



SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

September 2005

President

Denise Macaronas
dlmaca@juno.com
(207) 774-3415

Vice President
Janet Schaefer
jonjan@pivot.net
(207) 935-4117

Secretary
Carroll Tiernan
crrlt@aol.com
(207) 839-8447

Treasurer
Wally Johnson
sjohns1@maine.rr.com
(207) 839-2057

Membership/Sunshine
Sandy Johnson
sjohns1@maine.rr.com
(207) 839-2057

Webmaster
Don Bolin
dbolin54@earthlink.net
(508) 845-1984

Northeast Regional Director
Chris Mellen's
walkpapu@worldnet.att.net

Web Site

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

Next Meeting

Wednesday
September 14, 7 pm
Walker Memorial Library
800 Main Street, Westbrook, ME

Newsletter Deadline

September 20
Ed Farrell
P.O. Box 2230
Augusta, ME 04338
207-582-6098
Edfarrell@aol.com

President's Corner

Welcome September - one of my favorite months of the year. I love the cool days, crisp nights, fresh apples off the tree and other garden treats. I had a hard time with all the heat and humidity we had this summer. The Cornish group walk in July ended up being a "Walk 'n Ride" event instead of a walk. The five walkers thank co-POC Connie Boyer for coming by and driving us up the hill. Then, fortunately, two of my Cornish friends who walked with us had relatives closeby who were willing to pick us up and take us the rest of the way! No wonder there are not too many walks in July! We will try the Cornish walk again on Saturday, September 24 to join in the fun at their Apple Festival. Please meet at the Route 25 Truck Stop at 9:30 am.

As promised, there is more information to share about the AVA Convention. Another workshop I went to was all about volunteers - how to recruit, retain and recognize volunteers. Since we are all volunteers, we should all pat ourselves on the back for keeping our organization going for 21 years. There still is enough energy and creative ideas in SMVA to keep it going for another 21 years. The Executive Board, acting as the Nominating Committee, has been able to get new people to volunteer for openings we had for officers. The new slate of officers will be presented by November and will be voted on at our December meeting.

The word "thank you" just doesn't seem to say enough about the dedication, time and energy that all the volunteers have given to SMVA. I am not going to name any one in particular because everyone has played an important role in this organization. You know who you are: walkers, workers, contributors to the newsletter, officers, door monitors, refreshment providers, promoters and "good will ambassadors". To all of you I say "thank you". If I had it in my power to send the following items to each and everyone of you, I would give you the following:

- A footprint - because volunteering required you to take a giant step forward
- A star - because you are what makes SMVA shine
- A key - because volunteers are the key to volkssport success
- A rubber band - because you are so flexible
- An Almond Joy candy bar - because sometimes you feel like a nut
- Smarties - because of your intelligence
- Snickers - to keep you laughing
- Paper clips - to keep you organized
- Bubble gum - to revitalize the child within
- Confetti - to remind you to celebrate even the smallest successes
- and best of all - a blank check because volunteers are priceless

Thanks so much for all you do. I look forward to more good times in the future!

Sincerely,
Denise Macaronas

Secretary's Report

Respectfully submitted, Carroll Tiernan, Secretary

The August meeting of SMVA was held on a hot and steamy night with sixteen members in attendance. As we introduced ourselves, President Denise Macaronas asked us to share things we did to keep cool.

The Secretary's report was accepted as printed in the newsletter. The Treasurer's report was accepted as read. Membership is up to 107 people. Please send items for the newsletter to Ed Farrell. If you see an article that you think would interest others, see if it is on line and then Ed can just copy it easily for our newsletter. There were no club sales for this period. It seems that we are getting our publicity announcements in quite a few publications and occasionally even on TV.

A call was put out for volunteers for the October 16th Saco Bay Trails walk. Denise again thanked the club for sending her to the Convention and shared some more information that she got there. There will be more in later newsletters, too.

Most of the meeting time was devoted to brainstorming ideas for leadership for next year. At this time we do not have a candidate for President. It is unthinkable that this club will fold and Maine would be the only state in the nation without a club. How would folks get their 50th state? The following ideas were contributed and are in no particular order: copresidents, toastmaster to run meetings, rotating leadership, "pseudo-president", have meetings following group walks, no newsletter, no events, fewer meetings, change by-laws so president could hold more than two terms, call everybody, rule by committee, fold. Please send additional ideas to Denise.

There will be a special board meeting on Thursday, August 18th at 5pm at Maine Audubon in Falmouth to discuss the future of the club. Bring your supper and we can eat and talk (of course, not together). All are invited.

Upcoming SMVA events include: group walk of Augusta Capital City Walk (with Walk 'n Eat Group) on Friday August 26th at 10 am, American Folk Festival Walk in Bangor on August 27th (5 & 10K) at 11:00 am and group walk of seasonal Bangor Woods/Orono Bog Walk on Sunday August 28th ("leader" for group walk needed). Here are three walks together so you can enjoy a weekend of walking.

There will be a group walk of the Cornish walk on Sat. September 24th. And remember Saco Bay Trails Walk on Sunday, October 16th. Group walk will be at 11:00 am.

And SMVA will hold an "intro-dance" on Monday, Sept. 26th. Falmouth Community Programs is holding free Greek dance lessons and we are invited. Join us at Village Park in Falmouth (behind Wal-Mart, Route 1, Falmouth) from 6:30 - 7:30 pm.

Congratulations to Bailey Schaefer on his recent certification.

Door prizes were awarded and we adjourned for refreshments.

Walking Europe

Did you know? Walk the following YRE/SEA walks in Maine and you can get credit for Walking Europe in the United States:

Augusta	Italy
Bangor	France
Portland	England
Yarmouth	England

This AVA Special Event - Walking Europe in the United States) - started on January 1, 2005 and runs until January 2009. You still have plenty of time to complete 20 events anywhere in the United States where an event city is also located in Europe. Remember, Maine has LOTS of cities and towns that qualify. All we need is volunteers with an international flair!

For more information on the Walking Europe in the United States program (\$8), please contact:

The East Texas Trekkers
P.O. Box 7042
Tyler, Texas 75711
Direct any questions to Jan Wood at 903-534-9301 or
jpw6391@msn.com

A Sad Note

Our condolences go out to Don Bolin, who's father recently passed away. Don is our webmaster and Volunteer of the Year for 2005.

Walk totals for the SMVA YRE and SE

Augusta YRE	114
Portland YRE	
Bangor SE	42
Brunswick SE	
Cornish SE	
Fryeburg SE	40
Kennebunk SE	52
South Portland SE	80
Yarmouth SE	

(POC's, please send me your walk totals, Ed)

A Lighter Note

Congratulations to Wendy Hunter, who just got married this month. Her husband's name is Mike. We were very impressed that Wendy could plan the brochure and the walk at the same time as planning her wedding. She is the POC for the Saco Bay Trails Walk

RiverWalk America

A new program from AVA Special Programs. The Augusta Walk will qualify for this program. Starts January 1, 2006 and runs indefinitely. The program rules include a sanctioned AVA walk, bike or ski event if the trail passes by or crosses over a river. A river is defined as a flowing body of water whose name ends in the word River. A trail passes by a river if you can sight the river as you walk the trail. Requests for inclusion in the program should be sent to POC Lorraine Weaver for clarification . Handwritten entries are not acceptable. This program is not retroactive. Each event may be included only once. Cost of the program is \$8.00. The program can be completed at four distinct levels. A participant may turn his or her book with five, ten, fifteen or twenty stamps. The level approach has been chosen so that children will be able to participate and complete the RiverWalk American Program without being discouraged if the challenge of completing 20 qualifying events is too great. Levels - 5 events Rafter; 10 events Rowboat Captain, 15 events, Paddlewheel Captain and 20 events Steamboat Captain. POC Lorraine C. Weaver, 22222 Chesapeake Lane, Leonardtown, MD 20650. Checks should be made payable to RiverWalk America Volksmarch Special Program



Certificate of Appreciation was presented to Stephen Oliveri, Executive Director, Pine Tree State Arboretum for letting us use the Arboretum as a start point of the Augusta walk. On the left is SMVA President, Denise Macaronas and on the right is Ed Farrell, POC for the Augusta walk.

AVA Convention Workshops

Denise Macaronas

AVA, along with SMVA, realizes that our organizations are "graying" - and that something needs to be done to get more people, especially younger ones, involved in the sport. There were at least four different workshops dealing with this theme at the AVA Convention. I was not able to attend all of them but did attend two. The two workshops I did not attend, "How to Attract Young Professionals to Volkswalking" and "Partnering with Community Organizations" sounded great. Unfortunately, when workshops run concurrently, you just can't do everything.

Here is a summary of the two workshops I did attend: "Working with Girl Scout of America Councils: Helping Girls be Healthy Today, Healthy Tomorrow" and "America on the Move". I wish all of you had been able to listen to these two speakers as they were so enthusiastic and energetic about getting others involved for the betterment of themselves. They made it sound so easy! I would like to form a committee or two to investigate how we can get involved with these two projects. We need to do more outreach to the community in order to make "volksmarching" an everyday word. If anyone is interested in learning more about working with Girl Scout Councils or the America on the Move project, please contact me at 774-3415 or via email at SMVA2005@yahoo.com.

More information will be shared at upcoming meetings, but until then, here's a short summary.

Weighing In: Helping Girls be Healthy Today, Healthy Tomorrow (Girl Scouts)

Practical Applications

Girl Scout Councils do corporate planning in the early fall with a yearly cycle of goal setting and budgeting Groups that want to work with Girl Scout Councils should:

- Provide information about your organization, mission and goals
- Ascertain shared goals and program philosophies
- Plan joint projects 6-8 months ahead of time
- Be accessible for questions and meetings
- Provide enough time for information to filter down to girls (at least two months)

How the AVA can "sell" its program to Girl Scout Councils

- It will help battle the obesity issue

- It complements existing programs like shape UP! Strong Bones, Don't sweat IT! and uniquely ME!
- Girls like being outdoors with their friends
- It's a free year-round activity planned by local AVA clubs
- Girls can also bike, skate or cross-country ski
- Girls can earn patches for their efforts
- It's a great family activity
- Council-wide walks can be used as recruitment tools
- Collaborations help attract funders

This is more than a "walk in the park". Activities could include:

- Invite Councils to add to the walk with activities (games/picnics/baseball/dance)
- Challenge councils to recruit lots of girls and then invite the media
- Make council-wide walks an annual spring or fall family event
- Make walks a part of a triathlon
- Collaborate with Councils to invite local speakers, athletes, park rangers, sneaker companies, etc.

America on the Move

Seven out of ten Americans, ages 13 and up, are trying to lose weight. One hundred fifty five million Americans are seeking a healthier lifestyle. America on the Move (AOM) is a national healthy lifestyle and obesity prevention initiative designed to help people make small changes in their lifestyle, physical activity and eating choices. AOM encourages individuals to take action in their communities to promote an environment that foster and sustain a healthy weight.

Individuals and groups can participate in the 6-week AOM "Get on the Move" program and then, after completing a brief evaluation, participate in the 6-month "Stay On the Move" program. Easy-to-use web tools and downloadable materials are available free of charge to individuals and groups at www.americaonthemove.org. The AOM website and online tools enable individuals and groups to set goals, track progress, have fun with U.S. interactive trails (e.g. Appalachian Trail), access updated information about active living and healthy eating, and learn about local and national AOM events. Registration can also be made through AOM's toll free number (800-807-0077).

AOM programs are readily available directly through AOM or in conjunction with AOM's partners at no charge. AOM programs are being implemented and

evaluated in communities across America through many channels, including the AOM state-wide affiliates, the AOM website, and AOM national partners.

MARK YOUR CALENDARS! Wednesday, September 28, 2005 is "America On the Move Day of Action".

The goals of this day include:

A. Challenge all Americans to experience how easy it is to achieve energy balance and stop weight gain by taking a pledge to:

1. Move More - add an extra 2000 daily steps
2. Eat wisely - choose a smart way to eat 100 fewer calories daily

B. Get millions of Americans "On the Move" as participants in walk events to be held across the US at local YMCA's, schools, worksites, community organizations and state capitols

C. Recognize and announce the state engaging the most participants as this year's "Healthiest State"

It may be too late for SMVA to get involved in this year's "America On the Move Day of Action" as a leader in the community, but we certainly can get involved as a group. I know this won't fit into everyone's schedule, but there will be a group walk of the Yarmouth seasonal, meeting at Hannaford Supermarket, Route 1, Yarmouth, on Wednesday, September 28 at 4:00 pm. Hope to see you then - and we can discuss how Maine might become the 2006 "Healthiest State" in the America on the Move program!

A Guide to Event and Distance Books

Event Books

Green book - Used to record 10 (1-10) events, 30 (11-30) events or 50 (31-50) events. When the green book is used for 10 events, the second page must be marked through. For the 30 and 50 event levels, all lines are used.

Purple book - When the green 50-event book has been completed, the participant graduates to the purple book. This book has lines for 25 events and is used for recording event numbers 51 through 600. It can also be used for lower levels of events if a club runs out of green books by crossing out the lines which are not needed (either 15 or 5) and marking on the front of the book the level for which it is being used (10, 30 or 50).

Rose book - Used after a participant has completed 600 events. Records 50 events and is used for event numbers 601 through 1,500.

Gold book - Used after a participant has completed 1,500 events. Records 100 events and is the highest event book.

Distance Books

Blue book - Holds 500 km and is used at increments of 500 km through 8,000 km. If a person does only short walks, it will take all the spaces to total 500 km. If an individual does medium or long walks, it will take only part of the book to make 500 km. All the lines in this book do not need to be used - only those lines needed to bring the total to 500 km. Any distance more than 500 kilometers will be carried over to the next distance book.

Orange book - After a participant has completed 8,000 km, the individual graduates to the orange book. This book holds 1,000 km for each level and is used through 22,000 km.

Yellow book - After a participant has completed 22,000 km, the individual graduates to the yellow book. This book holds 5,000 km for each level and is the highest distance book.

Bicycling Distance Book

Brown book - Used for recording distance credit for participation in bike events only. This book records up to 5,000 km. Distance from a brown bike book cannot be transferred to another walking distance book.





September		
Thursday – September 1 st	Walk & Eat	Concord, NH
Thursday – September 8 th	Walk & Eat	Fall River, MA
Saturday – September 10	WNM	Taunton, MA
Sunday – September 11	VCWP	South Nyack, NY
Thursday – September 15 th	Walk & Eat	Fryeburg, ME
Saturday – September 17	VCWP	Poughkeepsie, NY
Thursday – September 22 nd	Walk & Eat	Boston, MA
Saturday – September 24	TT	Essex, MA
Sunday – September 25	TS	Goshen, VT
Friday – September 30 th	Walk & Eat	Hanover, NH
October		
Saturday – October 1	CVVC	Wethersfield, CT
Saturday - October 1	SS	Claremont, NH
Sunday – October 2	VCWP	Round Pond, NY
Friday – October 7 th	Walk & Eat	Sandwich, MA, 9:30 AM
Saturday – October 8	NERD	Hyannis & Barnstable, MA
Sunday – October 9	NERD	Hyannis & Barnstable, MA
Thursday – October 13 th	Walk & Eat	Durham, MA, 9:30 AM
Sunday – October 16	WNM	Plainville, MA
Sunday - October 16	SMVA	Saco, ME
Thursday – October 20 th	Walk & Eat	Brunswick, ME, 9:30 AM
Monday – October 31 st	Walk & Eat	Salem, MA, 9:30 AM (Halloween Walk)



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