SMVA assignments), or Dave Muzzy at or 854-5424 (for WM assignments)

THE COUNTIES AND WALKS FOR 2001 ARE (Most of these are still tentative - dates are given as a guideline at present: ALSO, we need sponsors to adopt a walk in several counties as soon as possible:

***WASHINGTON COUNTY - May 19
Wandering Maine-iacs. CALAIS**

***KENNEBEC COUNTY - April 1 - November 30
AUGUSTA SEASONAL COUNTS -
SMVA AUGUSTA**

**NEED SMVA SPONSOR FOR OXFORD COUNTY - PICK A TOWN FOR ADOPTION:
RUMFORD, PARIS, MEXICO, DIXFIELD, OR BUCKSFIELD**

**NEED SMVA SPONSOR FOR LINCOLN COUNTY:
PICK A TOWN FROM: LINCOLN, WISCASSET, BOOTHBAY HARBOR, JEFFERSON,
DAMARISCOTTA, NEWCASTLE, OR DRESDEN**

*** ANDROSCOGGIN COUNTY - SPONSORED BY SMVA Sept. 29 and 30 LIVERMORE - with
Civil War enactments at the NORLANDS**

*** KNOX COUNTY - SPONSORED BY WM - October 13/14 in ROCKLAND**

**NEED SMVA SPONSOR FOR CUMBERLAND COUNTY - PICK A TOWN FOR ADOPTION:
PORTLAND, BRUNSWICK, WINDHAM, GORHAM, YARMOUTH, FALMOUTH,
GRAY, HARPSWELL, NEW GLOUCESTER, CASCO, NO. YARMOUTH, POWNAL,
BALDWIN, WESTBROOK, SCARBOROUGH, CAPE ELIZABETH, STANDISH, FREEPORT,
CUMBERLAND, BRIDGTON, RAYMOND, NAPLES, HARRISON, OR SEBAGO**

***WALDO COUNTY - sponsored by WM. In BELFAST - Date to be determined.**



**Each month we try to remember to ask you to sign in at each meeting. Why?
So that at the December meeting, you can be in the drawing for a \$50.00
savings bond.**

**All you have to do is attend the meetings, sign in, and you are automatically
entered.**

Almost worth having to listen to Dan Carr, huh?

**HERE THEY ARE!
THE FIRST WALKS IN 2001
The Maine Mall Walks
January 14 and 28**

February 11 and 25; and March 11th.



A highlight at our Fryeburg walk on October 28th was Eleanor Draper.

Eleanor Draper at the young age now of 81 took up Volksmarching in 1996 at the age of 77 to get herself in shape to climb Mt. Washington. She wanted to help her niece scatter her brother's ashes at the top of Tuckerman's Ravine. This was accomplished the same year.

She flew in from Texas to complete her 50th state walk. Since 1996 she has completed over 200 10K walks in all 49 states. She made Maine her last state to add to her Volksmarch achievement. There was a special celebration to mark her achievement with a special cake and the presentation of her award of achievement by Patty Proulx, our Northeast Regional Director.

Congratulations Ellie!!!

To give you an idea of the immensity of the Lighthouse Weekend Walk, here are the results of the walk at York Beach, the Maine walk.

32 walked for Award and Credit.

**458 walked for IVV Credit only,
for a subtotal of 490.**

There were 55 free walkers.

For a total of 545 WALKERS.



Photo by Shirley Milliken

Keeping warm on a cold morning at SMVA's contribution to the Tri-State Lighthouse Weekend are Sylvia Allen, Thelma Gagne and Lillian Cross, as they worked the registration table. Could anyone ask for brighter smiles?

**WALK THE BRIDGE
with
Wandering Maine-iacs.**



Dave Muzzy will be leading a Wandering Maine-iacs bus tour to Mackinaw City, Michigan next Labor Day (Aug. 31-Sept. 5, 2001). The sole purpose is to walk the Mackinac Bridge, a 6.6 mile-long suspension bridge that connects the Upper and Lower peninsulas of Michigan.

Since the bridge was opened in 1957, the Michigan Highway Department has allowed people to walk across on Labor Day mornings. The Mackinaw Walkers Volkssport Club has a sanction for the walk, and it can be walked for IVV credits.

In addition to the 'Bridge Walk', three other walks and a bike will be on the agenda, all IVV

sanctioned.

For information about this bus trip to Michigan, send an SASE to: Wandering Maine-iacs, P. O. Box 6403, Portland, Maine 04102-6403.

THE NEXT SMVA MEETING AT THE WALKER LIBRARY IN WESTBROOK WILL BE AT 7:00 PM ON NOVEMBER 8TH.
REMEMBER THE NOVEMBER AND DECEMBER MEETINGS WILL BE HELD ON THE 2ND WEDNESDAY OF THE MONTH, NOT THE 3RD.

“Walk and Eat Gang”

The Walk and Eat Gang wants to thank everyone who walked with them this year. Those of us, who walked with them, know what a joy and a lot of fun it was. Drop a note and thank them for such a special time.

Dan

News Flash!!!! News Flash!!!! News Flash!!!!

The Walk and Eat Gang decided to "keep on trekking" until Thanksgiving gathering at the starting point around 9:15 a.m. for a 9:30 a.m. start.

Nov. 2: Nashua and the 99 (no walk in Nashua next year)

Nov. 9: Bedford and Luigis (a popular choice)

Nov. 16: Portland and the Sportsmen's Grill.

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

Herm and Valerie Day 603-775-2586

Obituary for Georg Brenner

**The International Federation of Popular Sports is mourning for one of its co-founders
Georg Brenner**

**His ideas have been carried around the world since 1968 and they constitute what we know
as the International Federation of Popular Sports today.**

**His activities began with the creation of the IVV Statutes and By-Laws and he continued to
work throughout his life toward the goal of cooperation that is our volkssport and our
organization.**

**We are all indebted to Georg Brenner for his many accomplishments in behalf of IVV and
we respectfully pay tribute to him.**

**Odd Ivar Ruud
IVV President**

THANKS SO MUCH!

We announced last month that Joan and Roland Melcher will be the SMVA representatives on the planning committee for the Tri-State Walks in 2001. We appreciate their willingness and sacrifice of time to make something great happen. We cannot let the year end without thanking Chuck and Fran Hutchins and the entire Volkssport family of our sister clubs for the magnificent Lighthouse Weekend. You made New England proud, and we are looking forward to a great weekend next year. Be sure to block off the dates of October 6 and 7, 2001.

Goodies for November Meeting!

Veggies - Penny Cole

Drinks - Happy Jackson

Sweets - Ralph Green

Don't forget the December Meeting
is the meeting where we all
bring goodies to share...
AND the December meeting will
be on December 13, 7:00 PM
at the Walker Library in Westbrook.

UPCOMING SMVA WALKS

Sunday, December 10

Maine Holiday Walk - SMVA

5km/10km

NE00/264

Start: 2:00 PM to 5:00 PM

Finish by 8:00 PM

BRING A FLASHLIGHT!!!!

Award: Miniature Hohner harmonica on a decorated neck cord with music for a holiday song that you can learn to play (CARROLL is still practicing). Only 48 available. There will be no reorders.

Course description: The trail is along sidewalks, paved roads and walking paths including some hills. The trail is rated 1+. Trails of shorter distances are available for those unable to complete a 10K walk. Trail is wheelchair and stroller accessible, but is hilly in places.

Pets are permitted on leash but must be cleaned up after.

Refreshments: Water and restrooms will be available at the start/finish and along the route.

Parking is limited at the start/finish but additional space is available near by.

For more information contact:

Dean Cilley 207-846-0573

or Carroll Tiernan at 207-839-8447 after 6PM

or email at

Directions: From South: Follow I-295 through Portland. Continue on it as it becomes I-95. Take exit 16. Turn

right at the end of the ramp onto Route 1. Go to the light and turn right on Portland Street at the Mobil Station. AT the end, which is Main Street, turn right and stay right at the Y to the bottom of the hill. Turn left on Route 88 and the starting point at Bay Properties Real Estate will be immediately visible on the right. From North: Take I-95 to Exit 17. Coming off the ramp, move immediately to the left and turn left before the Texaco Station onto Route 88. Continue on Route 8 to the bottom of the hill, just past the Royal River and Bay Properties Real Estate will be visible on the left.

FOR YOUR CALENDARS
The Maine Mall Walks:
(MORE INFORMATION COMING)
Sundays, January 14 and 28
Sundays February 11 and 25; and
Sunday March 11th

NEW HAMPSHIRE- Regular (One Day Only) events

SEACOAST STRIDERS PO BOX 3151 (SS)
PORTSMOUTH, NH 03802 0168

12/03/2000 12/03/2000 WALK - SS

Event Number: NE2000/0245

Start: EXETER PUBLIC LIBRARY, EXETER 10KM

Host Club: SEACOAST STRIDERS

Contact: CRAIG/STEPHANIE JOHNSON 603 778 6896

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

11/04/00 - 11/04/00 - WNM

Event Number: NE 00/ 243

CLINTON, MASSACHUSETTS

Start: St. John's Gym, 149 Chestnut Street, Clinton, MA 01510

Start time: Saturday, November 4, 9:00 AM - noon

Finish Time: by 3:30 PM

Clinton, incorporated in 1850, celebrates its 150th anniversary this year. Settled in 1654, Clinton was originally part of Lancaster, a neighboring town. With shallow soil and hilly terrain unsuitable for farming, Clinton became an industrial community with the Lancaster Cotton Mills, the largest world producer of gingham during the late 1800's. Clinton's central park is one of the largest and most beautiful in the western suburbs. The ornate Victorian style Foster Fountain, constructed in 1890 and damaged during the 1938 hurricane, was restored to its original elegance this year. The 10km route traverses the Wachusett Dam and Reservoir, an abandoned railroad, Central Park, and passes several elegant Victorian homes. With hills and uneven terrain, the AVA rating is 2.5 and is not suitable for wheelchairs or strollers. The 5km route is mostly on paved surfaces that have an AVA rating of 1.5 miles and is suitable for strollers but not wheelchairs.

Award: a 4-inch, fully embroidered multi-colored patch depicting the Wachusett Dam and Reservoir.

IVV Credit \$2.00 IVV Credit and Award \$5.00

Contact: Joy Peach - 74 Beach Point Road, Lancaster, MA 01523 - (978) 365-5021, OR Betty Foley, 807 Boston Post Road, Sudbury, MA 01776, (978) 443-4857, or

12/02/2000 - 12/02/2000 - WNM

00/241

Attleboro, MA

Contact: Margo Craven

508-222-1252

Start Time: 11 AM - 2 PM

Finish by 5 PM

Trail Description: The 11K (7 miles) walk follows a wooded trail for about ½ mile and then continues on town roads. Highlights of the walk include the Capron Zoo offering free admission to volksswalkers and the Attleboro Museum where admission is free. The spectacular La Salette Christmas display of lights starts at 5 pm. AVA course rating is 1 + for this walk.

A shorter 5 km marked course with an AVA rating of 1 will be provided for those wishing to walk less than 11 km.

Refreshments: Water and hard candy will be provided at the Start/Finish and at each Checkpoint. You may carry refreshments but please do not litter. Lunch and supper can be purchased at the La Salette Cafeteria.

Facilities: Restrooms will be available at the Start/Finish and at each Checkpoint.

Award: a 3-inch multi-level pewter ornament. A limited number of awards have been ordered, and there are no plans to reorder.

WALK 'N MASS CHANGES

1. Concord, MA start point Brooks Pharmacy has changed its Sunday hours to open at 9AM and close at 8 PM.
2. Boston Freedom Trail - hear "The Charleston Bells" created by Paul Matisse as you start across the Charles River Bay Dam.
3. The walk box for the Newport seasonal walk will be moved to the "7 to 11" convenience store located at 29 Memorial Boulevard. Memorial Boulevard is the last street on the final leg of the seasonal event. down the street from the "Cliff Walk Manor," the present start point. The Newport walk remains open for walkers to do on a day of their own choice until Sunday, October 22. There is a 15 minute limit on the parking at the "7 to 11" store. Therefore, please pick up your walk directions and park at the Cliff Walk Manor before starting your walk. When you pass the "7 to 11" near the end of your walk, leave your walk card and any money due, and stamp your IVV books.

VERMONT EVENTS

No more regular walks in 2000, but don't forget SOME of these seasonal walks with the foliage season upon us.

04/01/00 - 11/30/00 - YEAR ROUND WALK

Start: JAY'S CARDS & GIFTS, BENNINGTON 10KM

Host Club: EMPIRE STATE CAPITAL VOLKSSPORTERS

FMI Write: PO BOX 6995 ALBANY, NY 12206-6995

Contact: LAVERNE STILES 518-584-5285

01/01/00 - 12/31/00 - YEAR ROUND WALK

Start: RADISSON HOTEL, BURLINGTON 10KM

Host Club: TWIN STATE VOLKSSPORT ASSN

FMI: PO BOX 907, MIDDLEBURY, VT 05753

Contact: CHARLOTTE PHILLIPS 802-462-2019

05/01/00 - 10/31/00 - YEAR ROUND WALK

Start: THE WHITE MARKET, LYNDONVILLE 10KM

Host Club: TWIN STATE VOLKSSPORT ASSN

FMI: PO BOX 907 MIDDLEBURY, VT 05753

Contact: JIM/MARY F ARON 802-626-3829

04/01/00 - 11/30/00 - YEAR ROUND WALK

Start: MIDDLEBURY INN, MIDDLEBURY 10-11KM

Host Club: TWIN STATE VOLKSSPORT ASSN

FMI: PO BOX 907, MIDDLEBURY, VT 05753

Contact: CHARLOTTE PHILLIPS 802-462-2019

IMPORTANT VOTE!

AT THE OCTOBER MEETING OF THE SMVA. THE QUESTION OF CONTINUING THE ROCKER BARS (THE YEAR BAR YOU HAVE BEEN RECEIVING WITH YOUR RENEWED MEMBERSHIP) CAME UP. AT OUR MEETING, WE DISCOVERED THAT MOST DO NOT USE THE BARS. HOWEVER, IT WAS DECIDED TO BRING THE ISSUE OF DISCONTINUING THE ROCKER BARS TO THE ENTIRE MEMBERSHIP FOR A VOTE BEFORE THE ROCKER BARS WERE DISCONTINUED. DISCONTINUING THE BARS WOULD SAVE OUR CLUB OVER \$200.00 A YEAR.

THIS IS YOUR PLACE TO VOTE.

A "YES" MEANS YOU WISH TO RETAIN THE ROCKER BARS.

A "NO" MEANS YOU WOULD AGREE TO THE DISCONTINUING OF THE ROCKER BAR PROGRAM.

UNDERSTAND, THAT NOT VOTING MEANS THAT YOU ARE AGREEING TO THE DISCONTINUING OF THE ROCKER BAR PROGRAM.

TO VOTE PLEASE WRITE A YES OR NO ON A PIECE OF PAPER AND MAIL TO

SMVA

P. O. BOX 722

WESTBROOK, MAINE 04098

ALL VOTES MUST BE IN BY NOVEMBER 30TH.

Walking for the HEALth of it.... On the Internet... Ava.org

or go directly to our site at:

<http://www.ava.org/clubs/smva>

IT IS TIME TO RENEW YOUR MEMBERSHIP FOR THE YEAR 2001

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 individual member, due to newsletter costs. Membership Application Form

#1 Name _____

Address _____

City/State _____

Zip _____

#2 Name _____

#3 Name _____

E-mail _____

Signature: _____

Phone: _____

New _____ Renewal _____

Amount Enclosed: _____

Send to:

SMVA (Southern Maine Volkssport Association)

P. O. Box 722

Westbrook, Maine 04098

Almost forgot:

A big thanks to Edna Coyne, Happy Jackson's sister who made the bottle covers for the Castine Walk, and to Jan Lynsky who put the AVA logo etc. on them.



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

Jan Lynskey - Vice President

Happy Jackson - Secretary

David Cole - Treasurer

Ken Jackson - Publicity

Don Bolin - SMVA Website -

Southern Maine Volkssport Association

P. O. Box 722

Westbrook, Maine 04092-0722

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.

MAINE SEASONAL EVENTS - NOTE DATES

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

Start: PINE TREE STATE ARBORETUM, AUGUSTA

State Capital Walk (New Route) -

HIGHLIGHTED IN THE MAY NEWSLETTER.

10KM (2000/Y1179)

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

HIGHLIGHTED IN THE MAY NEWSLETTER

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 603 483 0598

Email contact: bfinch38@aol.com

2000/Y0344

City, State, Country: Kennebunk/Kennebunkport, ME

Distance and Trail Rating: 11K. Rated 1+. Suitable for strollers and wheelchairs.

Start place address: Village Take Out, Village Market Place, Kennebunk Lower Village.

Start times: Open daily from 7 AM to 6 PM. Closed Easter and Thanksgiving. Village Take Out maybe closed on Sundays. If so, an alternative start point will be located in the Market Place Video, which is also in the Village Market Place. Sunday's hours: 10 AM to 6 PM. A sign and directions to the Market Place Video will be located at the Village Take Out.

Event description: This 11K walk is on sidewalks, paved roads, dirt paths and paved paths. Included along the route are the grounds of St. Anthony's Monastery, Kennebunk Lower Village and Kennebunkport with their shops, galleries and restaurants; historic residential neighborhoods; overlooks of the open Atlantic Ocean and Walkers Point, the summer residence of ex president Bush.

Award and fees: The Award is a hand painted wooden magnet of a whale. Fees: 'A' award and credit \$5.00; 'B' award and credit \$4.00; Credit only \$2.00; OR you may walk for FREE.

Directions: From the north or south: Take Exit 3 (Kennebunk) from the Maine Turnpike (I 95). The Maine Turnpike is a toll road. Follow RT 35 South, crossing US RT 1 in downtown Kennebunk. From downtown Kennebunk, continue on RT 35 South an additional 3.4 miles. The entrance to the Village Market Place is on the right just beyond the fire station (Washington Hose Co.). The Village Take Out is towards the rear of the complex, beyond the AAA office.

Comments: Registration: There is no pre registration, however, groups of 10 or more are encouraged to contact SMVA to make special arrangements. Each person must carry a start card even if walking for free. Water/Restroom: At the start/finish and along the route. Refreshments: Refreshments are available along the trail.

Pets: PETS ARE NOT ALLOWED...

Accommodations: There are a variety of hotels/motels in the area. Room for RV parking.

04/01/00 11/03/00 - SMVA

**Start: SHOP 'N SAVE, BRADLEE,'S PLAZA,
(NOT CVS AS PREVIOUSLY STATED)**

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

VERMONT REGULAR EVENTS

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

**TWIN STATE VOLKSSPORT ASSN (TTVA)
PO BOX 907, MIDDLEBURY, VT 05753**

**07/22/2000 07/22/2000 WALK -TTVA
Start: FIRST UNITED METHODIST CHURCH,
18 Town Crier Drive.
BRATTLEBORO 10KM -
Host Club: TWIN STATE VOLKSSPORT ASSN
Contact: PAT STARK 802 295 3077
You will be able to start between 8 AM and 1PM.**

You'll find it right off Route 5, just north of town after crossing the West River.

The walk goes through the heart of Brattleboro, which Charlotte Phillips (President of TSVA describes as "a fun New England Town" and, like most Vermont walks, the trail goes out to a covered bridge. For more info, E-mail Charlotte's email is cpwalkvt@together.net

**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 email to dbolin@juno.com with questions or comments about this web site.

Copyright © 2000 Southern Maine Volkssport Association (AVA #193)

Last modified: 12/20/2004 9:23 PM