



SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

July 2005

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Web Site

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

Next Meeting

Wednesday
July 16, 5:30 pm
Scarborough Marsh
Nature Center

Newsletter Deadline

July 22
Ed Farrell
P.O. Box 2230
Augusta, ME 04338
207-582-6098
Edfarrell@aol.com

President's Corner

Denise Macaronas

"New Trails...New Friends" was the theme for the 2005 AVA Convention held in Cherry Hill, New Jersey. To that, I would like to add "new ideas...new energy". I am really excited about what I learned at the convention, as well as all the new people I met and the ideas shared. I had three very full days at the convention. I can't thank SMVA enough for letting me represent you at the convention. I would also like to thank editor Ed Farrell for "holding up the presses" in order for me to get this article to him. More details and photos will be shared at meetings and in future newsletters.

Guest speakers included "Benjamin Franklin" and Deputy Surgeon General Ken Moritsugu. Both speakers praised us for what we are doing - telling us we are the inspiration not just for our generation, but also for generations to come. Keep up the good work!

The Northeast Region table was a very popular one indeed, thanks to a great idea of Pauline Mellen, wife of our Regional Director Chris. Every attendee (or so it seemed) stopped by our table to taste the cookies we had - all in the shape of the seven individual states. A big thank you to Ann Stevens and Sondra Taylor for baking such delicious cookies. Maine not only had our state cookies, but we also had lighthouses and lobsters to share. Most of the cookies made the trip in one piece, although I did offer "cracked lobsters" to many people. What struck me very funny was the fact that the Rhode Island cookies were much bigger than the state of Maine cookies! We'll have to look into that for future events!

SMVA's contribution to the Silent Auction brought \$41 to AVA. The two items were a gift certificate to L.L. Bean and a one-year subscription to Yankee Magazine. Both winners were thrilled to have a bit of Maine to take home with them.

The workshops I attended were all very interesting and the information gained will be most helpful to us as we look ahead to the future. I look forward to sharing the "ton" of information I got on the following topics:

- America On the Move: Building Healthier Communities through Simple Steps
- Volunteer Management - Every Club's Business
- Stretching and Exercise Before Your 10 K Walk
- Working with Girl Scout Councils: Helping Girls Be Healthy Today, Healthy Tomorrow
- Walking and Your Feet

At our regional gathering, we brainstormed ideas on how to improve things in our own region as well as through AVA. People expressed wanting more special week-end events (both Saturday and Sunday); more walks in Southern Maine; varying the routes for YRE and SEA if they are scheduled year after year; sponsoring mini-convention week-ends for the Northeast Region; creating a Northeast Patch as an incentive to explore our own region; putting cell phone numbers on the special

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event maps in case of emergency; the need to keep free walkers; and the possibility of putting the routes on the website. Since this was just a brainstorming session, nothing was decided on but we certainly have lots to think about.

Again, I look forward to sharing more information about the convention with you in the months to come.

See you on July 16 for the "intro-stroll" and meeting at Scarborough Marsh. "Intro-strolls" was an SMVA idea I loved sharing with others.

Secretary's Report

Respectfully submitted, Carroll Tiernan, Secretary

The June meeting of SMVA was held on the 22nd at Maine Audubon's Gilsland Farm Sanctuary in Falmouth. The evening started with a stroll around the property with special attention to the peony gardens. Because of the wet, cool spring, the peonies were not in full bloom yet. Many were out though and it was a lovely evening for an intro-stroll.

After the walk, a potluck was held in the building. Everyone had built up a good appetite walking and there was little of the delicious food left.

Following dinner the June meeting was held. As president Denise Macaronas and vice-president Janet Schaefer were absent, secretary Carroll Tiernan ran the meeting. There were 22 people in attendance including members, new members, friends and guests. As we were at the Audubon, Carroll asked us to name our favorite bird after we introduced ourselves. It was interesting how many different birds were chosen.

The secretary's report was accepted as published in the newsletter. The treasurer's report was read and accepted. Sandy Johnson reported that in the last month we have got a new member and a renewal bring us to 104 members. Sondra Taylor reported that club sales at the Riverton walk were \$71.50.

There were 64 walkers at the Riverton Trolley Park walk. The Bar Harbor walk on Memorial Day week end had 17 local walkers plus a bus tour.

Seasonal walks reports: Bangor - 2, Kennebunk - 25 (but Walk & Eat has since been there) and South Portland Lighthouse - 19. We need reports from the P.C.s of other walks. Please send your statistics to an officer before the July 16 meeting.

Our next meeting and intro-stroll will be at the

Scarborough Marsh Nature Center on July 16th, a Saturday (directions appear elsewhere in the newsletter). This replaces our regular July meeting. There will be an intro-stroll at 4:00 pm (approximately 2 miles), picnic supper (bring your own) and a brief meeting from 5:30 to 6:30 pm.

Our upcoming Bangor and Saco walks brochures will be out shortly. The definite date for the Saco walk is Sunday, October 16th and the start point is the Bay View Villa.

The club voted to support Denise's trip to the AVA convention with \$500. This will include the auction items Denise bought.

There was a discussion of next year. Finding a president is necessary for the survival of the club. Before we can start planning walks for next year, we need to know if we will be able to continue as a club.

Sandy and Wally Johnson have developed a 5K and 10K in Denmark which we can use next year.

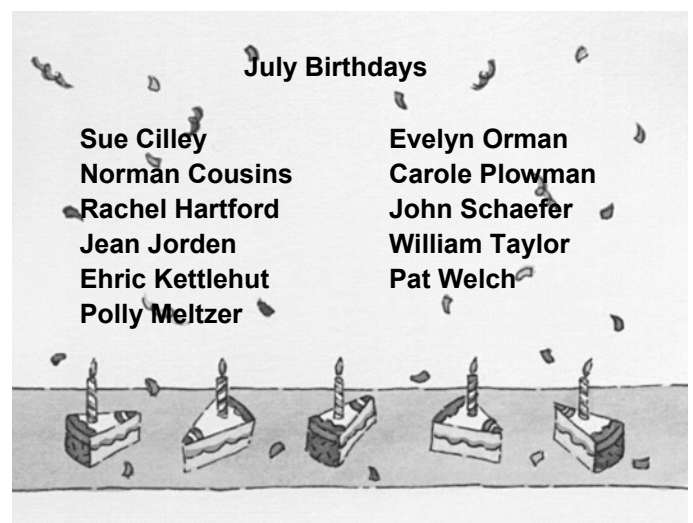
We are discontinuing the Cornish SEA. It may be replaced with one in Sanford.

News From Away: Super-travelers Happy and Ken Jackson have returned from a 149 day, 13,400 mile, 20 state trip. They have now camped in every state in the union including sleeping on a beach in Hawaii.

Closer to home several folks walked Rye, NH. Sandy discovered the yard sale item of the day when she found a small stroller which was perfect to carry her small dog for the 10K walk.

Augusta YRE

The total number of walkers for the Augusta YRE are 93.



Reminders about Start Points:

Please be patient when registering for the Year Round and Seasonal walks. The people behind the counter are doing their best to accommodate us, but their first priority is their own customers. Remember, they are doing us a favor. On occasion, the facility may not be open at the time listed in our brochure. Go have a cup of coffee, sit and relax until they get there. And please remember to thank them and to buy something from them if possible. We did have an incident recently of someone leaving a not-so-nice note at one of our Start Points when the business was not open on time. We need to work together, be patient, and be thankful for the kindness they are showing us.

Please keep checking the website and contacting the POC's prior to making a long trip. Plans do change and we just need to be a bit more flexible. Fryeburg may have major changes in the near future. Please contact Janet Schaefer at (207) 935-4117 or jonjan@pivot.net if you are planning on doing that walk.

Thank you!

Group Walk of the Cornish Seasonal:

Wednesday, July 27 Meet at Start Point at 9:30 am

After the walk, those wanting to pick up a picnic lunch can enjoy it while sitting in a friend's beautiful "Story Book Garden".

If you would like to schedule a group walk of any of our YRE or SEA's, please let me know so we can get the word out to all.

SMVA Special Events:

Bangor American Folk Festival
Saturday and Sunday, August 27 and 28
POC: Barbara Weymouth
(207) 288-5216
agitator@panax.com

Saco Bay Trails
Sunday, October 16
POC: Wendy Hunter
(please contact SMVA2005@yahoo.com and your message will be forwarded)

New On-line Store Visit the AVA's web page and check out Onlineshoes.com -- a new partner. For every order placed at Onlinehoes.com's New Balance site, \$5.00 will be donated to the AVA. Orders must be placed by visiting www.ava.org and clicking on the link marked "onlineshoes.com" on the left side of the screen. Select from all styles of New Balance walking, running and casual shoes. We're sorry but New Balance certificates for free shoes cannot be redeemed at this site. Visit today and support the AVA!

WALK! Magazine WALK! Magazine will publish submissions from walking clubs in each issue at no charge. You can discuss anything about your members and activities. They have contacts with walking and racewalking clubs and it could be a great source for drawing these individuals to your next event. Submissions should be between 300-400 words. Send it to admin@walk-magazine.com Photos are welcome. For more information, visit their web site at www.walk-magazine.com

What do the trail ratings mean?

Trails are rated for difficulty so you can more easily choose which one will suit your walking style.

1. An easy walk on pavement or well-maintained trail with no significant hills. Probably suitable for wheelchairs and strollers.
2. A moderately easy walk, may be on pavement or on trails. No significant difficulty with hills. May not be suitable for wheelchairs and strollers.
3. A moderate walk in any setting with some difficult terrain, one or two substantial hills and/or steps. Strollers and wheelchairs questionable.
4. A more difficult walk. Most likely in a natural setting with poorly maintained paths and steeper or hilly inclines. Not likely to be wheelchair or stroller accessible. Participants with certain health problems should take caution.
5. A very difficult walk. All in rough fields or woods. Many steep hills or high altitude trails, or very rough uneven terrain, steep or unstable inclines. Not suitable for any person who is not in good health



July

Thursday – July 14th Walk & Eat Wolfeboro, NH, 10 AM (Picnic Walk)

August

Friday – August 26 Walk & Eat Augusta, ME, 10 AM (Picnic Walk)

September

Thursday – September 1st	Walk & Eat	Concord, NH
Thursday – September 8th	Walk & Eat	Fall River, MA
Thursday – September 15th	Walk & Eat	Fryeburg, ME
Thursday – September 22nd	Walk & Eat	Boston, MA
Friday – September 30th	Walk & Eat	Hanover, NH



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