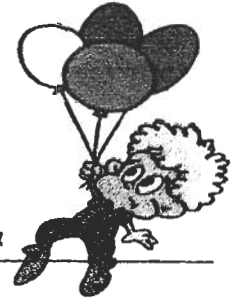




Southern Maine Volkssport Association 20th Anniversary

May 2004



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

President:
Denise Macaronas
dlmaca@juno.com

Newsletter submissions:
pac567000@yahoo.com or mail
SMVA PO Box 722 Westbrook,
ME 04092

NEXT MEETING: Wednesday, May
12th 7:00 pm - Walker Memorial
Library Door Monitors - to be at the
Library before 6:00 pm to get the key
and let people in: Penny and David Cole
Refreshments: Penny Cole and Elaine
Johnson **THANK YOU SO MUCH!!!!**

SMVA needs you!

The position of secretary needs
to be filled as soon as possible.
The main responsibility is to
record and maintain minutes of all
meetings; other duties may
include preparing general
correspondence of the
Association. Please contact

Denise at 774-
3415 if
interested.



President's Corner

The first of the "President's Walks" was held on April 5, 2004. That morning, when I saw the snow, I was wondering if there was actually going to be a walk. Three of us did brave the cold temperatures and brisk wind (which wasn't always at our backs) as we enjoyed the Casco Bay Bridge Walk. Thanks to Marilyn Russell and Lennie Stack for making the walk so interesting. They also kept me honest as we did every inch of the 10K walk. Both Marilyn and Lennie have competed in local races (as either runners or walkers), so listening to all their adventures was inspirational to me. I was very glad to be the listener so I could save my energy for walking! They are both looking forward to participating in the "Beach to Beacon". Coming back over the bridge, the beautiful sunset made me realize how lucky we are to be living in this great state - with so many opportunities for walking and experiencing life as it should be. Good walk, good talk, fun day - see you in May!

May is going to be a great month as SMVA is celebrating its 20th birthday. I hope you can join me this month as we celebrate the occasion with cake and/or ice cream. I have chosen routes that pass by bakeries or ice cream shops. This may be defeating the purpose of walking, but as I said when I became President, I needed an incentive to start walking, and if cake and ice cream (along with a group of people), can give me that incentive, that's good enough for me. We will walk the Lighthouse Trail on Tuesday, May 4 (meet at 5:00 pm at Mill Creek Hannaford's) and the Kennebunk Walk on Wednesday, May 19 (meet at 9:30 am at Village Take-Out in Kennebunk). If you are interested in car pooling for the Kennebunk Walk, please let me know at 774-3415 or at dlmaca@juno.com. For those wanting to extend the day in Kennebunk, you can bring your own picnic or stop along the way for lunch.

In the upcoming months, we may have the opportunity to have a guest speaker attend a meeting to do a "hands-on" demonstration of yoga or t'ai chi, or perhaps to give us an awareness talk on diet and fads. Guest speakers will be announced through the local media. Please inform our Publicity chair, Ken Jackson (Agee2@aol.com), or any other officer (P.O. Box 722, Westbrook, ME 04098), where and when you see notices in the media. If you have a favorite local newspaper you would like to see SMVA information in, please let Ken know. Thanks for your help in spreading the word! I look forward to seeing you at a walk or at one of our meetings.

Please start thinking about other walks you would like to have in the future - and how you can help to make that a reality. Remember, we need at least 90 days in order to get our sanction. If we plan now, we could have a new walk in the Fall. My dream is still to "Walk the World"! Where would you like to walk?

Denise Macaronas, President Southern Maine Volkssport Association

Minutes of the April 14th SMVA meeting

President Denise Macaronas opened the meeting at 7:05PM on April 14th with 15 people in attendance. Since March was National Procrastination Month, she started the April meeting with us introducing ourselves and revealing what we procrastinate about.

The secretary's report as recorded in last months newsletter was voted on and accepted as written.

Wally Johnson reported that we have \$2453.90 in our checking account. The C D balance was unavailable.

Sandy Johnson reported that we have 53 single memberships and 22 family memberships to date.

Denise would like to have monthly group walks. This year is the twentieth anniversary of SMVA and a walk which includes a bakery and/or ice cream stand is being selected to celebrate the occasion.

We had some new faces at the meeting and Alan gave a great overview of SMVA and AVA. He explained how the books work, about YR's , Seasonals and events. He also mentioned the different programs currently in use as incentives to get out there and explore such as College Degree, A-Z, Civil War, New Hampshire Counties.

SMVA has agreed with Seacoast Striders that it is too late to get a TriState executed properly for 2004. Denise has sent a letter to the other clubs to encourage planning for TriState 2005. Massachusetts may go ahead this year with Connecticut and Rhode Island. TBA

Our NERD, Leslie Penton is regretfully resigning her position as she is moving out of the area. Anyone interested in the position as New England Regional Director is urged to contact Charlotte Phillips at RuthieCade@AOL.com The position would be available May 15th through June 2005.

Under Publicity, Denise would like to know where you see our announcements and where would you like to see our announcements. She is planning a video presentation for public access tv in Falmouth. Items for publication should be e-mailed to Patty Collins at pac567000@yahoo.com or sent to Patty's attention c/o SMVA, PO Box 722, Westbrook, Me 04092.

Alan reported that the last meeting with Healthy Maine Walks included a presentation to tourism officials to get the word out. He is going to get SMVA walks on to the HMW website. We are listed as a partner with this group.

Marilyn Russell won the 50/50 (Happy Jackson is on vacation!). Door prizes with the procrastination theme were won by Lennie Stack, Ann Stevens, and Judith Pray.

The meeting was adjourned at 8:10PM.

Submitted by Ann Stevens

Sondra Taylor's Chocolate Chip Cookies/Bars

oven: 375 degrees F



1 cup butter, softened	2 $\frac{1}{4}$ cups flour
$\frac{3}{4}$ cup sugar	1 tsp. baking soda
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ tsp. salt
1tsp. vanilla	2 cups chocolate chips
2 eggs	1 cup chopped nuts (optional)

In large mixer bowl, cream butter, sugar, brown sugar (I used dark and Ann said that's what made 'em taste so good) and vanilla until light and fluffy. Add eggs; beat well. Combine flour, baking soda and salt; gradually add to mixture. Stir in chips and nuts.

COOKIES: Drop by teaspoon on ungreased cookie sheet. Bake 8 -10 minutes. Makes about 6 dozen

BARS: Spread batter into 9: x 13" greased pan. Bake 20 minutes. Makes 2 dozen unless you cut them really big or really small.

VOLKSMARCHING IN MAINE — Part 3 IN THE BEGINNING

by A. Nomad

One of the precepts of volksmarching was to recognize the effort of the participant. This was done in the form of an individual award, usually a medal. And there had to be two categories of medal — gold for the 20km and silver for the 10km. Old timers in the activity probably have a drawer full of these mementos tucked away. Then it became embroidered patches, and collectors of these purchased a jacket on which to display them. When jackets became covered, patches went out of style. Then it became hat pins or refrigerator magnets, sun catchers or mugs, or other form of memento. While interest for such items waned, costs for them soared, and today we find that most events are "Credit Only." For a time, surplus awards were disposed of by having events with "B Awards," meaning you could choose an award from a previous event. It was forbidden by IVV to sell those extras.

Newer enthusiasts may not know that there were certain rules in the "old days." Every event was required to have two distances: ten-kilometer and a twenty-kilometer. Request to have a distance of less than 10 km was emphatically denied. Every event was required to have a "handicap trail" which would not have barriers for walking impaired persons — such as stairs, woodland paths with tree roots, etc. Every event had special recognition awards (these not required, but we did have them): Oldest (most senior) male walker; ditto for female walker; person who traveled the farthest distance to attend the walk; largest pre-registered group (SMVA won a number of trophies in this category).

In the beginning, volkssport events were few and far between. SMVA members and their friends would meet at Mall Plaza behind McDonalds to car pool, then convoy to those events. A favorite was the events at Fort Devens in Massachusetts. Put on by Special Services at this military installation, they always had an "Oom-pah" band and lots of German style food — bratwurst, German potato salad, soda and beer. The social gathering after the walk was a most enjoyable aspect of going to Fort Devens. Several of the U. S. Air Force bases also had favorite walks; as much for the food and fun after the walks as for the walks themselves. Now, most of the military establishments have been closed and these great times are just memories.

In the fall of each year, SMVA would have a "banquet", quite often held at the Ramada Inn (now DoubleTree). These were very well attended and volkssporters from New Hampshire and Massachusetts would come to join the festive occasion. At these banquets, special recognition was paid to SMVA members who did exemplary volunteerism for the benefit of the club. By secret ballot at the beginning of the banquet, attendees voted which walk had been their favorite, which award was the best, etc. Then awards were given to the persons responsible for laying out the walk, or designing the award, etc. These banquets were our "big" social event of the year. These, too, have become part of SMVA history.

The same faces of the small band of attendees at SMVA monthly meetings; a smaller cadre of enthusiastic volunteers; same old walk routes; only 20% of the membership that once was.. Where is SMVA heading? Is there a salvation in the past? What can be done to bring back the interest and the "esprit de corps" SMVA once enjoyed?



GROUP WALKS - CELEBRATING SMVA'S 20TH BIRTHDAY!

Tuesday, May 4th 5:00 pm at Mill Creek Hannaford's, South Portland

Wednesday, May 19th 9:30 am at Village Take-Out, Kennebunk

(car pooling available, call Denise at 774-3415)

SEASONAL EVENT STARTING IN MAY: Cornish Walk May 1 - October 31

MARK YOUR CALENDARS: Saturday, June 26 - Sanford Walk

Walk'n'Eat Gang

May 6 Newton Ma 10am College

May 13 Cornish, ME 10am

May 20 Ipswich, MA 9am

May 27 Portsmouth, NH 9am Civil War- County

Susanne Wright Ashland, a committee member for the Maine National Trail Days event and also a member of the Maine Appalachian Trail Club, is planning an event for National Trail Days on Saturday, June 5. The theme for this event is "Promoting Healthy People" through outdoor activities, such as walking, hiking, canoeing, or kayaking.

They are looking for organizations that would like to do a demonstration or have a display table during the NTD event, which will be held at the Bethel Outdoor Center from 9:00 am to 3:00 pm. They will provide tents for vendors to display under, and also some tables, if they know ahead of time.

This sounds like a great opportunity for SMVA. Is there anyone out there who would be willing to be there to answer questions, pass out information, and promote SMVA? I suspect they are looking for the display to be available all day. For more information about the event, please access the www.matc.org site to find further information on the NTD event.

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

