



SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association July-August 2009

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Next Meetings

Wednesday

July 8th and Aug. 12th

7:00 pm

North Deering Congregational

Church

1364 Washington Ave Portland

Newsletter Deadline

June 20, 2009

Alan Johnson

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Achiever of Distinction

A life of outstanding Volksmarching was officially recognized by the AVA on June 20 when Beryl Wolf was posthumously awarded the national organization's Distinguished Achievement Award.

Beryl's daughter, Jocelyn Pierce, was presented the award during the Beryl Wolf Memorial Peony Walk at the Falmouth Audubon Center June 19 and 20. Volksmarchers from Canada, Massachusetts and New Hampshire joined SMVAers for the event. Jocelyn and her mother-in-law Joan Pierce were among the 30 walkers who went out under sometimes rainy conditions.

SMVA Vice President Carroll Tiernan presented the award certificate which reads "in recognition of outstanding contributions towards the advancement of the American Volkssport Association Programs." It was signed by AVA President Curtis Myron.

Beryl died last November. She had battled leukemia for years while continuing to be an active SMVA member. She is a former NERD and was active throughout New England, New York and Florida.



Carroll Tiernan presents AVA's Distinguished Achievement Award to Jocelyn Pierce, on behalf of her mother Beryl Wolf who died last November.

She joined the Empire State Volkssport Club in 1990. She served as club treasurer, worked on the club newsletter, worked at events, organized and conducted bus trips. She set up YREs in New York, Vermont, Massachusetts and Rhode Island. She had been active in Florida's Patrick Pacers before moving to Portland in 2005 to be near family. Still active, she helped set up the Maine Mall YRE and resurrect the popular Kennebunk walk. Beryl had been scheduled to receive SMVA's 2008 Volunteer of the Year award.

Maine Audubon and Falmouth Community Programs, through the efforts of Carroll and Denise Macaronas, produced the memorial event to coincide with the summer solstice when peonies would be at their blooming best. But Mother Nature didn't go along with the plan. She dampened things with several inches of rain and far less sunshine than would be expected during the solstice.

As a result the full, heavy blooms were for the most part beaten down. The rain did, however, let up for a spell on the morning of Saturday the 20th. And the mood at the start area was lightened with recognition of Beryl's life and a feeling of closure.

President's Report

Linda Darling

Hi everyone, we just finished our Beryl wolf memorial walk in Falmouth. I would like to thank Carroll and Denise for putting all together for Friday night and Saturday morning. The weather on Friday wasn't the best, but we had walkers from Canada and the New England states. I helped on Saturday and everyone who walked enjoyed the peonies.

Carroll has another walk August 8th at Scarborough marsh, and Denise has the Peaks island walk on October 24th. Tabatha and I walked the Sudbury walk on June 9th. It was cloudy so we only walked the 5k, part of the beginning with regional director Phil Hait. There were around 40 walkers on that Tuesday. We will try to walk in Framingham on July 4th as they start from 3pm-6pm.

If you walk the seasonals before June 30th you can walk them again for another credit to your books. We had Arlene Saturdayborn at our meeting. In August we will have a guest speaker from Hannafords and in October our guest speaker will be from Portland Trails. Marilyn and Carroll have worked on these for the rest of the year. Keep walking and enjoy the weather

Minutes of the 6/10/09 Meeting

Carole Plowman

This was a program meeting, and our guest was Arline Saturdayborn. Arline is a Yoga instructor. She taught us how to release the tension in our body. Everyone enjoyed her class.

We had a brief business meeting. Carroll discussed the Beryl Wolf Memorial Peony Walk which will be held on 6/19/-20 at Maine Audubon.

The Snowy Egret Summer Volksmarch will be held on 8/8/09 at the Scarborough Marsh Nature Center. The group walk will be held at 9:00 a.m. It's recommended that you bring your bug spray.



SMVAers relieve tension with Arline Saturdayborn at June meeting



Beryl Wolf's daughter Jocelyn Pierce and her mother-in-law Joan stop on their walk through the peonies during the Beryl Wolf Memorial walk.

Walk n' Eat in Fryeburg

from Janet Schaefer:

The Walk n' Eat Gang invite you to join them for a group walk in Fryeburg on Thursday, August, 13th. The walk starts at the Jockey Cap Cafe on Rte. 302, the eastern edge of Fryeburg. The start time is 10 AM.

After the walk, either 5K or 10K, the group will have lunch at the H. A. (Hopalong) Cassidy restaurant in Fryeburg. (optional.)

Please join us if you can for a great walk & great company!

Attention all POCs !!!

Here's a message from Sandy Johnson

We are nearing the end of the 2nd Quarter, which covers April, May, and June. This is a reminder that the Quarterly report is due within 30 days after the last day of June. A report is due even if you have no walkers. These reports need to be received at AVA and are due no later than 30 days after the end of the Quarter. It must arrive at AVA no later than July 30th.

To be on the safe side it would be nice to get it there by the middle of the month.

If your report does not arrive by July thirty, SMVA will be fined ten dollars. It does add up if more than one POC is late. If you have any questions please give me a call, always glad to help.

I also want to say "thank you" to all the POC volunteers for all your help in keeping these walks going.

Sandy Johnson

207-839-2057

Snowy Egret Walk

Carroll Tiernan, POC, reports on the Snowy Egret Volksmarch to be held Saturday Aug. 8 in the Scarborough Marsh. The event is co-sponsored by the Scarborough March Audubon Center. Start time is 7 to 10 a.m. Finish by 1 p.m.

Distances are 5 or 10 k. The trail will be both on and off road and partially along the Old Eastern Trail. It presents some difficulties with strollers and is hard with wheelchairs. Pets must be leashed. Restrooms are at the start /finish, where Water and hard candy will be available

The event is for IVV credit only, and has no special classifications. B awards will be available but not A awards. The event ID is 84088.

Directions: From US Rt. 1 in Scarborough turn east onto Pine Point road. The Audubon Center is 8 tenths of a mile on the left.

Birthdays for May, June July and August

I am sorry if your birthday is missing. It is because I do not have it in my records.—Sandy Johnson

May	Mary Meltzer
Carl Akin	Evelyn Orman
Soren Christensen	Carol Plowman
Tabatha Darling	Rachel Robitalle
Ken Jackson	Janet Schaefer
Alan Johnson	Peggy Schwerdt
Sondra Taylor	William Taylor
Amelia Wise	Frederick Welch
June	August
Carroll Tiernan	Ed Farrell
July	Jim Baldwin
Susan Cilley	Pat Welch
Norman Cousins	
Fred Komiega	

For more info about anything AVA

Just go the web site home page www.ava.org. We can't keep up to date on what's going on with walks, special events, info about another part of the country you may be traveling to.

A Reason For Walking

Carroll Tiernan benefits from these words of Elizabeth Alexander, PhD, inaugural poet, essayist and Yale professor:

"It always works to take a walk when I am blue. Letting pace and breath govern the fretful body calms the mind and rinses it of worry - the endorphins take the edge off anxiety. There is no walk that has not left me better able to face even the gravest of woes. And to be a small creature among trees, sidewalks, trucks, oceans, mountains - wherever the walk takes place - puts problems in proper perspective."

The Other Side of the Story

And then there are some who cannot take walking seriously. Some of their comments follow:

Walking can add minutes to your life.
This enables you at 85 years old
To spend an additional 5 months in a nursing
home at \$7000 per month.

My grandpa started walking
Five miles a day when he was 60.
Now he's 97 years old
and we don't know where he is.

I like long walks,
especially when they are taken
by people who annoy me.

The only reason I would take up walking
is so that I could hear heavy breathing again.

I have to walk early in the morning,
before my brain figures out what I'm doing.

I joined a health club last year,
spent about 400 bucks. Haven't lost a pound.
Apparently you have to go there.

Every time I hear the dirty word 'exercise',
I wash my mouth out with chocolate.

I do have flabby thighs,
But fortunately my stomach covers them.

The advantage of exercising every day
is so when you die, they'll say,
'Well, she looks good doesn't she.'

If you are going to try cross-country skiing,
start with a small country.

I know I got a lot of exercise
the last few years, just getting over the hill.

We all get heavier as we get older,
because there's a lot more information in our heads.
That's my story and I'm sticking to it.

AND

Every time I start thinking too much
about how I look,
I just find a Happy Hour
and by the time I leave, I look just fine

Former AVA President Tom Boyd Dies

NERD Phil Hait has notified the district that Tom Boyd, a long-time Volkssporter and two-term AVA President passed away earlier this month. Phil forwarded the action taken by Tom's local club, The Illinois Trekkers, to honor and commemorate him.

Unfortunately, the printing cycle of this newsletter rendered it unable to assist in the Trekkers' call for pictures and/or fondest memories of Boyd. They will be published in a special memorial page of the Trekkers' monthly newsletter.

Tales of Tails on the Trails

The following is excerpted from the Tails on the Trails column in the June-July Wanderer:

If your "best friend" walks with you on your Volksmarches, AVA wants to hear from you. Many walkers bring their family pet along for some exercise and camaraderie on the trail. Tell us about your K9 walking partner. The best story will be selected by the AVA staff for each future issue of TAW and the writer will receive a prize.

Here are the contest rules: Your dog must be a regular participant with you on our Volksmarches. The story should be no more than 500 words, including the dog's name, owner's name and address and club. You must submit a high-resolution photo of your dog. A winner will be selected for each issue of TAW. Send to AVA, attn. Tails on Trails, 1001 Pat Booker Rd. Site 101, Universal City, TX 78148 or candy@ava.org.



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