

SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

Jan - Feb 2008

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Web Site

<http://smva.8m.com>

Next Meeting

Wednesday
Jan 9, 7 pm
Maine Audubon
Gilsland Farm Rd., Falmouth
ME

Newsletter Deadline

February 20
Alan Johnson
207-899-2929
aldojo@midmaine.com

AVA TO RESPOND TO IVV ACTION

The American Volkssport Association hopes by its March meeting to develop a response to contentious actions last summer by the International Federation of Popular Sports (IVV).

Phil Hait, Northeast Regional Delegate to the AVA reports that the AVA has authorized development of a preliminary report and a plan to react to what has been called an "unconstitutional" reorganization by the IVV last July.

Then-AVA President Shirley Lindberg described the IVV action as ". . . a contentious, unconstitutional sham in which nine central European countries, with complete disregard of IVV bylaws and meeting rules, seized control of IVV by voting out of office the entire Presidium and voted five of their members into a new "Presidium."

She chairs the group that is drafting the AVA response.

Phil Hait further reports that ". . . the AVA received the minutes from the July 2007 Congress of Delegates IVV Convention . . . in German without an English translation as required under the IVV bylaws."

What's New —

Officers for 2008. See secretary's report on page 2. Past President Carroll Tiernan (right) hands the gavel to new President Linda Darling.



SMVA Monthly meeting place has changed. Denise Macaronas reports that the Jan. 9 meeting will be held at 7 p.m. at Maine Audubon, Gilsland Farm Rd. (off Rte #1) in Falmouth. The Walker Memorial Library is no longer able to be our host. SMVA thanks the library staff and board for their many years of generosity. See story on Page 2 for info on our new home beginning in February.

Four new AVA special events are approved. Story on page 2.

Ed Farrell named Volunteer of the Year. Story on page 2.

Dues for 2008 are due. Contact Sandy Johnson.

FOUR NEW SPECIAL EVENTS

The AVA Special Events Committee, chaired by Phil Hait, presented four new programs. All were approved to commence on Jan. 1, 2009. They Are:

Museum Walk America, sponsored by the Penn Dutch Pacers Volksmarch Club of Lancaster, Pa. Qualifications are to walk in 25 scheduled events or YREs between Jan. 1, 2009 and Dec. 31, 2011.

Celebrate America's Gardens, sponsored by the Central Minnesota Volkssports Club, St. Cloud, MN. Qualifications are to walk in 20 scheduled events or YREs between Jan. 1, 2009 and Dec. 31, 2011.

Veteran Memorials, sponsored by the Holy Family Walkers Volksmarch Club of Lawton, OK. Qualifications are to walk 30 scheduled or YREs between Jan. 1, 2009 and Dec. 31, 2011. Events that pass a veteran's statue/memorial/monument qualify. A veteran's statue must include rank. Not qualifying are military vehicles, cannons/equipment, flags, cemeteries, vets organizations.

Walkin' Waterfalls, sponsored by the Finger Lakes Region Volkssport Club of Binghamton, N.Y. Qualifications are to walk 12 scheduled events or YREs between Jan. 1, 2009 and Dec. 31, 2011. Qualifying events include a waterfall with a drop of at least 10 feet within sight of the walking route. Dams, spillways, fountains or rapids do not count.

Minutes of the 12/12 Meeting

Carole Plowman and Carroll Tiernan

Our December meeting was held during our Christmas Party get-together at the home of Sandy and Wally Johnson.

The following 2008 slate of officers were elected.

President, Linda Darling; Vice President Carole Plowman; Secretary, Carroll Tiernan; Treasurer, Wally Johnson.

Board Members: Susan Chapman, Penny Cole, Ken Jackson, Alan Johnson, Sandy Johnson.

We were contacted by a business that would be willing to be the starting point for the Kennebunk walk. Denise will look into it.

Ed Farrell was nominated for Volunteer of the Year

for his dedication in putting together our newsletter.

Sondra, Elaine and Evelyn will attend the Mercy Health Fair on behalf of SMVA.

SMVA has been informed that we cannot hold our meetings at the Walker Library any longer, so the January meeting will be held at Maine Audubon. We'll be looking for a new place to hold our meetings, and we'd welcome suggestions.

Beryl is waiting to hear from the Mall on whether we can hold walks there.

The Family Friendly Walk will be held on 2/9/08 and 2/10/08, and we're trying to tie it in with Governor Baldacci's "Take it Outside" program.

Denise is working on a "March into May" walk at Peak's Island. It will cover a 10-week period, and there will be a 5K and 10K walk. She's hoping to have participants register at the ferry terminal in Portland. Also, she's hoping to have hot chocolate available at the Community Center.

A special thanks to Sandy and Wally for graciously opening their home to us for our party.

New Year's Day Walk

Carroll Tiernan

On New Year's Day we start the year off by doing the first Portland YRE group walk of 2008. We start at 10 a.m. from the Clarion Hotel (formerly the Double Tree) on outer Congress St. We select one of the courses and set out to clear our heads and start the year in a healthy way—with some exercise. If it is very cold we walk fast and stop for hot drinks along the way. If it is very, very cold or wet, we may just walk across the street to Tony's Donuts (so much for the healthy start—we do walk there). Do join us, bring your friends or left-over house guests and start the year right.

NEW HOME FOR MONTHLY SMVA MEETINGS

Denise Macaronis reports that beginning with our February 13 meeting our permanent home for 2008 will be the North Deering Congregational Church, 1364 Washington Ave., Portland, Maine 04103.

Denise reminds us that when we attend the January 9 meeting at Maine Audubon, we follow the driveway all the way to the end. The meeting will be in the building at the back of the parking lot.

Yoga To Be Presented

Denise tells us that Arline Saturdayborn, well known local yoga instructor, will share her unique perspectives and enthusiasm of yoga at the February meeting in the North Deering Congregational Church.

Governor Baldacci:

Take it Outside

Governor Baldacci has started a new campaign called "Take it Outside" - a campaign to get all Maine residents outside to enjoy the beauty of Maine.

All ages are encouraged to participate in this campaign.

A certain synergy can be found by those who think about ways to reverse a trend of shrinking SMVA membership.

SVMA is sponsoring two special events during the winter months, offering perfect opportunities for family members and friends of all ages and abilities to "take it outside". The Winter Walk will take you through picturesque areas of Falmouth.

The "March Into May" Walk will take you across Casco Bay to Peaks Island, an active year-round community just a 20-minute boat ride away from Portland. Brochures for each of the special events are enclosed in this newsletter.

Please check our web site at smva.8m.com for further details or contact the POC's for more information. SMVA's email address is smvamaine@yahoo.com

FAMILY-FRIENDLY WINTER WALK - 5K or 10K

Dates: Saturday, February 9 and Sunday, February 10, 2008

Start/finish: Maine Audubon (off of Route 1), Falmouth, ME 04105

Start time: 10:00 am - 1:00 pm

Finish time: Must be finished by 4:00 pm Bring your lunch to enjoy in the sunny hall at ME Audubon after the walk.

Co-sponsors: Maine Audubon and Falmouth Community Programs. POC Carroll Tiernan (work 781-2330).

"MARCH INTO MAY" WALK on PEAKS ISLAND - 5K or 10K "March Into May" is a state-wide, 10-week program to get people of all ages and abilities to increase their level of activity from March to May.

All you have to do is set your own goals for physical activity and then "March into May".

Date: Saturday, March 15, 2008

Registration Location: Casco Bay Lines Terminal - Conference Room Commercial Street and Franklin Street,, Portland, ME 04101 Registration Time: 8:45 to 10:30 am

Boat Schedule to Peaks Island: 9:30 am and 10:45 am
Finish Time and Location: Must be finished by 3:30 pm
- stamp your books on Peaks Island Return boats from Peaks Island: 11:15 am, 12:45 pm, 2:45 pm, 3:45 pm and 5:00 pm

Co-sponsor: Portland Parks and Recreation

POC: Denise Macaronas (774-3415)

Sanford Seasonal Walk Tally

POC Edwin Wetherell reports that the total walkers on the seasonal walk for 2007 was 33.

How To Recruit New Walkers—Ideas Anyone?

In his report on the December AIA meeting, NERD Phil Hait said, "We need to cultivate more new walkers. Collectively we need to figure out how to bring new people into our sport. The financial health and well being for the region are at stake. Please give our club leaders your ideas on how we can grow."

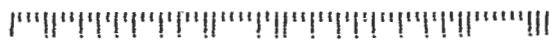
Denise Macaronis has identified the Governor's "Take It Outside" program to get Mainer's out to enjoy their state as an opportunity. This is expected to result in specific activities for recruitment.

This and more general public awareness of the problems of obesity could provide opportunities.

Other organizations might be useful partners. The East Coast Greenway Alliance is reaching out with a Pilot Ambassador Program to promote development and use of the greenway, many miles of which lie within the SMVA territory. A shared interest in walking.

Northeast Region Calendar 2008

Date-Day	AVA Club	Walk Location	POC	e-mail	phone
9-Feb Sat	SMVA	Falmouth, Me.	Denise Macaronis	dlmaca@juno.com	207-774-3415
15-Mar Sat	SMVA	Peaks Island Me.	Denise Macaronis	dlmaca@juno.com	207-774-3415
16-Mar Sun	West Point	Goshen NY	Joan Kimmel	volkssportclubofwestpoint@hotmail.com	845-452-6845
29-Mar	Walk 'n Mass	Holliston MA	Beate Hait	beateh@aol.com	508-429-3564
12-Apr Sat	Empire State	Grafton NY	Winnie Balz	winnieB@yahoo.com	518-372-3663
19-Apr Sat	West Point	Ft Montgomery NY			



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