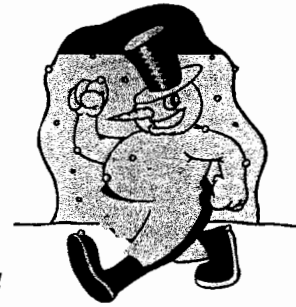




# Southern Maine Volkssport Association



January 2004

"Only" web address:  
<http://smva.8m.com>

Ann Stevens:  
[seejohnrun@gwi.net](mailto:seejohnrun@gwi.net)

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[bugmenow@psouth.net](mailto:bugmenow@psouth.net)

The new slate of officers to be voted on at our January general meeting is as follows:

1. President- Denise Macaronas

Vice President- Carroll Tiernan

Secretary- Sharon LaChapelle

Treasurer- Wally Johnson

New Board Member- Marilyn Russell

Thank you for stepping up and volunteering for these positions. The future of our club was depending on volunteers and we are grateful for you stepping up.

The January general meeting is being held at the Maine Audubon Environmental Center, 20 Gilsland Farm Road, Falmouth at 10:00AM. We hope you attend the meeting and then walk the WinterWalk at the Maine Snow and Ice Follies. Tables will be set up and hot chocolate served so bring along your lunch/brunch and visit for awhile.

The Winter Walk at the Maine Snow and Ice Follies in Falmouth is a two day event-January 24<sup>th</sup> and 25<sup>th</sup>. There will be a group walk at noon both days for those looking for company. For more information call Carroll Tiernan at 207-839-8447 after 6PM or e-mail her at [crllt@aol.com](mailto:crllt@aol.com)

There will be a group walk of our Portland YR on January 1<sup>st</sup> at 10:00. We will meet at the start at the DoubleTree on Congress Street in Portland. Let's get the new year started on the right foot!

## 2004 Meeting Schedule

Saturday, January 24th  
before our walk in Falmouth.

Meeting dates at the Walker  
Memorial Library

Feb. 11, March 10,

April 14, May 12,

June 9, July 14,

Aug. 11, Sept. 8,

Oct. 13, Nov. 10,

Dec. 8



## Meeting notes for SMVA December 10, 2003

Ann opened the meeting at 7:11 pm with a smile, as this was her last official meeting as President. 16 people were in attendance. Introductions were made, and the secretary's two reports were accepted. Treasurer report was made by Penny, our treasurer and David, her clerk, updated the figures. Treasurer's report accepted.

We will be walking the new Portland YRE on New Years' Day at 9 am. We will meet at the Double Tree Hotel.

Walk reports for 2003 : Lighthouse had 128 walkers, Brunswick had 151, (of which 39 trips were taken by Joanne Melcher), Augusta had 151 as well, Kennebunk had 141, Casco Bay Bridge had 62 and Bath had 66. We will have all those walks in 2004 as well as a new seasonal walk in Cornish.

Membership form on back of Carroll's Winter Fest form.

Shirley Milliken slowly snuck in at this point and tried to be inconspicuous as she was afraid she would be appointed President for 2004.

Newsletter....needs more news! Please get items of interest to Patty for her consideration.

Club sales.....Sandra will be taking care of it for Cookie Walk.

Publicity....it was mailed. January meeting will be on 01/24/04 at 10 am in the Audubon Center in Falmouth.

We need volunteers for the Group Walk.

Old Business: We will vote the slate at the January meeting. The nominating committee is proud to announce the following members to assume these new positions: President: Denise Macaronis; VP Carroll Tiernan; Secretary: Sharon LaChappelle; Treasurer: Wally Johnson, and Board members: Ann Stevens, Immediate Past President, Marilyn Russell, Happy Jackson, Sandy Johnson, and Alan Robitaille.

Donations made in memory of John Tibbetts, and the Boys and Girls Club were sent.

Healthy Maine walks---need a person to go to August next Wednesday from 10-12 next Thursday to explain ourselves to them. Alan volunteered to go up and complete this task.

Brochures for 2004 Walks will be completed at Full Court Press.

College campus walks start this January. Ann spoke of her adventures in Plymouth, Mass. She ended up at the viewing stand and the parade was enormous and just wonderful, full of Native Americans, floats, Pilgrims cornstalks etc...

Cookie Walk and LaSalette walks were cancelled last weekend ,and only the Cookie walk was rescheduled to 12/13.

Tri-state is still in the works.

Barbara Weymouth is recognized by the club as our Volunteer of the Year for all of her great work in the Bar Harbor Columbus Day Walks.

Starting Points will be ordered by Alan. A dozen to be ordered, and will be priced at \$12.

Penny and David spoke of their adventures in Arnold Land and the walk in Huntington Beach.

Kay Buck had a new granddaughter in October and she has already been on 3 walks.

Watch for an appearance of the Red Hat Society at the January walk.

The Club recognizes the good work of our webmaster Don Bolin.

Voted \$100.00 donation to Walker Memorial Library. Wednesday meeting dates are as follows: Feb 11, Mar 10, Apr 14, May 12, Jun 9, July 14, Aug 11, Sept 8, Oct 13, Nov 10, Dec 8.

Wonderfully sweet refreshments had. Ann won the 50/50 (what a way to end her term). Door prizes won by David, Denise, Sondra and Shirley.

Ann thanked all for the fun that she has had in her term as President. It is we who should thank her for representing SMVA so well and for her tireless support of this club.

Meeting adjourned at 8:15 pm. Respectfully submitted by Alan Robitaille, humble servant of Edwin Witherell, outgoing Secretary.

# College Campus Walk Program rules

## Walking College Campuses 2004

At the Regional Directors meeting held in San Antonio, approval was given to run a College Campus Walk Program. The simple rules prepared by Bea Hait, PolYy Meltzer and Chris Mellen explain the College Walk Program. The campuses will be bold lettered in the 2004 *Starting Point*. There are College Day Events being planned in many locations across the country. The response to the program has been gratifying

The purpose of this new program is to walk, visit and enjoy schools of higher education and earn "walk degrees:"

1. Any sanctioned AVA event in the U.S. that includes a school of higher learning (junior college, community college, university, seminary, etc.) and whose walk route goes by academic buildings of that facility will be considered a College Campus Walk. A qualifying AVA sanctioned event may be used only once for College Program credit. No Repeat of events.

2. If a walker is unsure if a particular event qualifies as a College Campus Walk, the POC of that event will provide the answer based on #1 above.

3. The program will be in effect January 2004 until January 2008 and may be extended at the discretion of Walk 'n Mass Volkssport Club.

4. If more than one school's campus is included on the route of a single event, they will be noted collectively as one College Campus Walk.

5. Should two or more sanctioned Volkswalk routes include the same school's campus, only one event counts toward earning a "degree."

6. Special preprinted College Campus Event Books are to be obtained from the College Campus Walk Chairman for \$8 each. Checks should be made payable to Chris Mellen, College Walk Program.

7. College Campus Event Books are to be stamped at the time the walker has their AVA Books stamped for that day or night event, YRE, or SE and the college name should be written in the book.

8. If an individual forgets to bring the College Campus Event Book to a College Campus Walk, insert pages will be allowed in the same manner, as that approved by the AVA for event/distance books.

9. There are four degrees of accomplishment: Associate, Bachelor, Master, and Doctorate (Ph.D). Each "degree" is earned by the completion of five different College Campus Walks. No repeat of events. Attaining a Ph.D completes the Program.

10. Completion of 20 walks for a Doctorate (Ph.D.) is encouraged. Diplomas will be issued for each segment and those who complete the program will receive an embroidered award patch "mortarboard" showing a walker with diploma in hand.

11. An individual may choose to submit each segment as a "degree" is earned or submit all segments when the program is completed (or the individual has reached the highest "degree" desired). Regardless of when the segments are submitted, diplomas will be issued for each of the first three "degrees." Only those individuals completing the 20-walk program at the Ph.D. level will receive the award patch.

12. Completed College Campus Event Books (or completed segments thereof) should be sent to the Chairman of the College Campus Program who will administer this program. The Chairman shall authenticate the completion of the final "degree" attained, for accuracy, prior to issuing an award. The validated Book will be returned to the walker.

13. Any questions, contact Chris Mellen at walkpau@Patt.net or 978-6497633.

14. To order College Campus Event Books send a self addressed stamped envelope to Chris Mellen, College Campus Program, 90 Parham Rd Tyngsboro, MA 01879-1269.

**Congratulations, walkers, on these milestones!**

**Events:**

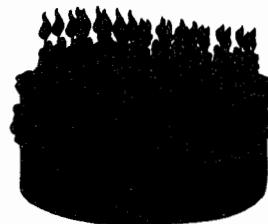
- 175 Elaine Johnson Portland, Me
- Kathryn Piffatt Danvers, Ma
- 550 Events Chris Mellen Tyngsboro, Ma
- Katherine and Tom Mongeon Princeton, Ma
- 700 Events Amelia and Richard Wise Portland, Me
- 900 Events Joan Rossi Topsfield, Ma
- 1050 Events Jane Cauchon Durham, NH
- 1100 Events Roland Melcher Brunswick, Me
- 1400 Events Polly and Don Metzger Sudbury, Ma

**Distance Awards:**

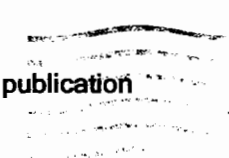
- 11000 KM Jane Cauchon Durham, NH
- 12000 KM Roland Melcher Brunswick, Me
- Barbara and Joseph Piffat Danvers, Ma
- 14000 Km Joan Melcher Brunswick, Me

**Happy January Birthdays!**

- Joan Melcher
- Judith Nilsen
- William Bailey
- Gerard Breton
- Jan Roberson
- Nancy Poore
- Debra Breton
- John Schaffer
- Ed Witherell



The SMVA Newsletter is issued 12 times a year. Please send materials for publication consideration to Patty Collins: [pac567000@yahoo.com](mailto:pac567000@yahoo.com)



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