



# SOUTHERN MAINE VOLKSSPORT ASSOCIATION

*Celebrating 20 Years of Volkssporting  
1984-2004*

**Newsletter of the Southern Maine Volkssport Association**

**December 2004**

**President**

Denise Macaronas  
dimaca@juno.com

**Vice President**

Carroll Tiernan  
crrlt@aol.com

**Treasurer**

Wally Johnson  
sjohns1@maine.rr.com

**Membership/Sunshine**

Sandy Johnson  
sjohns1@maine.rr.com

**Webmaster**

Don Bolin  
dbolin54@earthlink.net

**Web Site**

For up to date information  
<http://smva.8m.com>

**Next Meeting**

Wednesday  
December 8, 7 pm  
Walker Memorial Library

**Newsletter Deadline**

December 20  
Send items to:  
Ed Farrell  
P.O. Box 2230  
Augusta, ME 04338  
207-582-6098  
Edfarrell@aol.com

**President's Corner**

Happy Holidays to everyone! I can't believe 2004 is coming to close and that soon we will be saying "Happy New Year"! Time certainly flies when having fun!

I have had a wonderful year as President of SMVA. My goals of meeting many new and interesting people as well as getting out to walk more were achieved. Of course, there are many more people to meet and many more miles to walk - and that is what I look forward to doing in 2005. I hope many of you will join us at meetings, our "intro-strolls", group walks and special events.

There are so many people to thank for making 2004 such a great year, but if I begin to name them, I may forget someone. Please accept my thanks on behalf of SMVA to all the volunteers who are the backbone of this organization. Without your many hours of planning, organizing, publicizing and participating, we would not exist. All of you have made my year as President a fun, enjoyable and successful year.

SMVA is proud to announce our Volunteer of the Year for 2004: DON BOLIN. Don, SMVA's web master, answered my frantic cry for help when we were in need of an editor for the newsletter. Since we are a state-wide organization, with members "everywhere", including neighboring states and beyond, we all depend on the newsletter as a major source of information. Don came through and kept the lines of communication open for all of us. He took on this responsibility with a smile (even though I never saw his face, his e-mails were always so happy - and that made it so much easier to work with him). He had to deal with my lack of computer knowledge but always had the patience to explain and/or correct what I was doing.

As web master, Don's responsibilities include updating our web site, electronically entering the information for year-round walks, seasonal walks and special events. He also entered all the information for the Start Point which was sent to AVA on a timely basis. Don is also responsible for creating our "We're Walking in Maine" brochure. He certainly does not stay idle too long!

Don is a Massachusetts resident and holds membership in more than one volkssport organization. SMVA is pleased to name him OUR Volunteer of the Year! May you wear the "SMVA Volunteer of the Year" pin with pride.

Congratulations and Thanks, Don! Keep up the good work!  
Submitted by Denise Macaronas, President

**January Meeting**

We will start the year off with a Pot Luck Supper on Wednesday, January 12 at the Maine Audubon. This is our regular meeting night, but because of the supper, we hope to start earlier than 7:00 pm. Stay tuned for more information.

## Minutes of the November 10th SMVA Meeting

*Submitted by Wally Johnson*

Meeting was called to order at 7:06pm by our president Denise Macaronas

There were fifteen members and one new guest in attendance. Carol Plowman our newest member was welcomed by all. Each person was asked to introduce themselves and to tell what they were looking for between now and Christmas.

**Secretary's report:** Accepted as printed in the Newsletter.

**Treasurer's report:** Was read and accepted. There is \$2,550.25 in the checking account and \$4,554.80 in the CD.

**Membership:** Sandy Johnson reported that we now have 125 members.

**Club Sales:** Received \$96.00 for sale of trinkets and walking books.

**Newsletter:** It was discussed that possibly Ed could do a special highlighted Christmas box in the Newsletter, to remind members to come to the December 08th meeting, and bring finger foods for the event. Come and enjoy meeting with some of your old and new walking friends.

**Publicity:** Volksmarch display will remain at Scarborough Public Library until November 17th. If anyone wants the display to come to your library, contact Denise or Carol and they will help to make the arrangements. Denise would like to keep it on display in different areas all year if possible.

**Ken** has done a great job at getting the meeting notices to the local papers.

**Unfinished Business:** Four Seasons Walks 2005 are on hold at this time. There are so many special walks going, that there is a moratorium on any new ones. We probably won't be able to do them in 2005, but we will try again in 2006.

Denise discussed using the dates of the Four Season Walk, to do walking events on the days set aside for the Four Season Walks. The first being a March Walk at Pine Point in Scarborough. Spring Walk- May 21st, Riverton Trolley Park Summer Walk- August 27th and 28th, Bangor in conjunction with the Folk Festival Fall – October 16th, Saco Bay Trails More to come on these walks in 2005

### **New Business:**

- Nominating Committee (Ken Jackson, Happy Jackson and Shirley Milliken) is still working to fill the vacancies of Vice President and Secretary for 2005. If you are interested in either one of these positions, please contact Denise or any of the three names above. The committee has two nominees for the board (Sondra Taylor and Elaine Johnson);

these names will appear in the December Newsletter.

- In the past, we have given \$100 to the Library each year for their generosity of the use of their meeting room. We agreed to continue to do this.
- Other years SMVA, has given a donation to the Bruce Roberts fund. This year, after much discussion, the group has decided to donate to the Westbrook food bank. The members are being asked to bring non-perishable foods to the December 08, 2005 meeting.

**News from Away:** Ken & Happy Jackson talked about their travels, and passed around a picture of an animal and asked us to guess what it was. The group was not sure what it was. It was called a Pronghorn, and the picture was taken in the Painted Desert in Arizona.

**Door Prizes:** Rachel, Evelyn and David Carroll won the 50/50.

Next meeting is December 08, 2005

Refreshments for December: Planning on pot luck finger food at the December Meeting. Please bring one of your favorite foods. No hot dishes. Denise has mentioned that there will also be some form of entertainment. To participate in her mystery ??? Entertainment, you will need a couple of dollars.



Some people have more fun at meetings than others. No costumes necessary (unless you want to dress up like an elf!) for the December 8 meeting. Join us for food, friends and entertainment too!

## Walking in Pennsylvania

*Elaine Johnson*

In the middle of October I had a very enjoyable weekend of walks at State College, PA. Many of you know Pat and Fred Welch of the Nittany Nomads who put on the walks.

I decided to go to Ohio first to walk in Xenia, Urbana and Yellow Springs to get my UXY for the A to Z program. Xenia and Urbana were pretty much on town streets. In Yellow Springs we decided to do the walk through Glen Helen Nature Preserve. Glen Helen is a 1000 acre nature preserve with miles of trails going through wooded areas and by springs, waterfalls and limestone cliffs. A very pretty walk, but it does take time. The walk also included going through Antioch College which is a co-op college. Every student is in the co-op program.

At State College there were four events during the weekend as well as several year round walks in the area. It is a very pretty area and the foliage was at its peak. State College is located in the largest hardwood forest in the continental U.S. The walks were along city streets and one went through Penn State University and one by South Hills School of Business Technology. A route went by large beautiful fraternity houses built years ago as fraternity houses. Also pointed out were Sears Houses. I didn't realize Sears had mail order houses years ago. They were interesting to see.

The weekend after returning home another very enjoyable walk was the Pumpkin Festival Walk in Keene, NH put on by the Seacoast Striders. There were over 27,000 lit pumpkins and many activities going on all day. The Walk and Eat Group even carved pumpkins (grown by Chuck Hutchins) at Al and Bonnie Moulton's home the Thursday before the Festival walk after walking and eating lunch in Exeter. The walk went by the pumpkins and through Keene State College.

The State College walks and the Pumpkin Festival Walk may be held again and if so I would highly recommend both of them.

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According to a leading nutritionist - it would take a walk the length of a football field (100 yds.) to work off the calories of one (1) M & M. So --- if you do a 10 K volksmarch, you can eat 109.1 M & Ms !

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Start the New Year's with a Walk! Join us on New Year's Day, January 1st, at the DoubleTree Hotel in Portland to do the first walk of the new year. Start time is 10 a.m.

## Do you like Cookies?

Not the ones you worry about on your computer, but the kind you worry about around your waist. If you do then we've got a real treat for you.

Come to the 11th annual Seacoast Striders Cookie Walk being held on December 5 at the Exeter Public Library in Exeter NH. Start time is between 1 and 2 pm. Finish by 5 pm.

This year's route will never take you far from the warmth and merriment of the library. It is designed as 4 loops all starting and finishing at the library. We ask that you bring with you (not mandatory) all your family and friends and a plate of your favorite holiday cookies to share with your fellow walkers.

We are also hoping to help out a few folks this year. For many years the Striders have collected "white good" such as paper products, soap, etc. at our Christmas Party meeting. These items are donated to local shelters. This year we will be collecting them at our Cookie walk by asking you to bring an extra item or two. We will also be collecting new unwrapped toys which will be donated to local charities.

So mark your calendars, bake (or buy) your cookies, and plan to join us for a fun and festive holiday event. Anyone wearing a holiday hat or Christmas bells may just get an extra cookie from that old man with a white beard and red hat!

For additional information please contact Al Moulton. (603)778-0267, [we2walk@comcast.net](mailto:we2walk@comcast.net)

The Seacoast Striders wish all our friends at SMVA a joyous holiday season.

### December Meeting

At our December meeting, we are collecting non-perishable food items for the Westbrook Food Pantry.

The Westbrook Food Pantry is serving more people than ever before and is always grateful for donations received. Some of the most needed items are: cereal, soups, tuna, pasta, macaroni & cheese, canned vegetables, tomato sauce, and canned meals such as beef stew, ravioli, chili. Thank you for thinking of them this holiday season.



### **Slate of Officers - SMVA 2005**

President: Denise Macaronas  
Vice-President: Janet Schaefer  
Secretary: Carroll Tiernan  
Treasurer: Wally Johnson

New Board Members: Elaine Johnson  
Sondra Taylor

Returning Board Members: Happy Jackson  
Alan Robitaille  
Ann Stevens

Committee Chairs: Sandy Johnson (membership)  
Ken Jackson (publicity)



Southern Maine Volkssport Association  
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