



# SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

Nov—Dec 2007

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## Web Site

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

## Next Meeting

Wednesdays at 7:00 pm  
Nov. 14 at Maine Audubon  
Dec. 12 at the Johnson's

## Newsletter Deadline

December 20  
Alan Johnson  
207-899-2929  
aldojo@midmaine.com

## PRESIDENT'S CORNER

Carroll Tiernan

Well, hasn't it been an amazing fall! The frost has only been on the pumpkin once at my house and the flowers are still blooming in the garden. Do you think we will have to pay for this glorious weather later? I hope not.

Just to let all know, the Kennebunk SEA had to be closed early. The start point closed and with such short notice, we were unable to get another start point in time to make the Starting Point deadline. This has been one of our most popular walks and we hope to resume it by mid-year. If you have any ideas for a starting point, please let Denise know as she is the new POC. Many thanks to Ann Stevens for being the Kennebunk POC for many years.

At the last meeting, a slate was put together for 2008. We have sanctioned walks for 2008 and it is important that this club function to meet those commitments. My thanks to those who volunteered (with a bit of arm twisting) to help out.

The Nov. 14 meeting will be at Maine Audubon in Falmouth because of construction at the Westbrook library. If you need directions, give me a call at work, 781-2330, ext. 210. In December, we will hold our holiday party at Sandy and Wally Johnson's. This is a pot luck meeting so bring a treat to share. Sandy will have directions at the next meeting or you can give her a call. We are expecting to be back in the library in January.

On January 1st, SMVA holds one of my favorite traditions - the first walk of the year. We walk the Portland SEA starting at 10AM from the DoubleTree Hotel in Portland. I hope you can join us. If the weather is bad, we will just go across the street to Tony's Donuts. So much for starting the year right.

A peek forward: we will be holding the Chocolate Walk again in February and possibly a March into May walk in May. We have a full menu of YREs and SEAs also. This year we will be focusing on Governor Baldacci's theme of "Take it Outside." It works for us.

This is my last column as President. I thank you for putting up with my shenanigans and helping me. I really enjoy your company and look forward to walking and talking with you in the coming year. Thank you.

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**Membership renewal time is upon us. The form is enclosed. Don't forget to fill in your birthday.**

## MINUTES OF SEPT. MEETING

The September meeting was held at the Sheridan Corporation in Westbrook, thanks to the hospitality of Ken Jackson. Items discussed included next year's slate and upcoming walks. We were unable to get a nominating committee so the process was shelved until the next meeting. Ken and Happy shared pictures of their wonderful trip this past year. They traveled 4300 miles and spent \$2500 on gas, but had an unforgettable trip to Newfoundland and Labrador. Because of construction at the Walker Memorial Library, the next two meetings will be held at Maine Audubon in Falmouth.

Respectfully submitted, Carroll Tiernan, Secretary  
pro tem

## 10/10/ PROGRAM MEETING MINUTES

On October 10th, SMVA met at Maine Audubon. Barbara McGranahan presented a program on Nordic Walking. After an introduction on what it is and how to do it, she fitted each of us with a set of poles and out the door we went. We practiced walking the loop around the parking lot. By loop three, we all had the rhythm and were striding purposefully and burning extra calories to boot. Then she showed us a series of stretches and cool down moves. This was a very interesting program and Barbara promised to come back next summer when the extended light will allow us to practice walking up and down hills.

After the program, we broke for refreshments and then had a short, but productive meetings. We now have a slate for next year (reported elsewhere) and will be able to meet our commitments. The November meeting will also be held at Maine Audubon, but the holiday meeting in December will be held at Sandy and Wally Johnsons'. Then some of us went shopping in the Audubon store.

Respectfully submitted, Carroll Tiernan, Secretary  
pro tem.

## SLATE OF OFFICERS--2008

The nominating committee of Elaine Johnson, Alan Robitaille and Happy Johnson have submitted the following slate:

President - Linda Darling

Vice-President - Carole Plowman

Secretary - Carroll Tiernan

Treasurer - Wally Johnson

Board - Susan Chapman, Penny Cole, Ken Jackson, Alan Johnson, and Sandy Johnson.

Nominations will also be accepted from the floor at the December meeting. Voting will take place at the December meeting and the new officers will assume their new roles in January.

## HOLIDAY PARTY WED. DEC. 12

Our annual holiday party will be held at the home of Sandy and Wally Johnson in Gorham on December 12th at 7:00 p.m. Please bring a treat to share.

Directions to their home will be available at the Nov. 14 meeting, or contact Sandy at 839-2057 or e-mail [sjohns1@maine.rr.com](mailto:sjohns1@maine.rr.com)

Thank you Sandy and Wally for offering your home. The Walker Memorial Library, our home base, is closed for the rest of the year because of renovations.

## NEW YEAR'S DAY WALK

Our annual start-the-year-right group walk of the Portland YRE will be held on January 1st at 10:00 a.m. starting from the DoubleTree Hotel in Portland. Hope you can join us.

## Walk totals for the SMVA YRE and SE

As of August 2007

Attention to all POC's:

Please send your walk totals to Alan Johnson,  
newsletter editor by December 20, 2007.

aldojo@midmaine.com

Augusta YRE	58
Portland YRE	Walkers - 73 Bikers - 7
Brunswick SE	33
Fryeburg SE	20
Kennebunk SE	96
Sanford SE	14
South Portland SE	40
Yarmouth SE	25

## KENNEBUNK WALK CLOSED FOR THE YEAR

Due do the closing of the Marketplace Video at Village Market, SMVA had to close the Kennebunk seasonal early. Unfortunately, the Kennebunk SEA will not open next spring. We are hopeful of opening it mid-year if a suitable starting point can be found.

Put on your thinking caps and help us find a new start point. Contact any officer with your suggestions

Many thanks to Ann Stevens for her years of faithful service as POC of this walk.

## Group Walks—Meet at 10:00 am

Saturday, November 10—Brunswick

Tuesday, November 20—Yarmouth

## TWO ACCOMPLISHED MEMBERS

The achievements of Roberta Schwartz and Jane Cauchon were mentioned in the latest edition of THE AMERICAN WANDERER, Roberta for completing 75 events and Jane for a distance of 13,000 km.

## STRETCH THOSE BENEFITS

Walking at least 30 minutes most days of the week helps lose weight, controls blood pressure and protects against diabetes and poor posture. Walk in an upright position with back straight, shoulders down, neck relaxed. Look straight ahead, not at your feet. Keep stride at a natural length.

Stretching five to seven times a week improves flexibility.. You should walk for from five to ten minutes before stretching. Each stretch should last from 10 to 20 seconds and should be repeated three to six times.

This tip for enhancing the benefits of walking is supplied by Elaine Johnson

## HAPPY BIRTHDAY TO ALL

Sandy Johnson has supplied a birthday list for members born in the last four months of the year.

**Born in September:** Linda Kokemuller, Don Meltzer, Lennie Hatch, Thomas Collins, Elaine Johnson, Cindy Hall, Wendy Harris, Al Moulton, Wally Johnson

**Born in October:** Jane Cauchon, Cyndi Hall, David Cole, John Stevens, Marilyn Russell, Nelia Dunbar, Joyce Steven, Denise Macaronas.

**Born in November:** Beverly Day, Shirley Milliken.

**Born in December:** Linda Darling, Janet Carr, Lorraine Afthim, Roxanne Williams, Matthew Mueller, Happy Jackson, Herman Day, Sandy Johnson

**Membership dues due date is Jan.1.** When you fill out the new membership application form, which is enclosed in this newsletter, be sure to include your date of birth. Sorry for any names missing from the above list.

## NOVEMBER

3-Nov Saturday Seacoast Striders Seabrook, NH Janet Sherrod [claudia.cauchon@verizon.net](mailto:claudia.cauchon@verizon.net) 603-926-5651

4-Nov Sunday Empire State Clifton Park NY Eileen Skinner [EFSkinner@aol.com](mailto:EFSkinner@aol.com) 518-372-3663

## DECEMBER

Saturday Walk n Mass Attleboro MA Margo Craven [magoo249@aol.com](mailto:magoo249@aol.com) 508-222-1152

Saturday Empire State Schenectady, NY Eileen Sowa [Sowai@union.edu](mailto:Sowai@union.edu) 518-399-3949

Sunday Seacoast Striders Dover, NH Claudia Cauchon [claudia.cauchon@verizon.net](mailto:claudia.cauchon@verizon.net) 603-659-8598

Saturday Finger Lakes VC Binghamton, NY Doug Gausman [dougs4it@aol.com](mailto:dougs4it@aol.com) 607-757-0164