



SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

July-August 2008

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Next Meeting

Wednesday
July 9 at 7:00 pm
North Deering Congregational
Church
1364 Washington Ave Portland

Newsletter Deadline

August 20
Alan Johnson
207-899-2939
aldojo@midmaine.com

Tips on Walking Better

It's safe to say that the SMVA membership likes to walk. Dr. John Perry may well be able to help some of us enjoy our recreation more.

At the June meeting Dr. Perry, a podiatrist, passed along information on the structure of our feet and ankles, and how we can avoid or minimize damage and pain. Among points discussed were:

--alignment of the foot and ankle. Straight up and down is good. Misalignment, known as pronation, is not as good. If you come down on the inside or the outside of your heel (check on how wear shows on the heels of your shoes) you are pronating. This could lead to other foot problems.

--bunions. Some people have a pre-disposition to developing bunions which look like a big bump on the side of the foot behind the big toe. Improper footwear can squeeze the toes and aggravate the painful condition. Proper shoes and padding may relieve the pain.



Dr. Perry stressed the importance of the proper footwear, supportive, with adequate room for the toes, adequate padding and without high heels.

Virtually all parts of the human body are in coordinated motion during walking. The condition of the feet, ankles, legs and spine affect posture and gait. Posture and gait can make the difference between an enjoyable walk and one that is merely tolerated.

**Free Gait Analysis Available
at Dr. Perry's Office**

**Walkers welcome to call 773-
5800 for a scheduled time**

(left to right) Happy Jackson, Elaine Johnson, Dr. Perry at June meeting.

Wrap-up on SMVA Walks

Denise Macaronas

AVA President on IVV Conference

AVA President Curt Myron reported on an IVV conference earlier this year. Following are a couple of brief excerpts from an article on the subject in the American Wanderer:

“In mid-February I attended an IVV conference in Luxembourg. Only European IVV members were invited, but AVA’s Advisory Commission and AVA officers unanimously recommended my attendance to communicate American concerns over recent events and to gather information about the agenda of the new IVV leadership.”

“. . . In summary, I believe that the IVV leadership acknowledged the transition to this new leadership team could have been better. They seem sincere in wanting better communication and positive change. They do not see their efforts to gain greater control of IVV as excluding other country members (although many non-Europeans do not agree). I heard most of the ‘right words’ in this meeting, but the proof will show itself in future actions. AVA must continue to be vigilant and assertive.”

Maine Mall Year-Round Walk Set

The Maine Mall is SMVA’s new indoor and weatherproof certified year-round walk beginning June 1. The Lamey-Wellehan Shoe store is the start-finish location. The start box is located behind the customer service desk.

Beryl Wolf led the efforts to establish the walk. She and Alan Johnson are POCs. The walk consists of several one-mile loops inside the mall or 1 ¼ -mile loops outside the mall. Numerous restrooms, restaurants and shopping opportunities are available.

Hours are 9:30 am to 9:00 pm Monday thru Saturday and from 11:00 am to 6 pm on Sunday. Closed Thanksgiving and Christmas. The store is inside the mall near Sears.

A group walk was held June 3 in Yarmouth. Starting point for both the 5k and 10k routes is Hannaford Supermarket, 756 Rt. 1, Yarmouth at the customer service area.

FRYEBURG WALK - Start point is the Jockey Cap Cafe, 6 Bridgton Rd, Rte 302, Fryeburg, ME 04037. Hours from 6:00 am to 2 hours before dusk, Monday to Saturday and from 8:00 am to 3:00 pm on Sunday. Start Box is near the counter in the Jockey Cap Café.

SANFORD WALK - Start point is the Hannaford Supermarket, 800 Main St. (Route 109), Sanford, ME. Hours from 7:00 am to two hours before dusk. The start box is at the Customer Service Desk. Please remember that customers have priority over walkers.

The walking/biking season is now in full swing. All of Southern Maine Volkssport Association's Year Round and Seasonal walks (and bike route in Brunswick) are available to enjoy. Everyone is invited to participate in these non-competitive programs.

Please check out SMVA's website at smva.8m.com for directions, details and updates about walks, meetings and special events

Joyce Rodriguez offers the following: . .

The sun was warm but the wind was chill.

You know how it is with an April day.

When the sun is out and the wind is still, You're one month on in the middle of May.

But if you so much as dare to speak,
a cloud comes over the sunlit arch,

And wind comes off a frozen peak,

And you're two months back in the middle of March.

~ Robert Frost

SMVA Memorial Day Welcoming Committee



SMVA members await touring AVA'ers in the lobby of the Clarion Hotel on Memorial Day. A bus load of Volkssport members stopped to take the five and 10 km walk as part of a Tater Tour that included covered bridges and the Canadian National Convention in Nova Scotia. Left to right are Janet Schaefer, Polly Meltzer, Chuck Lipson, John Schaefer and Chris Lipson.

Barbara McGranahan will conduct another Nordic walking pole interactive program at the August SMVA meeting

Tree Huggers in Yarmouth

During the June walk in Yarmouth Dean Cilley and Denise Macaronis appear to be holding up the oldest Elm in New England. Denise and Dean then continued on the walk. The tree is reportedly still standing



July refreshments-Sandy Johnson, Joyce Rodriguez, Linda Darling.

July door prizes-Sandy Johnson, Joyce Rodriguez

August refreshments-Evelyn Orman, Tabathia Darling, Sondra Taylor.

August door prizes-Evelyn Orman, Sandy Johnson

Not Much PR For An Interesting Walk

We haven't heard very much about it, but the South Portland walk combines great scenery, current activity and more than 200 years of history. Shortly after leaving the Hannaford Market start point you look to the left for a great view of the Knightville and Portland waterfronts across Mill Cove. Walk to Bug Light Park, look in one direction and you might see a luxury cruise ship just across Casco Bay docked at Commercial Street in Portland. In another direction, close at hand you will often find a giant tanker unloading. And all the while you are standing on the site of a shipyard that produced Liberty Ships during World War II. Further along the walk you can wander among the cannon emplacements and other features of Fort Preble, built in the early 1800s to deter the British; look across the water beyond the historic Spring Point light House to Fort Gorgeous, circa 1860s, which seems to occupy an entire island. And it's easy to discover while you are there that you are on the edge of the Southern Maine Community College campus..

Portland waterfront from across Mill Cove



Spring Point Lighthouse is to the right of barely discernable Fort Gorgeous seen through Ft. Preble cannon emplacement

Giant tanker offloads adjacent to Bug Light Park



Banana a Day Better than an Apple?

Don't know if this information was generated by Chiquita Banana or not, but it came to us via the web. Here it is:

Bananas contain three natural sugars: sucrose, fructose and glucose, combined with fiber. Research shows that two bananas provide the energy for a strenuous 90-minute work-out.

For depression—bananas contain tryptophan, a protein that the body converts to serotonin, known to make you feel happier.

PMS?—forget the pills, eat a banana, the B6 regulates blood glucose.

For anemia—bananas are high in iron which stimulates production of hemoglobin.

For blood pressure—bananas are extremely high in potassium

For brain power—200 students in England ate bananas at breakfast, break and lunch and were benefitted by the potassium.

Constipation—high in fiber, bananas can help restore normal bowel action.

Hungover?—Make a banana milk shake sweetened with honey. This medicinal cocktail calms the stomach, builds up depleted blood sugar levels, and re-hydrates the body.

Kennebunk Walk Revived

Canadian Volkssport Federation Convention

The CVF Convention was held this year on the beautiful campus of Acadia University in Wolfville, Nova Scotia. The surrounding apple orchards were in full bloom and the cherry trees were bursting with color. Wolfville is located on the Bay of Fundy. Hence the Convention theme: "Walk in the Land of Orchards & Tides." The convention walks were varied and enjoyable. Mother Nature did her part by providing perfect weather for walking!

Among others representing AVA's Northeast Region were several members of the Walk & Eat gang -- the Melchers from Brunswick, Maine, the Moultons from Stratham, NH, and the Rossis from Topsfield, MA.

The Meet and Greet on Friday evening and the Banquet and Awards Ceremonies held on Saturday evening were well attended. I had such a good time! It was like old home week seeing so many friends from Ontario and Quebec and Nova Scotia. And on the Tater Tours bus was a long-time friend from Portland, Oregon -- and another friend, formerly from my old stomping grounds in Clifton Park, NY.

The CVF Convention in May, 2009 will be held in North Bay, Ontario. Start planning ahead -- and plan to have a good time! Happy Trails!

.....Beryl Wolf



Beryl and two Canadian friends at the CVF convention. Dennis Benke, Beryl, and Bernice Chase.

On Wednesday, June 25, Beryl Wolf received word that one of Maine's more popular walks—Kennebunk/Kennebunkport—is resanctioned for a seasonal event from Oct. 1 to Dec. 15.

In 2007 the walk's start point, a video store, unexpectedly went out of business and the walk ceased as a sanctioned event. Late last year and earlier this year Beryl Wolf and Alan Johnson made several trips there to explore for a new start point.

Earlier in June the trips paid off. The Port Bakery and Café was among places visited. The management agreed to be the start point. Then AVA gave approval. Because it takes 90 days for sanctioning to take effect the season this year begins on Oct. 1.

Beryl and Elaine Johnson will be co-POCs. The Port Bakery and Café is on Rt.35 in Kennebunk Lower Village, just several hundred feet from the old start point.

There are 11 and five-km options. Both are rated 1+. The 11-km trail lies along sidewalks and paved roads. It passes shops in Kennebunk Lower Village and Dock Square, visits the grounds of St. Anthony's Monastery and has views of Walker Point, Bush family summer residence.

Water, restrooms, and refreshments are available at the start point and along the route. No pets are allowed.

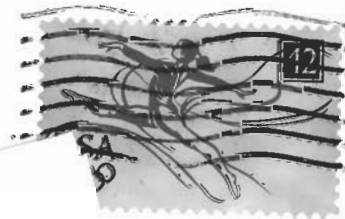
From north or south on I-95 take exit 25, follow Rt. 35S across Rt. 1 in downtown Kennebunk, continue on Rt. 35 south an additional 3.4 miles. The entrance to the Village Market Place (site of he old start point) is on the right and the new start point is several hundred feet beyond on the right. Parking is available in the Village Market Place parking lot.

Regional Walks

2-July	Empire State	Saratoga Springs	Barbara Kolapakka	sisu07@earthlink.net
8-July	Walk'nMass	Stoneham Mass	Jim&Marilyn Regan	mrregan@comcast.net
9-July	Empire State	Troy NY	Mary Agars	gagars@nycap.rr.com
13-Jul	West Point	Central Valley	Mike Green	volkssportclubofwestpoint@hotmail.com
16-Jul	Empire State	Albany NY	Beth Snyder	easnyder@nycap.rr.com
19-Jul	Twin State	Waterbury VT	Cynthia Gray	crwgray@comcast.net
20-Jul	Twin State	Waitsfield VT	Cynthia Gray	crwgray@comcast.net
23-Jul	Empire State	Ballston Spa NY	Bernie Green	tscbernie@notmail.com
26-Jul	Seacoast Striders	Portsmouth, NH	Claudia Cauchon	Claudia.cauchon@unh.gov
6-Aug	Empire State	Albany NY	Doug Reynolds	dougreynolds@juno.com
10-Aug	West Point	Cold Spring NY	Andrew Schmidt	volkssportclubofwestpoint@hotmail.com
12-Aug	Walk 'nMass	Milford MA	Bea Hait	beateh1@aol.com
13-Aug	Empire State	Mechanicville NY	John Cairns	JLCairns@aol.com
16-Aug	Walk 'nMass	Bridgewater MA	Margo Craven	magoo249@aol.com
20-Aug	Empire State	Saratoga Springs	Jean Padula	ASPCAAlbany@aol.com
27-Aug	Empire State	Schoharie Crossing	Winnie Balz	wiknnieeb@yahoo.com



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