



SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

Jan.-Feb. 2009

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Next Meeting

Wednesday
Jan. 14 at 7:00 pm
North Deering Congregational
Church
1364 Washington Ave Portland

Newsletter Deadline

Feb. 20, 2009
Alan Johnson
207-899-2939
aldojo@midmaine.com

Happy Trails, Beryl

Beryl Wolf died Nov. 15 at Mercy Hospital in Portland. A valiant battle against leukemia ended; her family lost a mother, grandmother and aunt; and AVA and SMVA lost an outstanding member.

Just three weeks earlier she walked five kilometers with her SMVA friends on Peaks Island. And she'd played bridge as recently as Nov. 5th. Next to Volkssport, Beryl loved the game of bridge, which she played several times a week.

She pushed to remain active in these favorite pastimes because, "If I stayed at home, I'd just be feeling miserable instead of doing something I enjoy."

Her sense of humor was always there. During a long ascent near the end of the Peaks Island walk a weary Beryl commented, "I don't do hills any more."

She joined the Empire State Volkssport Club in 1990 and for the next nine years served as club treasurer and assisted in the publication of the Club newsletter. She promoted Volkssporting, worked at events, organized and conducted bus trips and assisted in setting up many Volkssport events.

During this period she set up YREs in Cooperstown, NY, Williamstown, MA, Bennington, VT, Sandwich, MA, and Bristol, RI.

Beryl was NERD from 1993 to 1995 during which time she received many AVA Certificate of Service awards.

She moved from Clifton Park, NY, to Florida in 1999 where she was an active member of the Patrick Pacers.

In 2005 Beryl moved to Portland to be near family. Still active, she helped to set up the Maine Mall YRE and resurrect the popular Kennebunk walk.

She was scheduled to receive the SMVA Volunteer of the Year award at the next SMVA meeting and she has been nominated to receive a Distinguished Service Award. AVA will make award selections early next year.



Beryl during happy moments at Canadian convention (left) and Oct. SMVA meeting.

Her daughter, Jocelyn, son-in-law, Larry Pierce and grandchildren, Cody and Jesse Pierce, live in Portland. She is also survived by her son, Jim Wolf of Theodore, Ala., a brother, Ward Tracey and his wife of Moraga, CA, a niece and a nephew.

A long time friend throughout her Volkssporting years was Denis Benke of Ot-

tawa,
Can-
ada.

To Walk Even Better

Here's some advice from Carroll Tiernan:

Walking shoes should be replaced every 300 to 500 miles (or every 3 to 6 months). Replace your shoes when you can tell the difference between your old pair and a new pair. Do not go by their appearance. The inner support can be very worn while they still look ok on the outside. It is a good idea to rotate two pair of shoes if you walk daily, therefore they can bounce back between walks. Saving your walking shoes for walks (not everyday casual wear) will make them last longer.

When walking on a cambered road avoid stress on joints by walking out and back on the same side of the road

And advice from America's Walking website:

"Walking shoes are designed for the unique heel-to-toe rolling motion of the foot in the walking stride—a stride that is very different from running. You'll experience less shin pain and other injuries by using a walking shoe. Plus, a shoe designed for walking will hold up better and last longer. Lastly, a good walking shoe can actually enhance your performance by allowing a more fluid, rolling walking gait."

Three simple tests for walking shoes are:

Place the shoe on a table and push down firmly from the inside at the back of the heel. The toe will lift up on a proper walking shoe. Push down on the toe and the heel will lift up.

Hold the heel of the shoe firmly and push upward at the toe. The shoe should bend where your foot bends, not under the arch. A shoe that bends at the arch can lead to foot discomfort.

With each stride you imperceptibly load the outside of your foot (little toe) and shift your weight inward to the big toe. This unnoticed motion is aided by a shoe with some torsional flexibility. Grasp heel and toe and look for modest flexibility.

Dues Due

Sandy Johnson reminds us:

2009 dues are due Jan. 1st. Please send to :

SMVA

P.O.Box 722

Westbrook, ME. 04092

Elaine Johnson's recipe— Cup Cake Cookies

40 Graham Crackers (crushed fine)

1 cup brown sugar

1 cup Whipping Cream (do not whip)

1/4 lb. or 1/2 Cup Butter

Mix all together. Add 2 packages miniature (2 cups) chocolate chips. 1 Cup

Chopped walnuts. 1 Cup chopped pecans.

Fill candy liners, place side by side on cookie sheet. Bake in 375 degree oven for 10 minutes. Cool and frost with butter frosting.

ALTERNATE: In place of chocolate chips use 1 cup of finely grated coconut

and 1 cup of chopped dates.

Recipe makes 100 cookies.

Newsletter committee members

March issue, Info due date Feb. 20, Committee Carroll, Sondra, John, Janet, Ann.

Mar issue, Info due date Apr. 20, Committee Carole, Judy, Lorraine, Marilyn.

July issue, Info due date, June 20, Committee Sandy, Wally, Joyce, Evelyn, Shirley.

Sept. issue, Info due date Aug. 20, committee, Alan, Rachel Ed, Brenda, Roland, Joanne.

Nov. issue, Info due date Oct. 20, committee, Elaine, Ken, Happy, David, Penny.

Party Time

The activities room at the Congregational Church in North Deering was filled with melodies produced by Carl Barker, master of, and teacher of, the harmonica. Somewhat less perfect sounds also filled the room from time to time, produced by a dozen or so SMVAers attending the December meeting. They were unused to the ways of the mouth organ, but making an effort to learn.



With a variety of instruments, Barker demonstrated the techniques of harmonica playing, using lips, fingers, tongue, and lungs. The attending membership, equipped for the most part with simple, more basic instruments, tried these techniques with varying success.

It was enjoyable-- music appreciation when Barker played; and plenty of laughs when the members tried a few notes.

Then it was time to eat: a tasty variety of snacks covered a pot-luck buffet table.



The festivities were wrapped up when a grab-bag of gifts were unwrapped. Included were such things as salt and pepper shakers and chocolate bars.

New Country Bars

AVA has had added Brazil, China and Slovakia to our stock of country bars. Order yours today!

Phil Hait:

Our NERD sends "Happy Holidays to all. I hope everyone is ready for the season. As we approach 2009 I hope that everyone makes a new years resolution to get out doing more walks & brings a friend to join them. It is the best way to ensure health and success. Phil."

Carroll Tiernan sent in the following:

Because I Still Believe

I'm like a child about Christmas

I still believe.

To me, the sparkle and the glitter are real.

And the gifts that I receive come from the heart

The season is its own excuse for giving.

And I love the generosity I feel.

The tree, the ornaments, the lights are all for me.

It's magic and I feel it every year.

Maybe that's because I still believe
by Rae Turnbull

Brain Freeze

Trouble remembering names? Read on.

First and most important, actually PAY ATTENTION when being introduced. Often we assume we are, but are being distracted.

If the person's name might be spelled in more than one way, ask how it should be spelled and repeat the information out loud.

Repeat the name. Use it in conversation.

Conjurer up an image based on the name. Smith? Maybe an anvil and hammer. Johnson? Maybe an outboard motor or a bottle of wax. Ouellette? How about Omlette? Sullivan? Picture John L. standing in the ring. Some names will be easy to visualize. Some a real challenge.

As you use these techniques they become easier.

Up-coming Walks

On Thursday, Jan. 1, SMVA's annual "start the year right" group walk will take off at 10 a.m. from the Clarion Hotel (formerly Double-Tree) 1230 Congress st. Portland. Five or 10-k walks are offered.

On Saturday, Feb. 7 and Sunday, Feb. 8 the Chocolate and Jewelry walks will start at the Maine Audubon center in Falmouth. Start times are 10 a.m. through 12 noon. Group walk starts at 11 a.m. This event is sponsored by SMVA, Falmouth Community Programs, and Maine Audubon Society. A chocolate and jewelry fair is featured.

Tally of Walkers

Figures compiled to date show that as of early December 92 people had taken the South Portland Seasonal walk; 71 the Saco seasonal walk; and 67 the Augusta Year Round Event..



Southern Maine Volkssport Association
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