



# SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

Mar-Apr 2008

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**Web Site**

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

**Next Meeting**

Wednesday  
Mar 9, 7 pm

North Deering Congregational  
Church  
1364 Washington Ave  
Portland

**Newsletter Deadline**

April 20

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

## SMVA Copes With Winter

Winter weather has definitely been a factor in SMVA activities this year. On New Year's Day frozen slush made for tricky walking along the five K route in Portland between the Clarion Hotel and Stevens Avenue. Walkers gave up on the sidewalks and finished up on the roads where cars were few. The 10 K route along Back Cove was clear, however.

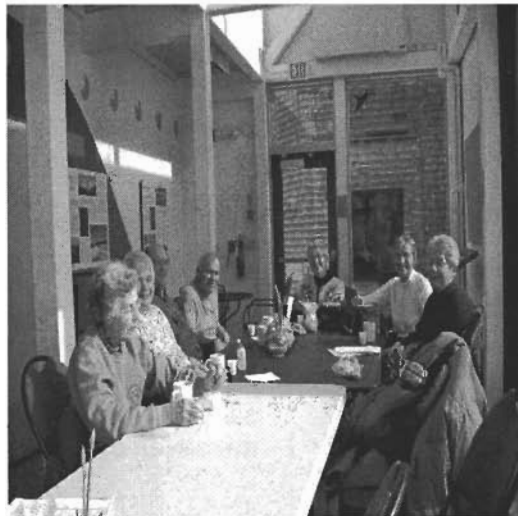
The two-day family-friendly winter walk from Maine Audubon in Falmouth started with fair weather on Feb. 9 and finished with snowfall on the 10th. The event was co-sponsored by the Maine Audubon Society, Falmouth Community Programs and SMVA.

Among the 23 participants who stayed for hot soup and coffee was NERD Phil Hait and his wife Bea. They were among several brave folks from Massachusetts and New Hampshire.

A three-generation family joined in: Carroll Tiernan, her son Gerry, his wife Genevieve and their children, Jack and Stella.

**And winter weather delayed SMVA's first use of its new home for monthly meetings.** The February 13<sup>th</sup> meeting was canceled because of the snow storm which also caused most public buildings in the area to be closed.

**The new home for future monthly meetings is the North Deering Congregational Church at 1364 Washington Ave. in Portland. Next meeting is March 9 at 7 p.m. This will be a working meeting.** For years the AMVA meetings were held at the Walker Memorial Library in Westbrook. The library was unable to continue the arrangement.



Enjoying hot coffee and soup after the Family fun walk at the Audubon are (left to right) Shirley Milliken, Bea Hait, NERD Phil Hait, Al Johnson, Beryl Wolf, Janet Schafer and new member Jane Haugen.

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Notice from Wally Johnson  
**2008 dues are due!**

## Healthy Maine Walks

Elaine Johnson attended a meeting of the Healthy Maine Walks Coalition earlier this month and heard a presentation on how to apply some modern technology to help in locating some good old-fashioned walking trails.

SMVA is one of 12 organizations that form the coalition whose mission seems to be basically the same.

At the Feb. 4 meeting in Augusta, Patrick Wright from the Maine State Planning Office gave a presentation of how his organization uses mapping for planning. He outlined how to find a walking route by going on Google Earth, which is a free download. This site can measure a planned route and place features like picnic table.

The Google download is <http://earth.google.com/download-earth.html>.

Coalition members, other than SMVA, are: Bicycle Coalition of Maine; The East Coast Greenway Alliance; Governor's Council on Physical Activity; Grow Smart Maine; Maine Department of Conservation; Maine Department of Transportation; Maine Nutrition Network; Maine Physical Activity and Nutrition Program; Maine Recreation and Park Association; National Park Service River and Trails Program; and Rails -to-Trails Conservancy.

### March into May

March into May is a state-wide 10-week program designed to get Mainers of all ages and abilities outside and walking. Each participant sets a personal goal.

A "kick off" March into May walk will be held Saturday, Mar. 15 on Peak's Island. Registration for the kick off will be in the Casco Bay Lines terminal from 8:45 to 10:30 a.m. Registrants will be able to take the ferry to the island at 9:30 and 10:45 a.m.

P O C Denise Macaronis will stamp books at the Community Room on Peak's Island. She will also help with on-line registration for the 10-week program. The walk will be finished by 3:30 p.m.

Ferries from the island to Portland leave at 11:15, 12:45, 2:45, 3:45, and 5:00 p.m..

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**Trivia Time:** Where was the first ski tow? It was in Fryeburg, Maine in 1935. An SMVA walk covers this territory.

### Maine Mall New Indoor Walk

Final arrangements are being made for a new year-round walk that's indoor and weather-proof—The Maine Mall. Final arrangements are being certified for the start and finish location. Beryl Wolf, who has led efforts to establish the new walk, says it will consist of several one-mile loops inside the mall or 1 ¼ -mile loops outside the mall. Numerous restrooms, restaurants and shopping opportunities are available. More specifics to follow.

### IDITA-Walk 2008

There is still time to travel symbolically from Anchorage to Nome, Alaska without crossing the Arctic circle. The Iditarod Dog Sled Race is an annual 1049-mile challenge. Walkers can match the race by logging 1049 minutes between now and the end of March. The entry fee is \$10 which goes to youth-related charities. You can enter on the web. Type in [www.idita-walk.com](http://www.idita-walk.com), read the home page which appears and follow the simple directions at the bottom of the page. Thirty-five minutes a day for 30 days reaches the magic number.

### A Friend is Lost

A long-time friend of many Volkssporters passed away in December. Dave Skinner, veteran member of the Empire State Capital Volkssporters and known to walkers throughout the Northeast, collapsed while spending Christmas with family in Connecticut. Services were held in Clifton Park, N.Y. Dave had a history of heart disease. He died of respiratory failure.

### New Hampshire Walk Canceled

NERD Phil Hait reports that the Seacoast Striders have had to cancel their seasonal walk in; North Conway. This walk was previously approved to start on March 31. Phil notes, however, that there are seven other seasonal walks in the Granite State



Three generations turned out for the Family Fun walk at the Falmouth Audubon Feb. 9. Shown are past-president of the SMVA Carroll Tiernan, daughter-in-law Genevieve and grand-children Jack and Stella.

## Meeting Schedules

SMVA meets at 7:00 pm on the second Wednesday of each month. Our NEW location is the North Deering Congregational Church, 1356 Washington

Ave., Portland, ME 04102.

Meetings in the odd-numbered months are working meetings. Everyone is encouraged to join in the discussion and plan for future events.

Meetings in the even-numbered months have a guest speaker.

Mark your calendars! Wednesday, March 12 - working meeting

Wednesday, April 9 meeting - A representative from the State of Maine Department of Conservation will present a program on Governor Baldacci's "Take It Outside" campaign.

What better way for residents of our great state to "take it outside"

than by participating in a volksmarch or two?! For more information on this campaign, please check their website at [take-it-outside.com](http://take-it-outside.com)

Unfortunately, our February 13 meeting with Yoga instructor Arline Saturdayborn was canceled due to the weather. We hope to reschedule Arline for sometime this summer. If not, she'll be back with her "Yoga for Ordinary People" next year. —

—Denise Macaronas, Program Chair

### **New Hampshire Walk Canceled** NERD

Phil Hait reports that the Seacoast Striders have had to cancel their seasonal walk in North Conway. This walk was previously approved to start on March 31.

Phil notes, however, that there are seven other seasonal walks in the Granite State.

### **Kennebunk Walk Needs Help**

The Kennebunk/Kennebunkport walk, one of the more popular offerings of SMVA, is in immediate danger of being canceled. The start and stop location, Marketplace Video, went out of business earlier this year and efforts by Denise Macaronas, Beryl Wolf and Al Johnson to find a new location have been unsuccessful. What's required are day-long hours seven days a week and adequate parking near-by. This is not an easy combination to find.

If any reader has any knowledge or ideas that could be used to find a new start stop location, please contact Denise at 774-3415.

### **Ed Farrell Outstanding Volunteer**

Congratulations are in order for Ed Farrell, who until this year has been faithfully putting out the SMVA newsletter for some four years. He has been designated Outstanding Volunteer of the Year by SMVA. Ed lives in the Augusta area and has been the POC for the Augusta year round walk.

## Secretary's Report

The January meeting of SMVA was held on January 9th at Maine Audubon. As President Linda Darling was not in attendance, Vice-President Carole Plowman led the meeting. There were 12 members in attendance including our two reverse snowbirds from Florida, Richard and Peggy Schwerdt.

Carole thanked Sandy and Wally Johnson for hosting our holiday party at their house. All agreed that it is a lovely house and was a great party.

The secretary's and treasurer's reports were accepted. The treasurer told us that all sanction fees for 2008 YRE and SEA walks have been paid.

We have 43 members at present including 16 families. If you haven't renewed, please do so promptly. Thank you.

Our sunshine chairman will send a condolence card to the family of David Skinner. Though he was not a club member and was from New York, several members had known him.

Alan Johnson, the newsletter editor, will notify those who are on the committee to help him for the various newsletters. Please look for your name and keep an eye out for interesting articles, pictures or recipes to share.

Program Chair, Denise Macaronas, reported that popular yoga instructor, Arline Saturdayborn, will give a short presentation at the next meeting. Programs for this year are almost all set. In April Eliza Townsend of "Take it Outdoors", will speak to us. The Secretary will remind each presenter before their date.

There was a discussion about publicity and various means we could use to get the word out about the fun we have.

Elaine Johnson reported that Healthy Maine Walks has not had a meeting recently.

On New Year's Day, nine walkers braved the icy conditions to start the new year with a healthy walk. Those who took the Back Cove trail had cleared paths. Those who did the Stevens Avenue walk found treacherous conditions and ended up walking in the middle of the road. Still it was nice to get out and a good way to start the year.

Our first event of the year is the family-friendly winter walk in Falmouth on February 9th and 10th. This is a joint venture between SMVA, Falmouth Community Programs and Maine Audubon. The event starts and ends at Maine Audubon. There are both 5K and 10K courses and a group walk offered each day at 10am. After walking, all are invited to enjoy the sunny hallways while eating their lunch.

Our second event of the year is a March into May walk on March 15th starting from the Casco Bay Ferry Lines Terminal for sign-up with the walking trail on Peaks Island. This event is celebrating the March into May program which challenges each person to increase their activity. We can do it, yes we can (I think Bob the Builder said that)!

We voted to give a donation of \$75 to the Walker Memorial Library and include a thank you letter for the many years they have allowed us to use their facility for our monthly meeting.

Our new meeting place starting in February is the North Deering Congregational Church on Washington Avenue in Portland. Time is still 7pm.

There will be a separate mailing for the March walk and YRE & SEA brochure.

After awarding door prizes to Peggy Schwerdt, Sandy Johnson and Carole Plowman, we adjourned and enjoyed refreshments and kibbitzing.

Respectfully submitted, Carroll Tiernan, Secretary

Sandy Johnson offers the following for those with sweet tooth syndrom

### **Molasses Cookies**

- 1 c. Crisco                    2 tsp. baking soda
- 1 c. sugar                    1/2 tsp. salt
- 1 c. molasses                1/2 tsp. each cinnamon, cloves,
- 1 egg                            ginger and nutmeg
- 1 cup milk                    1/2 tsp. vanilla
- 4 and 1/2 c. Flour

Cream the Crisco and sugar. Add all other ingredients. Drop *by Teaspoon* onto cookie sheet. Bake at 350 for 10 to 12 minutes.

I have made this recipe without the ginger and the cookie were still very good.

Birthdays of members are offered by Sandy Johnson--without the year.

<b>January</b>	<b>February</b>	<b>March</b>	<b>April</b>
1/06 Judith Nilsen	2/03 Ann Fowler	3/05 Anne Mastro	4/01 Charles Dunbar
1/12 William Bailey	2/08 Elizabeth Neilson	3/08 Linda Kipnes	4/02 Dan Carr
1/18 Nancy Poore	2/08 Beryl Wolf	3/10 Richard Wise	4/04 Edson Blodgett
1/19 Patricia Collins	2/15 Barbara Weymouth	3/23 Anne Stevens	4/06 Phyllis Wolfe
1/26 Janet Schaefer		3/23 Richard Schwerdt	4/10 Judith Peay
1/27 Sylvia Allen		3/24 Sue Clukey	4/15 Dean Cilley
		3/25 Rachel Akin	4/18 Nancy Snow
		3/31 Don Bolin	4/26 Roberta Scwartz

### **Get a Human**

Does the futile exercise of trying to reason with a computer-driven answer machine sometimes make you want to scream? Help may be at hand. Here is an internet link designed to help you bypass automated operators and endless on-hold calls to businesses. This website is supported by volunteers who respond to reports by more than a million customers. The site is updated weekly, but company info can change without warning. Here's the site. Good luck.

<http://gethuman.com/us>

## Northeast Region Calendar 2008

Date	AVA Club	Walk Location	POC	e-mail	Phone
15 Mar	SMVA	Peaks Island ME	Denise Macaronas	<a href="mailto:smvamaine@yahoo.com">smvamaine@yahoo.com</a>	207-774-3415
16 Mar	West Point	Goshen NY	Joan Kimmel	<a href="mailto:volkssportclubofwestpoint@hotmail.com">volkssportclubofwestpoint@hotmail.com</a>	845-462-6845
29 Mar	Walk 'n Mass	Holliston MA	Beate Hait	<a href="mailto:beateh@aol.com">beateh@aol.com</a>	508-429-3564
12 Apr	Empire State	Grafton NY	Winnie Balz	<a href="mailto:winnieB@yahoo.com">winnieB@yahoo.com</a>	518-372-3663
26 Apr	West Point	Ft. Montgomery NY	Joan Kimmel	<a href="mailto:volkssportclubofwespoint@hotmail.com">volkssportclubofwespoint@hotmail.com</a>	845-462-6845
30 Apr	Empire State	Malta NY	Vera Weiss	<a href="mailto:vweiss@nycap.rr.com">vweiss@nycap.rr.com</a>	518-399-1798
4 May	West Point	Mills Norrie St.Pk.	Joan Kimmel	<a href="mailto:volvssportclubofwestpoint@hotmail.com">volvssportclubofwestpoint@hotmail.com</a>	845-462-6845
7 May	Empire State	Schenectady NY	Nancy Wallace/Phyllis Boy	<a href="mailto:NFWally@aol.com">NFWally@aol.com</a>	518-399-8532
14 May	Empire State	Voorhesville NY	Dan Schryver	<a href="mailto:dschryver@aol.com">dschryver@aol.com</a>	518-765-4630
18 May	Twin State	Shelbourne VT	Cynthia Gray	<a href="mailto:crwgray@comcast.net">crwgray@comcast.net</a>	802-244-6265
21 May	Empire State	Round Lake NY	Barbara Green	<a href="mailto:greenbm@juno.com">greenbm@juno.com</a>	518-383-1152
28 May	Empire State	Castleton NY	Colleen Daignault	<a href="mailto:cdaignault@nycap.rr.com">cdaignault@nycap.rr.com</a>	518-477-9596
31 May	Empire State	Latham NY	Bernie DesRockhes	<a href="mailto:bernyd@verizon.net">bernyd@verizon.net</a>	518-783-1172



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