



# Southern Maine Volkssport Association



July 2003

**"Only" web address:**

[www.smva.8m.com](http://www.smva.8m.com)

**Ann Stevens:**

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

**Cheri Watson:**

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

Our next meeting is July 16<sup>th</sup> at the Walker Memorial Library.

Refreshments will be provided by Alan Robitaille, Carroll Tiernan, and Elaine Johnson.

Door monitor will be Ann Stevens.

**Happy July Birthday!!!**

Norman Cousins  
John Turrell  
Fred Welch  
Guy Thivierge  
Rachel Hartford  
Robert Pigeon  
Polly Meltzer  
Jean Jordan  
Christina Morse  
Sue Cilley  
Blanche Flyer



## President's Corner

Hope everyone had a safe and happy Fourth of July. I'm taking a break and sailing with the family Downeast. Cheri can handle any urgent business at (207) 625-8740 or [bugmenow@psouth.net](mailto:bugmenow@psouth.net) so, without further ado, HERE'S—CHERI!

Greetings, let me give you a brief outline of who I am and what I do! I am your Vice-President and I take care of all membership for the SMVA club including the mailing labels for your newsletter.

Married with six children (2 girls, 4 boys), 10 grandchildren, I also run a 164-acre standardbred horseracing farm along with a home distributorship for Herbalife nutritional and wellness products. As you can tell, I am a very busy lady.

Last September, I offered a walk in Cornish. I hope that it will be a seasonal walk starting in 2004.

Membership for the SMVA walking club needs your help. It would be nice to break the 200-membership mark by the end of this year. I know that you are as busy as I am, but we need you to lend a hand. You can e-mail any information that you have to our President, Ann Stevens.

- ✓ We need you to talk to people about walking in Maine and joining our club.
- ✓ We need you to volunteer at walks, help us in any way that you are able.
- ✓ We need your presence at the monthly meetings.
- ✓ We need you to volunteer your skills to our club.
- ✓ We need articles from you for insertion into the monthly newsletter – such as walking articles, testimonials, recipes, vacations, or notices, jokes, pictures, etc.

**PLEASE HELP US OUT – DO YOUR PART - IT IS YOUR CLUB TOO!! BE PROUD TO BE AN SMVA MEMBER!**

Cheri Watson- SMVA Vice President/Membership Chairperson

**Did you know that the calories you burn walking depends on your weight and the distance you walk?** Speed and time matter far less than distance and weight. If you go faster, you may burn slightly more calories per mile, but mainly you just complete the mile sooner. A simple rule of thumb is 100 calories per mile for a 150 pound person.

FMI: <http://walking.about.com>

### Minutes of the June 18<sup>th</sup> SMVA Meeting

Ann Stevens, SMVA President, opened the meeting at 7:10PM at the Walker Memorial Library in Westbrook. Sixteen members were present.

Congratulations on Ann Steven's new grandson, Riley Connor. Ann reported she did a 10K walk pacing back and forth waiting for his arrival.

The May Secretary's report as printed in the June SMVA newsletter was accepted as printed.

The Treasurer's report, as read by Treasurer Penny Cole, was accepted as read. There is \$4,507.29 in CDs and \$1,367.78 in checking.

There was no membership report, but there have been no additions so membership stays at 125.

Newsletter: Cheri Watson will write the "President's Corner" article next month. The Secretary and Treasurer, Ed Witherell and Penny Cole, will write for the following two months.

Club sales: no report.

Publicity: Make sure you give Ken Jackson some of your brochures to pass out when you are doing a walk. There was an article in the American Wanderer about the upcoming Bar Harbor/Camden walk in October.

SMVA Events:

Portland YRE: 9 walkers for May (9 credit, 1 Free).

South Portland Lighthouse YRE: 22 total (19 credit, 3 free).

South Portland Bridge YRE: 11 total.

Brunswick: 19 total.

Bath: 32 total (30 credit, 2 free)

Kennebunk: 67 total.

Balloon Fest in Auburn for August 16: Alan reports the walk is ready.

Gardiner walk for September 27: there was no specific report but it is in progress.

Bar Harbor/Camden for October 10, 11, 12: There are 133 reservations so far for 160 seats available, so make sure you make your reservations now. Ann has asked members to donate muffins, cookies, or other munchies for the walk. For the Sunday walk up Cadillac Mountain, there is an option for the club to drive the 5K walkers up to the top so they can walk down.

Bev Day has expressed an interest in doing a walk in Ellsworth in September 2004.

Cheri Watson has proposed a seasonal walk in Cornish next year. She has a trail already done.

There was general discussion about having a walk event a month for next year. Carroll Tiernan wants to do the Falmouth walk in January and Alan is working on a Valentine Day walk in February. Anyone interested in doing an event next year contact Ann Stevens.

Ken and Happy Jackson plan a trip to Winnipeg, Canada in the fall to do some walks in the vicinity.

The meeting was adjourned at 8:25 PM.

Ed Witherell, SMVA Secretary

The Saturday evening group dinner is almost filled for Saturday evening during the Bar Harbor/Columbus Day Weekend. Please get your reservations in ASAP to insure your space.

We are asking members to bake and bring along to the walks or to a meeting (I have a freezer) a batch of cookies, muffins or other finger food to feed the walkers over the weekend. We also ask if you have something to contribute to a Maine basket for a drawing at the dinner. Bring it to a meeting or the Saturday morning walk.

Thank you for your help in making this a fun filled and successful weekend. Ann



**EVEN GOD ENJOYS A GOOD LAUGH** Submitted by Connie Boyer

There were three good arguments that Jesus was Black:

1. He called everyone "brother".
2. He liked Gospel.
3. He couldn't get a fair trial.

But then there were three equally good arguments that Jesus was Jewish:

1. He went into His Fathers business.
2. He lived home until he was 33.
3. He was sure his Mother was a virgin and his mother was sure he was God.

But then there were 3 equally good reasons that Jesus was Italian:

1. He talked with his hands.
2. He had wine with every meal.
3. He used olive oil.

But then there were three equally good reasons that Jesus was a Californian:

1. He never cut his hair.
2. He walked around barefoot all the time.
3. He started a new religion.

But then there were three equally good arguments that Jesus was Irish:

1. He never got married.
2. He was always telling stories.
3. He loved green pastures.

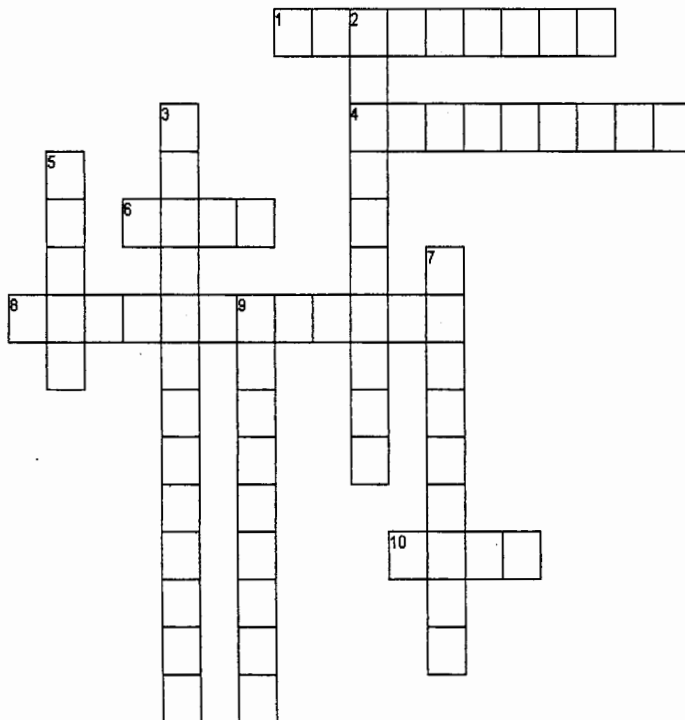
But most compelling evidence of all - three proofs that Jesus was a woman:

1. He fed a crowd at a moments notice when there was no food.
2. He kept trying to get a message across to a bunch of men who just didn't get it.
3. And even when He was dead, He had to get up because there was more work to do.

**AMEN!**



Kennebunk



**Across**

1. Greek Revival Mansion
4. means "long cut bank"
6. type of swallow seen
8. Bush family summer residence
10. shopping square

**Down**

2. "Lily of the Mohawk Indians"
3. sight of old vault
5. "Never-ending" road with a view
7. Franciscan Monastery name
9. patron saint children and animals

**If you're thirsty, then you're already dehydrated. Sip on fluids while walking, every 10-15 minutes!**



A reminder that the July 10<sup>th</sup> walk in Wolfeboro, N.H. is followed by a picnic at the Days.  
 The July 24<sup>th</sup> South Portland Lighthouse Walk in memory of Jenness Buck will also be followed by a picnic. **Both start at 9:15am promptly.**

Congratulations to these walkers listed below on their events and distance awards. If I missed you, my apologies. Seems TAW likes to list our walkers under Massachusetts, Oregon and occasionally Maine!

**EVENTS**

- 10 Simon Breault Brunswick
- 250 Happy Jackson Portland
- 1050 Roland Melcher Brunswick

**DISTANCE**

- 1,500 Happy Jackson Portland
- 2,000 Happy Jackson Portland
- 13,000 Joan Melcher Brunswick

**Upcoming events:**

**July**

- 8<sup>th</sup> Marlborough, MA W'N'M night walk
- 12<sup>th</sup> Rochester, NH Seacoast Striders
- 31<sup>st</sup> Belmont, MA W'N'M guided walk

**August**

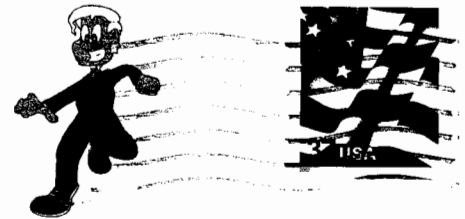
- 2<sup>nd</sup> East Walpole, MA W'N'M
- 12<sup>th</sup> Lowell, MA W'N'M night walk
- 16<sup>th</sup> Great Falls Balloon Festival Auburn, ME SMVA

Answers: Across: 1. Nott House 4. Kennebunk 6. Barn 8. Walker's Point 10. Dock  
 Down: 2. Tekakawitha 3. Graves library 5. Ocean 7. St. Anthony 9. St. Francis

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



Southern Maine Volkssport Association  
 PO Box 722  
 Westbrook, ME 04098-0722



01343+4333

