



Southern Maine Volkssport Association

Celebrating 20 years of volkssporting
1984-2004

June-July 2004

President's Corner

Time certainly flies! Even though we still have summer and fall to look forward to, we are also fast-forwarding to 2005. SMVA has a very ambitious calendar for year round and seasonal events. I think the schedule sounds great and I so appreciate the POC's for coming forward to keep all of us "walking in Maine". SMVA will have two Year Round Walks - Portland (with an added trail for 3 choices) and Augusta. Our Seasonal Walks will include Bangor, Brunswick, Cornish, Fryeburg, Kennebunk, South Portland, and Yarmouth.

Our next meeting, Wednesday, July 14, will have a different format than our usual meetings. Deb Cook, a certified Kripalu Yoga instructor, will be there to help us relax, breath and stretch. For those who have never taken yoga before, this would be a perfect way to learn what yoga is and how it can benefit your life. If you plan to participate in the "hands-on" demonstration, please wear comfortable, loose clothing and bring a mat or towel. By-standers are welcome too!

Door Monitor for the July 14 meeting is Shirley Milliken. Shirley Milliken, Alan Robitaille and Happy Jackson will supply refreshments.

MARK YOUR CALENDARS FOR UPCOMING "GETTING TO KNOW YOU" GROUP WALKS:

Saturday, August 21 Balloon Festival Walk Time: TBA

Tuesday, August 31 Brunswick Seasonal

Meet at Hannaford's Supermarket, 35 Elm Street (off Maine Street) at 10:00 am

Please note: Farmer's Market (on the Green) is open from 8:00 am to 3:00 pm.

I plan to eat lunch in Brunswick after the walk. Looking forward to seeing you soon! --Denise Macaronas, President
SMVA, dlmaca@juno.com or (207) 774-3415

What is wrong with this picture?

You may have notice the June's newsletter is missing and this newsletter look different. What is wrong? We no longer have a Newsletter editor. Our President sent out a S.O.S to everyone to help in the publication of this newsletter. I happen to have the program Denise was looking for and I step up to help. I am not looking to become the Newsletter editor. There has to be someone in the club that has good computer experience and has either Microsoft Word or Microsoft Publisher on their home computer. You can be creative in the production of our clubs Newsletter. You will get information for the Newsletter from the Officers of the club and anyone willing to contribute to the newsletter. All that the Newsletter editor is to put all the information together, save it as file and send it to the printers. If are willing to step up to fill this position, please contact Denise Macaronas at dlmaca@juno.com or at 207-774-3415. -Don Bolin

President's note: SMVA appreciates Don Bolin's expertise, and his time and effort, in putting this newsletter together. He also had lots of patience as Denise's computer knowledge leaves a lot to be desired! Do not let his issue be our last! SMVA needs your help. Please think about being our Newsletter editor. On behalf of all SMVA members, thank you Don!!

A Special Thanks from Denise

Thanks to all my friends in SMVA for the beautiful flower arrangement, I received while in the hospital recuperating from surgery. As I write this, I am still enjoying it. It is very "cheerful" and it did just that to my spirits when it arrived at the hospital. It means a great deal to me to be a part of such a warm and caring group. I am doing fine and am well on the road to recovery. I am so sorry I missed the Mousam Trail Walk in Sanford, but do appreciate all the email messages I received updating me on that event. I look forward to seeing you at the Balloon Festival Walk in August as well as another group walk in Brunswick. Please look elsewhere in this newsletter for August dates, times and locations of my "Getting to Know You" group walks.

Minutes of May 12, 2004 Meeting

1. Introductions: Denise brought the meeting to order. May is SMVA's 20th birthday. To observe this occasion, Denise will seek opportunities to celebrate throughout the year. New members were introduced. Members shared where they were 20 years ago and their favorite birthday. Getting the club into the birthday spirit!
2. The secretary's report as recorded in last month's newsletter was voted on and accepted as written.
3. Treasurer Wally Johnson reported that we have \$2625 in checking and \$4388 in our CD.
4. Reports:
 - Membership: Sandy Johnson reported that there are 116 members.
 - Newsletter: Denise reported that SMVA was invited to display materials at the National Trail Days on June 5th in Bethel. Due to a conflict, Denise is not able to attend to represent the club and no other SMVA member volunteered. I hope that the invitation will arrive earlier next year.
 - Club Sales: No report.
 - Publicity: Club meetings are advertised in several local papers. Please keep Ken Jackson informed where you see the notices. In addition, let Ken know of other local newspapers to put our notices in. Denise hopes to videotape Alan Robitaille's wonderful orientation for new members, to be aired on local public access channels. Marilyn Russell will retype the club's brochures.
5. Other Business:
 - Shoe discussion: New Balance donates a pair of shoes to the club for its special one-day events. The club draws a name from the participants to select a winner of the shoes. The question was raised whether free walkers should be eligible for the drawing of the shoes. The vote was tabled until the June meeting.
 - 2004 Walk Schedule: Everything is all set for the Mousam Way Walk in Sanford on Saturday, June 26. This walk is dedicated to the memory of John Tibbett's, past SMVA President and friend to many. John's family will be there and will bring John's hat, green jacket and photo. The Kiwanis Club of Sanford is helping to sponsor this walk and will be at the checkpoints. The Balloon Festival walk is scheduled for Saturday, August 21 in Lewiston. Start time will be between 3:00 - 5:00 pm, to be finished by 7:00 pm. This will allow people to see the balloons when they lift off at 5:30 pm. Alan reported that he has modified the walk to reduce the severity of the hills. This event also counts as a college campus walk.
 - Holiday Walk: Alan suggested a walk to coincide with Veterans Day on November 11. Peaks Island was suggested given its history in WWII. If the walk does not conflict with another scheduled walk in New England on that day, Alan will start the registration process with AVA. SMVA will then look into the possibility of having some sort of presentation at that walk.
 - 2005 Walk Schedule: Denise recommended that the club start working on the 2005 schedule. A decision has to be made soon regarding our Year Round Events and Seasonal Events. Marilyn Russell suggested a Windham walk. Denise suggested arranging a "Walking the World" to coincide with the famous Maine signpost. Places listed on the sign are Poland, Sweden, Norway, China, Paris, Peru, Naples, Mexico and Denmark. Volunteers are needed to plan such events. Other "world" destinations are needed.
6. News From Away: Marilyn enjoyed a 10K volksmarch with her brother and sister-in-law in Melbourne, FL.
7. Penny Cole, Elaine Johnson and Karin Sears won this month's Door Prizes (with a birthday theme). Birthday favors were given to all in attendance. David Cole won the 50/50. Submitted by Marilyn Russell.

Minutes of June 16, 2004 Meeting

1. Introduction: Denise brought the meeting to order.
 - A. Denise led members in introductions and the identification of something we are passionate.
 - B. The guest speaker will be rescheduled.
2. Brainstorming Session - The 2005 schedule is due by July 1st to the Northeast Regional Director, Chris Mellen. The SMVA Board met prior to the meeting and developed the following schedule:
 - A. 2005 Year-round events will include the two current options in Portland (Downtown and Back Cove) and we will add Stevens Avenue to be a third option. Augusta, which is currently a Seasonal Event, will become a Year Round since it is Maine's capitol. South Portland Bridge Walk will be deleted.
 - B. 2005 Seasonal Events will include Brunswick, Cornish, Kennebunk, and South Portland Lighthouse. Possible additions include Yarmouth and Bangor. Bath will be deleted.
3. Unfinished Business: Members resolved the question raised regarding the eligibility criteria for the New Balance shoe drawing when the club holds daylong events. The following criteria was moved and passed by members: Everyone who finishes the walk at every event will be eligible for the drawing.
4. Secretary's Report deferred to the next meeting.
5. Treasurer's Report was accepted. There is \$2,589.17 in the checking account and \$4541.46 in the CD.

Minutes of June 16th meeting continue:

6. Reports:

Membership: Sandy Johnson reported that there were no new members.

Newsletter: The June newsletter was not printed and the reason is unknown. Denise will follow-up with Pat. The June newsletter will be mailed with an insert for the July news, along with the brochure for the Balloon Festival Walk. This will save the expense of another mailing.

Club Sales: Sondra had no report.

Publicity: Ken reported that meeting announcements had been sent to the American Journal and to all the local newspapers. Members discussed suggestions for distributing brochures about SMVA and its walks. Suggestions included the Portland Chamber of Commerce to reach the cruise ships, Chambers of Commerce in towns where the club is hosting a walk (e.g. Auburn library or the Balloon Festival walk), mailing to information bureaus (e.g. Freeport) in the state, and link to Healthy Maine Walks (SMVA is a member of the coalition).

7. News From Away: Ken and Happy passed around a brochure of walks and trails from the State of Wyoming. One of the walk categories marked on the map was "volksmarches" which impressed Ken.

8. Happy Jackson won the 50/50.

9. The meeting was adjourned at 8:30. Next meeting will be on July 14th. Shirley will be the door monitor, Alan will provide beverages, and Happy will bring a veggie snack. Submitted by Marilyn Russell

North East Regional Director

SMVA congratulates Chris Mellen on being elected as the North East Regional Director of the American Volkssport Association. He is filling the unexpired term of Leslie Penton who has moved out of our region. Chris is a former President of Walk 'n Mass and is highly qualified for the position. SMVA thanks Leslie for the time and energy she gave to AVA and we wish her the best of everything as she takes on new challenges. We look forward to working with Chris.

Sanford's Mousam Trail Walk Update

Sixty-three walkers braved the rain on Saturday, June 26 and enjoyed the Mousam Trail Walk. Special



Members of the Tibbetts family relaxing after walking the Mousam Trail walk

thanks go to Ed Witherell and Brenda Gouin who did an outstanding job planning this event. Even though the weather did not dampen the walkers' spirits, both Ed and Brenda did get soaking wet marking the trail Friday evening. The start point for this walk was the Gowen Park Pavilion - a great spot as it gave everyone a dry place to socialize. This event was co-sponsored with the Sanford Kiwanis Club. We thank them for volunteering at the checkpoint as well as their monetary donation. This walk was held in memory of John L. Tibbetts, past SMVA President and good friend to many. John passed away late last year. All who knew him miss John. All walkers wore memorial pins with John's picture on it and they all signed a large banner that read, "SMVA MEMORIAL WALK JOHN L. TIBBETTS June 26, 2004". The Tibbetts Family was there and shared John's hat, green jacket and photos. Congratulations to Jane Cauchon from Durham, NH who won the New Balance sneakers. Jane is a member of SMVA and the Seacoast Striders. We appreciate her traveling to Maine so often to participate in our walks. Hope the New Balance sneakers see many kilometers of walking!

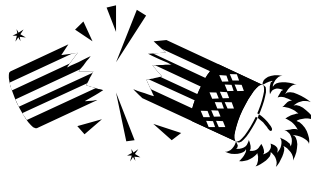
Thanks also go to Carroll Tiernan and Marilyn Russell for leading the group walk; to Alan Robitaille and Rachel Hartford for taking down the ribbons and markers; and to Sondra Taylor for displaying and promoting the variety of trinket and other items for sale.



Congratulations and Best Wishes to Ed and Brenda who will be getting married on Saturday, September 4 in Massachusetts and then will honeymoon at Myrtle Beach, South Carolina.
SMVA knows what a great team they are and we look forward to more walks similar to the Sanford walk!

Up coming Walks

July 10th – Peterborough, NH Seacoast Striders
July 24th – Newbury, VT TSVA
July 25th – North Haverhill, NH Seacoast Striders
August 12th – Kennebunk, ME Walk n' Eat
August 14th – Hampton, NH Seacoast Striders
August 21st – Auburn, ME (Balloon Festival) SMVA



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