



SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

May-June 2008

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

Next Meeting

Wednesday
May 14, 7 pm

North Deering Congregational
Church
1364 Washington Ave
Portland

Newsletter Deadline

June 20

Alan Johnson
207-899-2939
aldojo@midmaine.com

INPUT SOUGHT FOR AVA WEBSITE

AVA President Curt Myron has issued a "heads up" that the AVA website will undergo a complete review and reformat. He is asking for suggestions "for any aspect of our website and the data that backs it up."

"The AVA Website Committee, led by Steve Hughart, is actively planning a complete review and reformat . . . This effort applies to all AVA systems, including the finance system, membership data bases and AVA office systems. Regular updates and site maintenance. will continue while we gather your opinions and suggestions fort computer and website support you want from AVA."

Comments and suggestions should be sent to cmmymron@earthlink.net. On the e-mail subject line enter "AVA SYSTEMS UPGRADE" so that the suggestions can be more quickly identified from among the many other e-mails.

Myron's request was forwarded by NERD Phil Hait, who. also reported on action taken at a meeting of the AVA National Executive Council in March:

The AVA Advisory Commission submitted a 30-page "draft" report to the NEC for reciew and discussion at a future meeting. This included questions and concerns over "disruptive and divisive" actions taken last year by the IVV.

NERD Phil Hait and (left to right) daughter Monica, Denise Macaronas, Phil's wife Bea , Sondra Taylor and Evelyn Johnson on the ferry coming back from the March into March on Peake's Island (story on following pages)



Strolls To Intro Next Meeting

Intro-strolls are planned for 5:30 p.m. on the evenings of SMCC's meetings on May 14 and June 11. Joyce Rodriguez said meeting place for May will be the Riverton Trolley Park on Forest Avenue just west of Morrells Corner.

Arrangements are still being finalized for the June 11 intro-stroll.

Just a reminder, all the second-Thursday-of-the-month meetings start at 7p.m. in SMVA's new home, the North Deering Congregational Church, 1364 Washington Ave. in Portland.

The June 11 meeting will have Dr. John Perry, Podiatrist on the program. Barb McGranahan, Nordic walking instructor, will be on the program on August 13. Meetings in the odd-numbered months are working sessions; in the even-numbered months there is a speaker/program.

State "Take It Outside" Program Topic at April meeting

Eliza Townsend, deputy commissioner of the Maine Department of Conservation, described Governor Baldacci's Take it Outside program at the April SMVA meeting. The program encourages Mainers to spend time out of doors and reconnect with nature.

The discussion explored ways that SMVA and the Conservation department might work together to promote future events. Info on outdoor recreational activities is available on the web site www.take-it-outside.org.

Townsend also encouraged members to check on getting a state park pass. Anyone over 65 years old can get a free pass. Send your request to the Department of Conservation, Attn. Charlene Daniels, 22 SHS, Augusta, ME 04333-0022, or call 207-287-2209. People under 65 can get a \$60 vehicle pass which allows all car occupants to enter, or a \$30 pass which admits only the pass-holder.

June meeting refreshments are courtesy of Sondra Taylor, Elaine Johnson and Evelyn Oman. Door prizes are from Denise Macaronis and some other generous folks.

President's Message

Linda Darling

Hi Everyone,

Spring is here so we can all start walking our seasonal walks. We have a new one at the Maine Mall thanks to Beryl for starting that one. Now we can shop walk inside or outside.

Walk 'n Mass will be coming to our walks this summer. If you can join the it would be nice to meet the new walkers.

I would like to thank Denise for putting together the Peaks Island walk. We are aiming for another one next year in October (no chance for tat this year— white stuff). We also have guest speakers every other month lined up. April's guest speaker was Eliza Townsend from ME. Dept. Of Conservation who spoke about "Take it Outside" program started by our Governor Baldacci.

Upcoming speakers will be in June and August. Our August speaker will be having us in the parking lot like last year, teaching us about Nordic walking.

Ken Jackson is working with the Chamber of Commerce on Commercial St. to keep them supplied with our brochures as we know visitors coming to Portland are looking for walks in our area. If anybody else would like to put some in our local Libraries and Community Centers, let us know and we'll get them to you.

Your President,

Linda

Secretary's Report

The March meeting was held on the 12th of March in our new location, the North Deering Congregational Church. Thanks to Happy and Ken Jackson for arranging this new meeting place. There were 13 members in attendance.

The secretary's report was accepted with one correction: Sandy Johnson's recipe in the previous issue should have said "drop by teaspoons". The treasurer's report was read and accepted. We now have 57 members, 23 families. The Sunshine Committee has thankfully been quiet. Editor Alan Johnson will notify folks when they are on the newsletter committee. We are using the same

schedule as last year. There have been no club sales recently.

Program chair Denise Macaronas reported that Arline Saturdayborn's program that was cancelled due to snow may be rescheduled. Our April meeting will have a report from the Governor's "Take it Outside" campaign.

Our Peak's Island walk is March 15th. On April 1st Brunswick, Saco, South Portland and Yarmouth SEAs will start. Joyce Rodriguez is developing a schedule of intro-strolls. If you have anywhere particular that you would like to walk, please notify Joyce.

Sign up sheet for food, drinks and door prizes was passed. Carroll Tiernan and Sandy Johnson provided food, drink and door prizes for this meeting.

We incurred 3 late charges for stamps not being returned on time. Please return them on time.

Upcoming: on May 20th Tater Tours will be walking the South Portland walk. In 2009 a group from Dartmouth, N.S. will be visiting and has asked for a walk in the Bangor/Bar Harbor area.

Respectfully submitted, Carroll Tiernan,
Secretary

The April meeting was held on April 9th. There were 19 people present including a couple from Nova Scotia. The program was a presentation by Eliza Townsend from the Maine Department of Conservation on the Governor's "Take It Outside" program. Eliza said that Maine's identity and history are intertwined with the outdoors and our economy is built around outdoor recreation. She

that is one problem that prompted this initiative. Maine owns millions of acres for recreation. This program will encourage young to enjoy nature and the outdoors. Modeling this behavior is one method. There will be a conference in October at the Blaine House on this subject. This group wants to partner with us and will list our walks on their website. There was ample time for questions afterwards.

The short business meeting afterwards included: Joyce Rodriguez said she is working on the introstrolls. Denise Macaronas said 16 hardy folks did the Peaks Island walk including our enthusiastic NERD Phil Hait and his wife. Ken Jackson has contacted the Portland Chamber of Commerce and left some of our brochures with them. Alan Robitaille said we will have bus visits at South Portland on May 20th and Portland on May 26th. The Walk "n Eat schedule is out for this year.

Refreshments were by Sandy Johnson, Denise Macaronis and Judith Pray. Door prizes were provided by Sandy, Denise and Judith and won by Elaine Johnson, Sandy Johnson and Joyce Rodriguez. Respectfully submitted, Carroll Tiernan,
Secretary

Tiernan's Trip To Tampa

Lucky me! I got to go to Florida on business during the gray, dull days of early April. And being business, most of my time would (or should) be spent working in a convention center. But... I was able to steal a morning to walk a 5K in Tampa. It was comfortably warm and delightfully green. It does annoy me when I have to take a cab to the Start Point to get a map that tells me that the walk goes right by my hotel. There was not a 5k route included in the box, but that was all I had time for. Anyhow, I got the map and sat down and plotted where I would go so I would do approximately 5K and end up at my hotel. Out the door I went. It was a pleasant walk through a town that I felt very comfortable walking alone. Periodically streets turned into mini parks with fountains and flowers. I discovered a Police Museum along the way, passed the Theatre and down to the Convention Center which was right on the water (a useful piece of information - one that allowed us to move some meetings outside). Along the water listening to laughing gulls, over a causeway to the University of Florida, past the Henry B Plant Museum (formerly a hotel and the longest building I have ever seen) past outside sculptures, back over the bridge and a return to my hotel. Streets were well marked, but the directions were not always clear. None the less, I had a wonderful morning which ended in the heated outdoor pool. Then it was off to work.

Birthdays

May

Carl Akin, Terry Beecroft, Soren Christensen, Penny Cole, Tabatha Darling, Mike Harris, Ken Jackson, Alan Johnson, Sondra Taylor, Amelia Wise

June

Carroll Tiernan

Sandy Johnson says, "If your birthday is missing, it is because I don't have it. Please let me know when it is and I will add it to my list. Thank You.

Northeast Region Calendar 2008

Date	AVA Club	Walk location	Point of Contact	e-mail	telephone
May					
3 May	West Point	Mills Norrie St. Park	Joan Kimmel	volkssportclubofWestPoint@hotmail.com	845-462-6845
7 May	Empire State	Schenectady N. Y.	Nancy Wallace/Phyllis Boy	Nfwally@aol.com	518-399-8532
10 May	Seacoast Striders	Hampton NH	Janet Sherrod	Claudicauchon@verizon.net	603-926-5651
14 May	Empire State	Voorhesville NKY	Dan Schriver	dschriver@aol.com	518-765-4630
18 May	Twin State	Shelburne, VT	Cynthia Gray	crwgray@comcast.net	802-244-6265
21 May	Empire State	Round Lake NY	Barbara Green	greenbm@juno.com	518-383-1152
28 May	Empire State	Castleton NY	Colleen Daignault	cdaignault001@nycap.rr.com	518-477-9596
31 May	Empire State	Latham, NY	Berry DesRoches	bernyd@verizon.net	518-783-1172
June					
4 June	Empire State	Loudonville NY	Eileen Skinner	EFSkinner@aol.com	518-371-4352
7 June	Walk 'n Mass	Newport RI	Ray Berberick	rayberberick@ml.com	401-863-8728
10 June	Walk 'n Mass	Marlborough MA	Ginger Ryan	gingerryan05@comcast.net	508-485-5577
11 June	Empire State	Voorhesville NY	Winnie Balz	winnieeb@yahoo.com	518-372-3663
18 June	Empire State	Niskayuna NY	Bernie Geren	tschernie@hotmail.com	518-399-8400
21 June	Empire State	Cobleskill NY	Lea Darling	lea.darling@att.net	518-399-7229
25 June	Empire State	Delmar NY	Rita Gavin	rigav5@aol.com	518-439-2229



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