



SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

July - August 2007

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Next Meeting

Wednesday

July 11, August 8, 7 pm

Walker Memorial Library

800 Main Street, Westbrook, ME

Newsletter Deadline

August 20

Ed Farrell

P.O. Box 2230

Augusta, ME 04338

207-582-6098

Edfarrell@aol.com

President's Corner

Carroll Tiernan

Finally, it's summer and most the time it feels like it, too. At least the added daylight proves it and gives us more time to walk every day after dinner.

SMVA had a booth at the Active Aging Expo at the end of May. Sondra Taylor put together an engaging booth and updated our boards with new photos. Many folks staffed the booth. This was a great event for us as we got to talk to many elders (they didn't look so old to me) about walking. An added bonus was that many of them went home with a souvenir award. Thanks to Sondra and her volunteers for bringing SMVA to this great event.

We have received word that the new New England Regional Director has been elected and it is Phil Hait from Mass. Congratulations, Phil. We are glad to have you on board.

On June 22nd, the annual Peony potluck was held at Maine Audubon. This year there was an added draw as the Audubon is holding an outdoor sculpture show. There are 118 pieces placed around the property. Some are realistic, some abstract, some large, some small, some are even kinetic (moving). After a delicious potluck, we strolled the grounds checking out the peonies and enjoying their beauty and also viewing the sculptures. June LaCombe, curator, has placed them in appropriate natural settings which enhances each piece. Each of us had a favorite, or two. The pieces are for sale, but are quite expensive, but will be on view until July 25th to be enjoyed. This is an exciting and unusual opportunity. I hope you will come see it and poke your head in my office and say hello while you are there.

Special thanks to Elaine Johnson, who seems to be our traveling rep, for taking and bring brochures to the Walk 'n Eat group and other area walks.

Our program for the June meeting was cancelled, but will be held in July. Also in July we will discuss next year's YREs and SEAs. Several of our walks (Augusta, Kennebunk) need new POCs if they are to continue. This is also the meeting where we will start the discussion of officers for next year. There are many positions to be filled. If you are interested, please let us know. There are several folks who are willing to act as mentors.

All winter we complained about how hard it is to walk on ice, in winter and freezing. Well, those days are over. Now we can complain about the heat, the bugs and humidity. Aw, come on. We live in a beautiful state and this is a beautiful time of year. Take some time to enjoy.

See you on the trail, Carroll

May 09, 2007 Meeting Minutes

Submitted by Wally Johnson

Meeting was called to order at 7:15 pm, with fourteen members and one guest (Dennis from Ottawa, Canada) attending.

Carroll asked for all to introduce themselves and to tell what they liked best about Spring.

Secretary's report accepted as written.

Treasurer's reports- CD \$4775.64 and the checking account balance was \$1096.44.

Membership- 93 members

Publicity- David Cole is still sending Emails out to all the local papers.

John Schaefer is sending an item to the American Wanderer in regards to the start of the seasonal walk in Fryeburg. Walk starts on June 1, 2007.

The Fire Dept. in Saco or Biddeford wanted to hear about SMVA. Ken sent them some information. Elaine Johnson reported that Healthy Maine Walks will be carrying some of our walks on their web site.

Sandy reported that Ann and John Stevens are the proud grandparents of Kayden Michael. He was born on April 12, 2007, weighing in at 8lbs 4 oz and is perfect.

Elaine Johnson and Joyce Rodriguez did the Intro Stroll at Laurel Hill. Elaine said the daffodils were beautiful.

October 8th there will be a bus tour coming to do the Brunswick Walk.

Walk & Eat will do the Portland Downtown Walk on Thursday May 17th.

Sondra Taylor would like help at the table for The Active Aging Expo. May 23, 2007. It starts at 9:30am and ends at 3:00pm.

Discussion on who would be going to the convention. At this time no one from SMVA will be going. Need to decide who will be our delegate to carry our vote at the convention. Several names were mentioned and Carroll will check with them. A vote was taken to decide what to offer the delegate. The club has voted to give the delegate one hundred dollars. Phil Hait will have a table at the convention. It will represent the New England states. He wants to know if we would like to have something on the table and would we like to help pay the cost. It was voted that we would share the table and pay \$25.00 towards the table expense. We need to find things that represent Maine at as little expense as possible to put on the table.

We also had a discussion on getting some brochures around the Maine Mall. We also talked about possibly doing some walks in the mall in the winter months. The club will have to check with the mall to see

if it will be possible.

Beryl Wolf talked about the Empire State Wanderers.

Ken Jackson question – are less people choosing walking as their choice of exercise?

Erin Sylvester won the SMVA Membership donated to the Windham Democratic Club auction. The auction was for environmental education.

Very important: Ed Farrell is retiring from doing the Newsletter. We are looking for a replacement. If anyone would like to volunteer to take it over, please contact Carroll Tiernan. Her email address: carrllt@maine.rr.com tele# 207-839-8447. We will also need a replacement POC for the Augusta Walk.

Door Prizes – Sandy Johnson, Ken Jackson, and Evelyn Orman

Meeting adjourned at 8:17pm for food and social time.

THOUGHTS ON THE JOYS OF WALKING

Evelyn Orman

From Henry David Thoreau: I think that the moment my legs begin to move, my thoughts begin to flow.

From Paul Dudley White: A vigorous five mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.

A Pleasant Surprise

Recently while in the town of West Bath we accidentally came upon the Hamilton Sanctuary. The Hamilton Sanctuary is owned by the Maine Audubon Society and is surrounded on three sides by the New Meadows River. The trail is about 1.5 miles long with views of the salt marsh and tidal mud flats. This is a very tranquil and beautiful location and well worth the ride to West Bath. Directions to the Hamilton Sanctuary and a trail map can be obtained on the Maine Audubon web site. There is limited parking.

Walking Meditation

While meditation is most always associated with sitting in a quiet location, the same positive effects of meditation can also be obtained by walking.

Suggested reading on this subject: *The Long Road turns to Joy: a Guide to Walking Meditation*
Thick Nhot Hanh

Walk totals for the SMVA YRE and SE

Augusta YRE	19
Portland YRE	Walkers - 17 Bikers - 2
Brunswick SE	22
Fryeburg SE	5
Kennebunk SE	43
Sanford SE	4
South Portland SE	
Yarmouth SE	

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

Birthdays in July

John Turrell
Fred Welch
William Taylor
Polly Meltzer
Jean Jordan
Peggy Schwerdt
Norman Cousins
John Schaefer
Sue Cilley
Evelyn Orman
Carole Plowman
Blanch Flyer

Birthdays in August

Ed Farrell
David Hourigan
Larry Moore
Pat Welch

Miles Per Gallon

Submitted by Carroll Tieman

A 2006 study by Texas A&M University found that the average American walks about 900 miles per year.

Another study by the American Beer Institute found that Americans drink an average of 22 gallons of beer a year.

That means, on average, Americans get approximately 41 miles per gallon - not bad!

Sanford Walk

Ed Witherell

We have a bug spray can in the Sanford walk box for those who want to lather up for the buggy walk through the woods on the Mousam Trail. Be sure to replace the can in the walk box when done.

Yankee Doodle

Submitted by Carole Plowman

"Yankee Doodle" is a patriotic song, as well as the state anthem of Connecticut. But how did it originate?

The pre-Revolutionary War song was originally sung by British military officers to mock the disheveled, unorganized colonial "Yankees" with whom they served in the French and Indian War. During the Revolutionary War, the Americans embraced the song and made it their own, turning it back on those who had used it to mock them. In the song, shown below, a *doodle* had the meaning of a simpleton or fool. A "*macaroni*" in mid 18th-century England was a dandyish young man with Continental mannerisms. The joke was that the Yankees believed that a feather in the hat was sufficient to make them the height of fashion.

*Yankee Doodle went to town
A-riding on a pony
He stuck a feather in his hat
And called it macaroni*

*Yankee Doodle, keep it up
Yankee Doodle dandy;
Mind the music and the step,
And with the girls be handy!*

Broccoli Salad

Sandy Johnson

1/2 cup raisins
2 large bunches broccoli, chopped
1 cup sunflower seeds
1 medium onion, chopped
12 slices bacon fried crisp, optional
1 cup mayo or Miracle Whip
1/2 sugar
2T vinegar
Mix the above three ingredients together. Soak the raisins and the onions in this mixture. Let stand 2 hours in the fridge. Mix together with the other ingredients and serve.

SMVA Meetings

(submitted by Denise Macaronas, Program Chair)

SMVA meets on the second Wednesday of every month. Our meetings start at 7:00 pm and are held at the Walker Memorial Library, 800 Main Street, Westbrook, ME.

The meetings in the odd-numbered months are working meetings where everyone is invited to share their ideas. The meetings in the even-numbered months have a program with a guest speaker.

Due to a scheduling conflict in June, our guest speaker Ned Doughty was not able to come to our meeting. Ned will be at our July 11 meeting to share his expertise on "Proper Summer Gear". Ned did a wonderful program last year on "Proper Winter Gear". Please join us on July 11 as we prepare to walk the summer heat in Maine - and beyond.

Please join us at a meeting or two. We would love to see you!

FMI, please check our website at smva.8m.com or email us at smvamaine@yahoo.com

July 11: Proper Summer Gear with Ned Doughty

August 8: Nordic Walking with Barb McGranahan

September 12: Working Meeting

October 10: Winter Safety and First Aid with Brenda Witherell

November 14: Working Meeting

December 12: Annual Holiday Get-together and "pot luck"

NEW SEASONAL WALK: FRYEBURG, ME

11 km, 10 km or 5 km Walk
June 1 – October 15, 2007

Welcome to SMVA's newest seasonal walk. This is a RiverWalk America credit walk.

Trail Description: Both the 5 km and the 10 km trails are mostly on sidewalks and roads. These trails are rated 1. The 11 km route has a 200' high hill/boulder which goes through the woods to the top of Jockey Cap. This trail is rated 2. All trails take you past the oldest Maine Fairground (famous Fryeburg Fair runs the first week – and both week-ends – in October); the famous Fryeburg Academy where Daniel Webster taught; Admiral Peary Park where Admiral Peary did his dead reckoning for the true North; and Admiral Peary's Fryeburg home.

Point of Contact: John E. Schaefer, 226 Shepherds River Road, Brownfield, ME 04010 (207) 935-4117 Email: jonjan@fairpoint.net

Start Point: Jockey Cap Store, 116 Bridgton Road, Fryeburg, ME 04037 (207) 935-2306. Please ask for the Start Box inside the store. Please remember that customers have priority over walkers.

Start Times: This walk is held daily, 7 AM to 5:00 PM. Please note that the store closes earlier on Sunday evenings.

Water/Restrooms: Water and restrooms are available at the start/finish.

Refreshments: Coffee and snacks are available at the start; eating establishments are not readily available on the various routes.

Pets: Please note that pets must be leashed at all times. Owners are responsible for cleaning up after their pets. Also, pets are not allowed to enter buildings.

Accommodations: Rooms are available at the Jockey Cap Country Store and Motel (207) 935-2306. There are also a number of hotels in North Conway, NH.

Directions:

From Portland, ME – From I-95 (Maine Turnpike), take Exit 48 and turn right at the first stop light (onto Riverside Street). Go to Forest Avenue and turn left onto Rt. 302. Continue on Rt. 302 to Fryeburg, ME. The Start Point - Jockey Cap Store - is on the right as you enter Fryeburg.

From Portsmouth, NH – Take Route 16 North to Conway Village, NH. Take Rt. 113 at the lights which connects with Rt. 302 (in about 2 miles). Go east on Rt. 302 to Fryeburg, ME. The Start Point - Jockey Cap Store - is on the left as you leave Fryeburg.

MARINATED CARROTS

Elaine Johnson

2lbs. fresh carrots	3/4 C vinegar
1 large onion sliced	1 tsp. salt
1 green pepper, cut in strips	1/2 tsp. pepper
1 can tomato soup, undiluted	1 tsp. dry mustard
1 cup sugar	1/2 C salad oil
1 tsp. Worcestershire sauce	

Wash, peel and cut carrots into 1" pieces. Cook until tender and drain. Cool. Combine sugar, soup, oil, vinegar, salt, pepper, mustard and Worcestershire sauce in saucepan and bring to a boil; stir well to dissolve sugar. In 2-quart casserole, layer carrots, onions and green pepper. Pour hot mixture over; let cool. Cover and chill in refrigerator overnight. Drain well before serving. Keeps for many days.

The Heat is On

*Submitted by Carroll Tieman
From www.walking.about.com*

When the heat is on, what are the best exercise strategies?

- **Exercise indoors where it is air conditioned:** If you haven't had to use this option, you will want my tips on finding a free treadmill to use.
- **Walk in the coolest part of the day:** You may have to set the alarm clock for 4 am, but it is usually coolest right before dawn. It is also fun to see the world waking up.
- **Dress for the heat:** If you have to walk in the heat, dress for it with a hat, wicking clothing, chafing prevention products, carrying water, and consider one of those gel neck coolers. 10 Hot Weather Essentials
- **Drink Right:** Sweating in the heat brings the biggest risk of both dehydration (water loss) and hyponatremia (low blood salts). Carry enough water and/or sports drink so you can drink when you first feel thirst. Be aware that losing salt in sweat and drinking large amounts of water can lead to diluting your body salt to the point where you develop the dangerous condition of hyponatremia. Be sure to have something salty, or sports drink, in addition to water, and don't overdrink. Drinking Guidelines for Walkers and Slow Runners 2006.

Walking and Music Therapy

*Submitted by Carroll Tieman
From www.walking.about.com*

The healing power of music has been recognized throughout history. Music has been used as therapy since David played his harp for troubled King Saul. The right music can take you from a highly tense state to a relaxed state in a matter of minutes. Music creates harmony out of discord and unlocks emotion, leaving us free to relax. Like walking, music draws away tension and anxiety and puts you back in touch with yourself. So take out your Walkman, slip on your headphones, put on some suitable music, and start walking.

After a few minutes you will begin to feel the tension ease away. After ten minutes you will move into a flow state, opening up your mind, body and spirit to new possibilities and potentials. Feel the euphoric rush of energy release as you move into a measured step with the rhythm of the music, and experience an instant 'high'. After 20-30 minutes' aerobic workout, your muscles are stretched and toned and you feel on top of the world.

What type of music? You can either play a favorite piece of music or you can buy a specialist walking tape. There are several on the market and they are available in two types. One type matches heart beat with the beat of the music (say 120 beats per minute at a brisk pace). The second type also matches heart beat and is more useful for beginners - it has a voice over on the music and works as a motivational aid. It has information on how to get started, slowly build up your pace, and how to walk to achieve maximum benefits. Specialist tapes are available for a wide range of musical tastes - pop, classical, swing, country and marches.

Instrumental pieces on piano, flute, harp or by string ensembles tend to be more soothing than vocal pieces. Experiment with music at different tempos to match your walking pace, whether a stroll or brisk workout. Just a note of caution. Headphones can distract you from traffic and other dangers on the road, so be careful when and where you use them.

Help Wanted Editor for SMVA newsletter

Here is an opportunity to practice your computer skills in a low key setting. Bi-monthly newsletters are all you need to do. If interested, contact Carroll Tieman, crrllt@maine.rr.com (207) 839-8447, for more details.

Reuse Water Bottles

Submitted by Carroll Tieman
From www.walking.about.com

And, yes, it is safe to reuse your bottled water bottle. No only is it safe, so long as you rinse the bottle well between uses, but it is more environmentally-friendly than disposing of dozens of plastic bottles each week. Reuse it till it's ready to recycle, or buy a good quality refillable sports water bottle.



What is a Year-Round or Seasonal Event?

Unlike other volkssport events limited to one or two days with a set start/finish time, a Year-Round event may be open daily, January through December. A seasonal event is like a Year-Round event, but is open less than a full calendar year. (Be sure to check dates on seasonal events).

Starting Point: the AVA guide to over 1400 self-guided walks throughout the USA. Order this publication for full event listings, directions to start points, trail descriptions and ratings, and local contact numbers.

TRAIL RATINGS

The following trail rating system is used to indicate the degree of difficulty of a trail for the AVA sanctioned walk.

- (1) An easy walk on pavement or on a well maintained trail with no significant hills. Probably suitable for strollers or wheelchairs.
- (2) A moderately easy walk on some pavement or some woodland or open field trails. Or entirely woodland and field trails that may not be well maintained. No significant difficulty with hills. May not be suitable for strollers or wheelchairs.
- (3) A moderate walk in any setting with some difficult terrain, one or two substantial hills/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. Highly unlikely to be suitable for strollers or wheelchairs. 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 physical health.
- Precautions: (Please be aware that weather conditions will cause a variance in the trail rating. Inclement weather or an unexpected hot or cold day can increase the degree of difficulty of a trail as much as one or two full points, so each participant should adjust their pace accordingly). It is advisable to carry water to all walking events. It is possible to become dehydrated in cold weather as well as in hot weather. It is always the goal in the AVA to provide the participant with a safe and enjoyable event. You alone know your own limits.



2007 NATIONAL PHYSICAL FITNESS & SPORTS MONTH

Eligibility Coupon

Patch design courtesy of Dorm Batson, Northwest Region

I/We participated in a volkssport event during the month of May, 2007. Please send _____ commemorative patch(es).
Coupon expires August 1, 2007 or when supply is exhausted.

NAME: (PLEASE PRINT) _____

ADDRESS: _____

Mail this coupon with check or money order for \$5.00 (includes shipping) (TX residents add 8.25% sales tax) for each patch to:
AVA National Headquarters, NPFSM, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148-4147.

SMVA at the Active Aging Expo

Sandy Johnson

On May 23rd SMVA participated in the Active Aging Expo Day at the Portland Sports Complex which was sponsored by Southern Maine Agency on Aging. Each May, the Southern Maine Agency on Aging sponsors this event to bring thousands of people together to show them what southern Maine communities have to offer seniors and their families. This year there were more than 100 service and product exhibitors as well as entertainment.

There was a lot of interest in the SMVA table. Many people stopped to ask questions and get information.

Thank you to Sondra Taylor and Evelyn Plowman for creating a great display and for being in attendance all day. They were joined by other volunteers throughout the day. I am not sure if I have all the volunteer names, but I will try. Thanks go to Carroll Tiernan, Sandy Johnson, Penny and David Cole, and Elaine Johnson. Also thanks go to Denise Macaronas for supplying walk patches, Fryeburg flyers and Maine Walking brochures for the table.

I think I spent more time wandering around all the exhibits than working at the SMVA exhibit. It was also great that the SMVA table was directly across from the entertainment stage.



The Ladies behind our table at the expo are Sondra Taylor and Evelyn Orman.

July		
July 4 th – Wednesday	ESCV	Ballston Spa, NY
July 10 th - Tuesday nite	WNM	Stow, MA
July 21 st – Saturday	TSVA	Essex Junction, VT
August		
August 14 th – Tuesday nite	WNM	Hudson, MA
August 25 th – Saturday	WNM	Jamaica Plain, MA
September		
September 6 th - Thursday 10 AM	Walk & Eat	Fremont, NH
September 13 th – Thursday 10 AM	Walk & Eat	Concord, MA
September 22 nd – Saturday	WNM	New Bedford, MA
September 27 th – Thursday 10 AM	Walk & Eat	Boston, MA (Special Places)
September 29 th – Saturday	WNM	Wareham, MA
October		
October 4 th – Thursday 10 AM	Walk & Eat	Yarmouth, ME
October 6 th – Saturday	TSVA	Fall Foliage Festival, Groton, VT (2 walks)
October 11 th – Thursday 10 AM	Walk & Eat	Amesbury, MA
October 18 th – Thursday 10 AM	Walk & Eat	Sanford, ME
October 25 – Thursday 10 AM	Walk & Eat	Boston, MA (Freedom Trail)
October 31 st – Wednesday 9:30 AM	Walk & Eat	Salem, MA



Westbrook, ME 04098-0722

