

Southern Maine

Volkssport Association

Newsletter

October 2002



Presidents Corner

The calendar says Fall but the thermometer says Summer! Seems like it's been that sort of year and where has it gone? We are planning events for next year and competing for space on the calendar with our sister clubs in New England. Tempus Fugit!

The AVA has officially raised the fee for walking for credit. Starting 01/01/03, the fee will go to \$3.00. The breakdown is \$1.75 for local clubs (currently \$1.50) and \$1.25 to AVA (currently \$.50). We do feel their pain as well as our own. We are slowly but surely putting ourselves out of business because expenses keep going up and we aren't meeting them with our current dues schedule and events. Your board has started to address the problem and is working on solutions. Again, your input is important. We are looking for positive and innovative answers. Free walkers continue to be an option for each club but this is something that AVA is going to look at closely in the near future. AVA and CVF are the only IVV countries that allow free walkers. This is plenty to "chew on" for this month! Hope to see you out on the trail.
- Ann Stevens

Jo Ann Taylor has some good advice to share in these two articles. She writes, "You have probably heard what we call the "Magic Fitness Formula." For years, the experts have told us that in order for your exercise program to be successful, you have to work out at 60% - 80% of your maximum heart rate, for 20 - 30 minutes each session, at least 3 - 4 times each week. While this is a very good goal to strive for, if you limit yourself to only using this formula, you could be setting yourself up for failure. It is too easy to convince yourself that you don't have a half-an-hour right now, so you can exercise later. Many times, "Later" never comes. A recent study conducted at Stanford University took a group of people and divided them into two groups. Half exercised for 30 consecutive minutes, the other half exercised in 10-minute intervals - once in the morning, afternoon, and evening. At the end of the study, both groups increased their fitness levels at the same amount and at the same pace. So, not having a consecutive half hour is no longer a reason not to get up and get moving! If you only have 10 minutes, use it to your advantage. It will all add up to a healthier you!



[SMVA home page](#)

The second article says, the fact is, women have to be smart when they are outside walking. By taking a few extra precautions, you can reduce the chances of becoming a victim of a crime. Here are a few tips.

- * **Stay Alert** - Be aware of the entire environment around you. If you wear headphones, keep the volume low enough so you can hear what's going on around you.
- * **Walk** facing traffic.
- * **Avoid isolation** -- Walk in areas where there are other people. Tell someone where you will be walking and when you will be back.
- * **Carry** identification - don't wear jewelry.
- * **Carry** a noisemaker such as a whistle or personal alarm.
- * **Best of all** -- Walk with a Friend!

A board meeting is scheduled for 6:00 PM on Wednesday, October 16th at the Walker Memorial Library.

At the Board meeting on September 16th, the board reluctantly accepted the resignation of Janet Schaeffer, Treasurer, and appointed Penny Cole as SMVA Treasurer. We will miss Janet in this position. She was a very 'treasured' treasurer. And we welcome Penny. If Penny runs into trouble or has questions, David, her hubby, has had plenty of experience in the position.

On Sunday September 8, 2002 Ann Stevens and Cheri Watson represented SMVA at the BIW Building Healthy Ways event held at Thompson Point in Bath. The crowds were amazing, but we persevered and spread the word. We were able to meet previous members from Germany and members who lost their way. We informed individuals that walking is more than exercise; our club does it for fun. We are hopeful that we did a great job of representing SMVA and that the interested individuals that we spoke with will see the benefit of joining with our club

We still need someone to fill the Newsletter Editor Position in our club.

Would you be willing to step up to bat for these positions?

It is not an extremely time consuming position. The editor position does entail computer experience, and the willingness to drop off the completed copy to Court Press in Westbrook next to CVS. If you have the ability to handle this position, DO NOT HESITATE, PICK UP THE PHONE OR E-MAIL ANN IMMEDIATELY at 985-4196 or email her at: seejohnrun@cybertours.com

**PLEASE BE SURE TO KEEP YOUR EMAIL ADDRESSES CURRENT. IF YOURS HAS CHANGED SEND IT TO:
Cwatson@sheridancorp.com**



Happy October Birthdays!!

Arleen Creeden 10/1
Margaret Hourigan 10/2
Bev Meattey 10/5
Charlotte Temple 10/8
Janet Nadeau 10/8
Rachel Billings 10/10
Donald Gerow 10/13
Denise Macaronas 10/13
David Cole 10/21
Anne Krebsbach 10/29

WALK AND EAT SCHEDULE 2002

You are invited to join the "Walk and Eat Gang" on their last scheduled Thursday walk.

You are invited to come to walk and talk, and then eat after the walk.

The walk is Oct. 3 in Newton, MA with a 10:30 a.m. start. **For further info on Walk and Eat walks contact:**

Chuck and Fran Hutchins 603-483-0598 bfinch38@msn.com
Don and Polly Meltzer 978-443-8513
Al and Bonnie Moulton 603-778-0267 bonnieal@attbi.com
Dick and Joan Rossi 978-887-5901 JODIROSSI@aol.com
Herm and Valerie Day 603-755-2856

Results of Executive Council (AVA)

Effective January 1, 2003, the maximum amount that may be charged for credit only is \$3.00. The breakdown of the \$3.00 is: \$1.25 is paid to AVA for each paid participant and \$1.75 stays with the club. The dollar increase breakdown: 75 cents to AVA; 25 cents stays with the club. The motion to increase the credit only fee to \$4.00 effective January 1, 2004, was withdrawn. Another recommendation that was accepted was to change the number of EC meetings, 3 times in the convention year, and twice in the non-convention year to save money.

Several cost cutting measures were discussed and resulted in more questions, which need research before making any more decisions concerning our finances. For example, two of our most costly expenses need further investigation into what options are available to us regarding event liability insurance

providers and auditors.

Thanks to the Seacoast Striders for a “fantabulous” walk in Moulton, NH at the Castle in the Clouds. The walk, the scenery, the treats, the Castle itself, made for a very exciting and delightful day. It was also great to finally see Don Bolin our Webmaster. Don and I have been in contact by email forever it seems, but haven’t had a chance to be face to face for years. I only regret that I didn’t get to do the Sunday walk at Searles Castle in Windham, NH on Sunday. - Dan Carr, Editor.

Minutes of The September 18th, 2002 Meeting of The Southern Maine Volkssport Association

Minutes of the September 18, 2002 Meeting of the Southern Maine Volkssport Association

Ann Stevens, SMVA President, called the meeting at the Walker Memorial Library, Westbrook; to order at 7:05 PM. 26 members were present. Members on one side of the room introduced themselves to the members on the other side of the room. The August Secretary's report, as reported in the September newsletter was accepted as printed. The Treasurer's report was accepted as read. At a board meeting before the meeting the board reluctantly accepted the resignation of Janet Schaeffer, Treasurer, and appointed Penny Cole as SMVA Treasurer.

Membership report by Cheri Watson: 189 members. Newsletter: Dan Carr is looking for someone to replace him as the person who puts the newsletter together. Publicity: Ken Jackson puts the meeting notices in local newspapers. Walk Reports: Bar Harbor: 70; Portland had 12 walkers in August.

Upcoming walks: Cheri Watson reported that the Cornish walk on September 28 is all set. She still hasn't sold enough tickets to pay for the Cornish blanket that will be raffled off the day of the walk when the first walker completes the walk. You can buy tickets the day of the walk. Bring food, as there will be a grill available for cooking at the start point. Tri-State: Alan reported that the routes for the 5 and 10K are set. There will be a pre-walk for workers at 4PM on Friday October 11. Carroll is thinking of doing a walk in Falmouth, in conjunction with the winter festival, on January 25-26, 2003. Carroll would like to do a group walk in Augusta on November 11th.

Ann Stevens reminded everyone that AVA is increasing the fees for 2003 walk to \$3.00 (\$1.25 going to AVA and \$1.75 to SMVA). The fees will be increased again in 2004 to \$4.00. At the board meeting just prior to the evening meeting, the board discussed the fact that the club is losing money every year and costs must be cut. If drastic action is not taken soon SMVA will run out of money in two or three years. The board decided that birthday cards will no longer be sent, there will be no award for seasonal and year round walks in 2003, and that if someone wants an award for an event they must get approval from the board before going ahead with the award. Also, the board will create a worksheet to fill out after a walk so that a complete accounting of income and costs can be reviewed. This is needed so that the board can make decisions on how money is spent, as it seems many walks are losing money. It was discussed that maybe SMVA should have fewer but more interesting walks to attract more walkers.

Finally, the board decided that the newsletter will not be put on the website in 2003, as the consensus was that everyone liked getting the newsletter in the mail rather than on the computer. Ann reported that the yearly cost of printing and mailing the newsletter is \$1,661.72 per year. The board also discussed raising fees for 2003. SMVA will be purchasing the trailer to store club supplies. Cheri Watson has agreed to let the club park the trailer at her farm in Cornish (for now). The meeting was adjourned at 8:37 PM.

Ed Witherell, SMVA Secretary

THE ONLY WEB ADDRESS YOU NEED - <http://smva.8m.com/>

This is our club site, and from it you can access our neighbor’s web sites, and sites around the country.

Don Bolin, our Webmaster, keeps our site up to date, and all the back issues of our newsletters are on line too.

This site has links to all our neighboring clubs as well as other walking information.

It is a goldmine for the sincere walker.

NEXT NEWSLETTER DEADLINE IS October 21, 2002

The next meeting of the SMVA will be on Wednesday, October 16th at 7:00 PM at the Walker Memorial Library in Westbrook. The guardian at the door will be Bob Chellis. Martha says, he might as well be busy as I will be at the board meeting. We'd love to see all of you there.

FOR YOUR CALENDAR - UPCOMING WALKS IN OUR REGION (DOES NOT INCLUDE EVENTS LISTED ELSEWHERE IN THE NEWSLETTER). YOU MIGHT ALSO CHECK <http://smva.8m.com/> FOR MORE DETAILS.

OCTOBER 5	Saturday	Newport, VT	TSVA
OCTOBER 6	Sunday	Bellingham, MA	W'N Mass
----TRI-STATE WEEKEND----			
OCTOBER 12	Saturday	Portland Maine.	SMVA
OCTOBER 13	Sunday	Durham, NH	SS and -Haverhill, MA W'N Mass
NOVEMBER 2	Saturday	Lawrence, MA	W'N Mass
DECEMBER 1	Sunday	Dover, NH	Seacoast Striders
DECEMBER 7	Saturday	Attleboro, MA	W'N Mass

Walking provides an opportunity for the development of both the body and the soul. Many great thinkers were also walkers and it is often that we get our best thoughts while walking in the surroundings of nature or in the company of friends. We can also get the best exercise for our bodies. **So lets keep walking!** Bart Schoeneman, Ph.D.

Time is one of our most precious commodities. Here are a few ideas on how you can find the time for YOU!

- * Instead of a coffee break, take a walking break. - * Take a walk while your clothes are in the dryer.
- * Set your alarm for 20-30 minutes earlier in the morning. * Go for a walk while waiting for a table at a restaurant.
- * Walk in the airport while traveling. * Going shopping?... take a lap or two around the mall before going into stores.
- * When waiting for your tee time, warm up by walking. * Golf at a course that allows you to walk.
- * Park at the outside of every lot you park in. * Walk to the corner store. * When waiting for your kids' lessons or at practice - walk! - Jo Ann Taylor

The SMVA Newsletter is issued 12 times a year. Please send materials to be considered for publication (preferably by e-mail) to Dan Carr or by mail P.O. Box 128, Hollis, ME 04042.

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Send mail to dbolin@juno.com with questions or comments about this web site.

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