

SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

Nov.-Dec. 2008

What Should the NERD Tell the NEC ?

Phil Hait asks North-East volkssporters how they would like him to vote on several matters that will come up at the November meeting of the National Executive Council in Oklahoma City. Among the issues are:

Should the deadline for submitting YRE/Seasonal events for Starting Point and the IVV Calendar be moved to July 15, allowing for approvals to be completed by August 1? This would make it easier to get a new calendar and Starting Point printed in time for Christmas.

A policy for non-motorized boating events will come up for action. Minimum distance would be 1,500 meters which could be accomplished in one of more laps. Also:

1. Boating events must be conducted in a controlled water environment like a reservoir, a lake, a river with negligible current, or other acceptable venue.
2. The course must be an out-and-back course so the canoeing event finishes at the point at which it started.
3. The club sponsoring the event must complete a written risk assessment .
4. Each participate must wear a life jacket.
5. The presence of a certified Life Guard at the Start/Finish is required.
6. Participants can receive only IVV event credit for these events. They will receive no distance credit for a boating event.

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In Oct -Carole Brush leads SMVAers in ancient Chinese health exercise

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

Next Meeting

Wednesday

Nov. 12 at 7:00 pm

North Deering Congregational
Church

1364 Washington Ave Portland

Newsletter Deadline

December 20

Alan Johnson

207-899-2939

aldojo@midmaine.com

Secretary's Report

Carroll Tiernan

The September meeting of SMVA was held on Wednesday, September 10th at the North Deering Congregational Church. There were 13 members present.

The secretary's report was accepted as printed. The treasurer's report was not available (until later). We have 68 members and 28 family members. As Elaine Johnson has retired from Healthy Maine Walks, we need someone to represent us. Meetings are held monthly in Augusta, but you can take part in the meeting via phone.

Upcoming walks include Peak's Island on October 25th, the Chocolate walk on Feb. 7th and 8th and a special penny walk in June of 2009.

At our December meeting, the harmonica man is coming to entertain us again. If you have your own harmonica, please bring it.

Walkers at our SREs and YREs include: Portland -64, Brunswick -36, Brunswick bike-2, Yarmouth-28, Sanford -5, South Portland - 49, Augusta - 21, Saco-39, Maine Mall - 12. Kennebunk and Fryeburg have just started.

New business:

-there will be a memorial walk for Valerie Day in Wolfeboro, NH on Oct. 4th.

-the cookie walk will be in Portsmouth this year.

-we need a program chair to organize the 6 programs we have a year. Denise Macaronas has done a wonderful job for us. Thank you, Denise.

-Denise spoke about the Easy Adventures program. It is outdoor activities for 50 plus/minus folks. Sounds fun and cheap.

-Take It Outside conference is Oct. 2nd in Augusta.

-we need to have a nomination committee submit a slate for the November newsletter so we can vote in December.

-a nominating committee of Denise, Elaine and Happy was formed on the spot. The present officers are all eligible for another term and have agreed to serve with one exception. Carole Plowman, VP, and Carroll Tiernan, secretary, will switch jobs.

Door prizes were won by Sandra Johnson, Elaine Johnson and Ken Jackson.

The October meeting of SMVA was held on Wednesday, the 8th, at North Deering Congregational Church.

Carole Brush presented a wonderful program on Qigong. Qigong is an ancient Chinese discipline that combines breath and movement to waken the flow of healing energy in one's body. We learn some very simple exercises (with interesting names like :looking back

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- **Currently the YRE/Seasonal After Action Quarterly report late fee is charged** at the same rate as regular event report late fees. Clubs are being assessed a fee of \$10 per YRE/seasonal event report, per quarter for making a late report. Many clubs have multiple YRE/Seasonal events for the purpose of group walks in a club's community area. These group walks encourage new walkers and invite the local community to walk authentic Volkssport events with the sponsoring club. Since most treasurers send these reports together, being late on YRE/Seasonal Quarterly reports can become very expensive for clubs. Adding a limit of \$50 per quarter is an adequate fee to encourage timeliness of these reports.

President's Report

Linda Darling

Hi everyone,

I hope that the October meeting went well, maybe we can have the guest speaker next year when I can be there.

Tabatha and I walked in Wolfeboro, it was a nice and sunny day a bit windy by the Wolfeboro Bay. We walked by Brewster Academy and saw a bus from Cheverus for some sporting event. We went to the Wright museum along the walk. It is a very interesting building with lots of items from World War II. Mr. Wright paid for the whole idea many years ago. He has passed away, but is in the welcoming movie you watch when you get there. There are tanks, motorcycles, and rooms from 1939-1945 with the way people looked back then. We took lots of pictures and will try to have some included in this issue.

By the time this newsletter comes out we will have already walked on Peaks Island. Thanks to Denise who was done a great job putting this walk together.

The next walk will be in Portsmouth November 15th. I hope we can all attend that day for the Seacoast Striders are putting it all together.

The December 14th meeting will be our Christmas party. November 12th will be a business meeting. All are welcome to attend at the North Deering Church on Washington Ave. in Portland.

Everybody should continue walking the seasonal walks. The Kennebunk will be open until December 15th, and you can always walk the Mall for exercise.

We will walk the on New Years Day in Portland sometime in the morning we will let you know as the new year gets closer.

Anybody who can think of a guest speaker will help the club as Denise is stepping down as program manager. Every other month we would like to have some new and interesting guest. So let me know who you know.

Thanks, Linda

A Walk and a Ceremony on Peaks Island

A group of walkers had stepped off the ferry onto Peaks Island and gathered to hand in their registration cards.

Then, before they hit the trail, Northeast Regional Director Phil Hait, up from Massachusetts with his wife Bea, addressed the crowd. He read a letter from the American Volkssport Association,

“Dear Southern Maine Volkssport Association:

“Congratulations on reaching your twenty-fifth year of membership in the American Volkssport Association. As club number AVA-0193, chartered on November 15, 1983, you have a rich history and very special place in the volkssporting movement in America. It takes wise business decisions, many dedicated club members, and a willing spirit to go forward for the public good to bring you to this point.



(l-r) Carroll Tiernan, Jack Tiernan, Carole Plowman, Phil Hait, Linda Darling on Peaks Island

“As you celebrate this achievement, I hope you'll use this accomplishment in your publicity efforts. Special articles in the local paper(s) and special events will help further growth and recognition and will work to bring you even greater respectability. On behalf of AVA, may you continue in fun, fitness and friendship by providing non-competitive physical activity. Thank you for all you do, and again, congratulations.”

He presented SMVA President Linda Darling with a special “25-Year Club” gold medal and blue ribbon..

It was a great send-off for the sixty-three walkers from Maine, Massachusetts and New Hampshire. The sun was shining, the temperature was fine and the scenery, as always, was great.

Denise Macaronis, program chairperson, reported that a total of 63 people participated, including one jogger; that the youngest walker was Jack Tiernan, six and three-quarters years old, (he was there with Grandma Carroll) who not only got his Distance

and Event books stamped, but also his Island Credit booklet stamped.

Denise added, “Thanks to all our friends from Seacoast Striders and Walk 'n Mass who joined us. As promised, there was NO SNOW that day! Thanks also to Phil Hait, North East Regional Director, for joining us once again.

“Special note to all the SMVA members who helped out and also walked the event: Thanks for being part of the team. You are a great group to work with - and lots of fun to be with.”

Refreshments and door prizes for the November meeting to be provided by Penny Cole and Happy Jackson

like a cow" and "pressing heaven") that produce benefits such as relaxation, lower stress, healing, increased flexibility and enhanced immune system. This was a great program and we invited Carole to come again.

We had a very short meeting afterward. Denise reminded us that the Peaks Island walk is Oct. 25th and it won't snow! Also Saco has had 67 walkers and Kennebunk 5. There have been some problems finding the start box in Kennebunk - it is in the white cabinet with the coffee urns on it. .

Then we "lingered longer" for refreshments and door prizes.

Respectfully submitted, Carroll Tiernan, secretary.

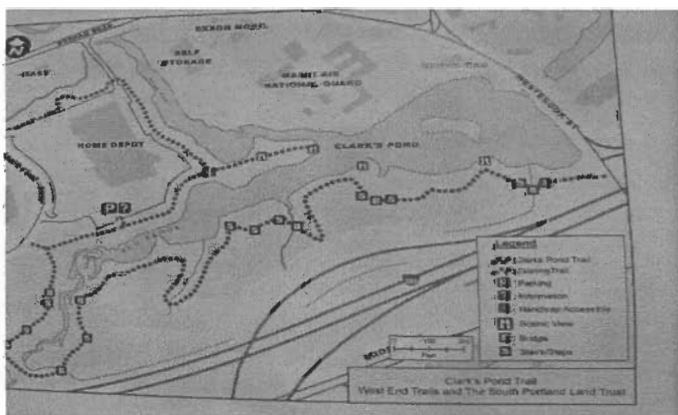
South Portland Walks

Twenty state and local government and civic organizations have been working together to protect the natural environment of South Portland from the destruction caused by growth and development. In the process new walking and bike trails are being developed.

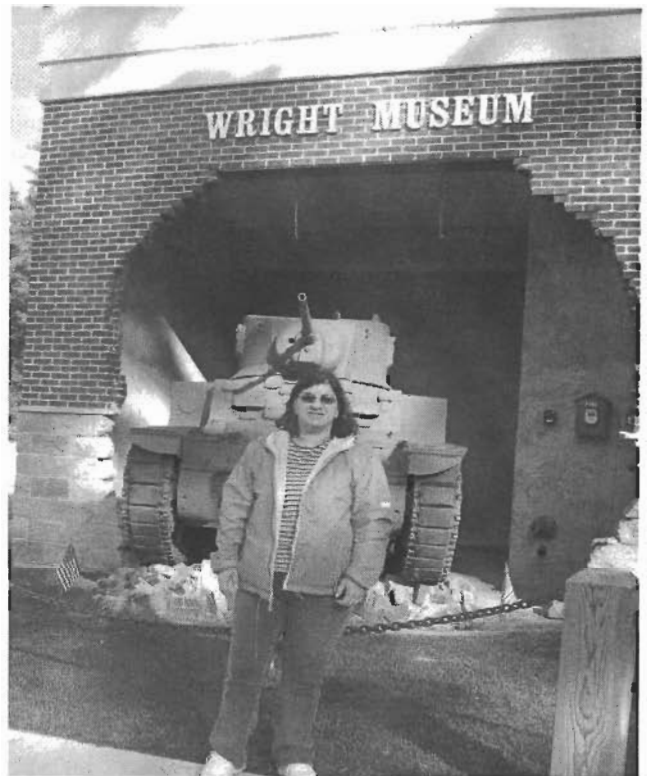
Latest is the Clark's Pond trail in the midst of commercial and highway expansion in an area surrounded by the Maine Mall, the airport and I295. An existing trail that loops around the back of the Home Depot now extends about a mile-and-a-half from Clark's Pond Parkway at the entrance to the Home Depot parking lot, around Clark's Pond to Westbrook Street near the new entrance to I295.

Still underway is work on sidewalks, bike lanes and trails between Clark's Pond and the Maine Mall; and along Long Creek in the Brick Hill area.

One of the objectives of the work is restoring the water quality of Long Creek. It does not meet state standards. Among the organizations involved are the South Portland Land Trust, the City of South Portland, the National Park Service, Appalachian Mountain Club, Portland Water District, CBRE/The Boulos Company, Maine Conservation Corps, Home Depot and Youth Alternatives.



Clark's Pond Trail



- **Don't Mess With Linda Darling!** Especially when she's backed up with armor at the Wright military museum in Wolfeboro, N.H. She was in the area for an event honoring veteran Volkssport member Valery Day who passed away recently.

Publicity Awards

The AVA publicity committee, which handles awards for websites, newsletters, event announcements —effective communication—needs volunteers. Their work starts April 1 next year and will be done by the 2009 Convention. Interested? Contact Joan Lampart at jmlampart@aol.com.

National Executive Council Meeting

The NEC meets Friday, Nov. 7 at 7p.m. in Oklahoma City at the La Quinta hotel, 800 South Meridian.

Geo-cachers Out There?

Interested in combining geo-caching with Volkssporting? Contact Curt Myron at president@ava.org.

AVA Web Locates Clubs

New web page locates clubs, Year Round/Seasonal and Regular events.

Renewed Kennebunk Walk a Winner

Beryl Wolf grew excited as she examined the contents of the start box for the Kennebunk/Kennebunkport walk which was re-sanctioned effective October 1st.

“We’ve only been open 24 days and we’ve had 23 walkers already,” she exclaimed. “We’ve had walkers from as far as Texas, Washington state, Canada and Europe.”

Beryl was sitting at a table in the Port Bakery & Café where she and Al Johnson had driven Saturday after walking the Peak’s Island five-kilometer.

“Since the walk opened on Oct. 1st,” she said, “there have been 23 walkers (that’s almost an average of one a day!) They came from all over—Gloucester, Ontario, Canada; Joplin, MO.; Renton, WA.; Cibolo, TX.; Anchorage, AK.; Oslo, Norway; Shippensburg, PA.; Charlton, MA.; Holliston, MA.; and Portland, ME.”



On the bridge between Kennebunk and Kennebunkport.

It’s not necessary to ask the busy café employees for the start box. It’s kept inside a white cabinet to the right when you enter the building. Self-service coffee urns are on the cabinet.

To get there take Rt. 85 to Lower Kennebunk Village. Park in Market Place parking lot, 181 Port Rd. Exit parking area, turn right and walk a few hundred feet to the Port Bakery and Café, 169 Port Rd. Register and pick up detailed trail map.

Pot Luck Christmas Party

Denise reports on the annual Holiday party Dec. 14, 7 p.m. at the North Deering Congregational church 1364 Washington Ave., Portland. “SMVA has had a great 2008 and now it’s

time to celebrate. Everyone is invited to our annual holiday get-together. This is a great opportunity to socialize with old and new friends as well as have a fun time. This year, we will have Carl Barker entertain us with his many harmonicas of all sizes. Don’t forget to bring your own harmonica so we can have a ‘concert’! If you don’t have one, you may purchase one from Carl for \$5.00.” Please let Denise know if you want to buy one that evening. You may leave a message at 774-3415 or email her at SMVA2005@yahoo.com **It’s pot luck.** Bring something to share. See you There.

New Year Day Walk

SMVA's annual "start-the-year-right" group walk will be held in Portland on New Year's Day, Thursday, January 1.

Meet at the Clarion Hotel (formerly the DoubleTree Hotel), 1230 Congress Street, Portland 04102 for a 10:00 am start. If you prefer to sleep in, the Portland Year Round is available every day from 7:00 am to 2 hours before dusk. If you prefer to walk inside, the Maine Mall walk is now year round. Start Point is at Lamey Wellehan Shoes. Please check our website for more details (www.smva.8m.com).

The **Chocolate Walk** will be Feb.7-8 at the Audubon center in Falmouth. Details to follow.

Upcoming Regional Walks

11/2/08 Clifton Park N.Y., Empire State Capital Volkssporters, Eileen Skinner
EF Skinner@aol.com, 518-371-4352

11/15/08 Four Tree Island Portsmouth, Seacoast Striders, Claudia Cauchon, claudia.cauchon@unh.edu 603-659-8598

12/6/08 Stockade inn, Schenectady, Empire State Capital Volkssporters, Eileen Sowa, sowaj@union.edu 518-399-3949



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