



# SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association

Sept.-Oct. 2008

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## Web Site

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

## Next Meeting

Wednesday  
Sept. 10 at 7:00 pm  
North Deering Congregational  
Church  
1364 Washington Ave Portland

## Newsletter Deadline

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

## Nordic Walking at August Meeting

It's the evening of Aug. 13 and 20 or so people are circling inside the large basement activities room of the North Deering Congregational Church using all fours. What's going on? SMVA members were trying out Nordic poles, similar to cross-country ski poles, and they were using their arms to help move forward.

During the ten-to-fifteen -minute exercise they covered an estimated quarter to half kilometer.

It was all part of a presentation to SMVA members by Barbara McGranahan, a professional fitness expert. She operates the Basics Fitness Center in South Portland and is a registered nurse associated with the New England Rehabilitation Hospital in Portland.

She had outlined in detail the benefits of Nordic walking. Then she broke open containers of Nordic poles, fitted a set of poles to each attending SMVA member, and set them off on the training walk.

Her basic message was that , beneficial as walking is, Nordic walking with the poles, is better. The specific points Barbara made are listed in literature she made available.

In terms of enjoyment it points out that Nordic poling is done in all-seasons, has no time restraints, uses poles easily stored, is a group participation, is easy to learn, and is affordable with a life-time guarantee.



Barbara McGranahan (left) sets up Tabatha Darling and mom Linda Darling with Nordic poles

The Cooper Institute in Texas and the National Health Institute of Finland find that Nordic walking is better for you than just walking because it:

-- burns as up to 46 % more calories .

--increases upper body strength.

--Reduces stress on the joints.(Noted orthopedist J. Richard Steadman of Vail, Colo. Said, "walking with poles can reduce accumulated force by about 6 tons over the course of a mile.")

--relieves neck and shoulder pain.



- improves neck and chest mobility.
- increases safety in walking, adds stability.
- allows the same exercise intensity as running without the high impact.
- reduces the rate of perceived exertion for a given exercise intensity.
- enhances mood.
- can be fun and social for all ages and abilities.

Barbara and her husband operate a bed and breakfast, the Freeport Clipper Inn at 181 Main St.. Nordic walking is an option available to their guests.

## President's Report

### Linda Darling

With summer almost over we can look forward to the fall season. Denise has a walk to Peaks Island on Oct.25. The weather should be better than for the one we had in March.

We are renewing both YR's and all but the Sanford walk for next year. But we now have 8 seasonal events with the Kennebunk walk opening Oct. 1 and closing Dec. 15 before it gets too cold for this year. It opens again for the spring of 2009 and joins our seasonals with 8 of them.

During our August 13 meeting, Barbara McGranahan, came again with her walking poles and showed us the proper way to use them as you can get more exercise. Denise is looking for a speaker for our Oct. meeting.

On my vacation last month. Tabatha, my sister Janet and I went to NH and Vermont and walked 2 Capitol walks. We went to Concord, NH and walked the 10km. It was a nice sunny day. At the state house, we checked out all the old flags on display in the lobby, there must have been 50 of them in glass cases going back 200 years. We walked through the hospital campus that is still under construction and ended up at the cemetery where President Franklin Pierce is buried. We also attended 3

Seadogs games that they played against the Fisher Cats winning 2 of the 3 games.

On Sat., we walked the Montpelier, VT 5km and just as we arrived there were black clouds in the area but it never rained on us. We went to the Capitol building and walked through the governor's office and other chambers of government and were very impressed with everything just like the one in NH. We ended up at a Peace Park along a river and over bridges and back to the Capitol Plaza Hotel.

We toured Ben & Jerry's Ice Cream factory and had our tour and fill of ice cream for the day. Headed over to Stowe and took a gondola ride up the mountain where it poured for about a half an hour. We went past the hotel where the Stowe walk was located but we had to move on as we were doing only capitol walks and were headed home that evening.

The Twin State Volkssport Assoc.(Vermont) will be having a 10km or 5km in Castleton, VT, Sept. 27-28. Also going on Sat. is their annual meeting at 2pm. and ESCV will be sponsoring the Hubbardton Battlefield one-day event from 9 - 11am located 8 miles from Castleton, VT. See you at the Sept.10th meeting.


## Secretary's Reports,

### Carroll Tiernan

**July 9th meeting** had 12 members present. Secretary and treasurer's reports were accepted. Presently there are 68 members & 28 family members. Due to computer problems, the last newsletter was a bit late. There was no report from Healthy Maine Walks. Elaine Johnson, who was our contact, is retiring from this job. Elaine, thank you for representing us.

Thanks to Beryl Wolf, Elaine Johnson and Denise Macaronas, our most popular walk, Kennebunk, has been revived and will start on October 1st.

There will be a group walk of the Portland YRE (with a special one night starting point at Deering Oaks) to coincide with the Senior Games. This should be a fun event, a way to get credit and see some of the festivities.



The revived mall walk (thanks to Beryl and Alan Johnson) has had 14 walkers already.

There was discussion of next year's YREs and SEAs as the deadline is in August. We seem to agree to continue what we have including Fryeburg, the Mall walk and Kennebunk, drop Sanford and move the bike from Brunswick to Portland.

There will be a Take It Outside Event on October 2nd in Augusta. We will probably have a presence there though we are not sure what kind yet.

Elaine walked the new Boston walk with the Walk 'n Eat gang. She said it is a great walk passing several colleges. When she walked, the roses were beautiful!

Door prizes were won by Elaine and Judith Pray. Refreshments were provided by Sandy Johnson and Linda Darling.

**The August meeting** had 12 members present and one guest, Barry Brown, a neighbor of Denise Macaronas.

Ken & Happy are doing a presentation at Ocean View in Falmouth of their recent trip to Labrador

There was discussion of YREs and SEAs and we agreed to the plan from July.

Barbara McGranahan presented our program on Nordic walking or Fitness Treking. Barbara has visited before and we all were looking forward to this event. Nordic walking is an ideal activity for us as it is an aerobic exercise with increased calorie consumption thanks to the upper body workout and it has less impact on joints so is good as we get older. After explaining how to walk, we all grabbed a pair of poles and tried it out. There we were striding around the church basement, dodging tables and each other, but soon getting the rhythm and getting a mini workout. Thanks to Barbara for sharing her knowledge with us.

The door prizes were won by Beryl Wolf, Carroll Tiernan and Alan Johnson. Refreshments were provided by Tabatha Darling, Sondra Johnson and Evelyn Orman.

## Peaks Island Fall Walk

Info from Denise Macaronis

Southern Maine Volkssport Association and Portland Recreation and Facilities Management invite you to a 5K or 10K walk on Peaks Island. Enjoy a short 20-minute boat ride and explore the beauty of Peaks Island.

For more information, please contact Denise at [SMVA2005@yahoo.com](mailto:SMVA2005@yahoo.com) or leave a message at (207) 774-3415 or (207) 766-2970. Please check our website at [smva.8m.com](http://smva.8m.com) for updates

**DATE:** Saturday, October 25, 2008

### REGISTRATION

**TIME/LOCATION:** 8:05 to 11:15 am - on Peaks Island (must be finished by 3:30 pm)

**GROUP WALK:** 10:15 am, from Peaks Island

**BOAT SCHEDULE FROM CASCO BAY LINES TERMINAL TO PEAKS ISLAND,** (terminal is located at 56 Commercial Street - at the end of Franklin Street): 7:45 am, 9:30 am and 10:45 am

**BOAT SCHEDULE FROM PEAKS ISLAND TO PORTLAND:** 10:00 am, 11:15 am, 12:45 pm, 2:45 pm, 3:45 pm and 5:00 pm

**BOAT TICKETS (fee subject to change):** Children under 5 are free; children from 5 - 9 years old and seniors (65 years and above) are \$2.10; those between 10 - 64 years of age are \$4.25. Tickets are taken on the Portland side only. Credit cards are accepted.

**PARKING:** Parking is available at the Casco Bay Garage (at the terminal). Fee is \$1.50 per hour - CASH ONLY

**PETS:** Dogs are allowed on the ferry (tickets for dogs are \$2.10). Leashes are required; please remember to pick up after your dog.

**TRAIL DESCRIPTION:** Both the 5K and 10K walks are rated 1. Routes will take you through residential areas of Peaks Island, pass cemeteries and historic buildings as well as along the scenic shore. Runners and joggers are also welcome. This is a map-guided event.

**REGISTRATION AND FEES:** This event is open to all at no charge. Everyone must regis-

ter on the day of the event. Pre-registration is not available. Registration will take place on Peaks Island - please follow signs. Each participant must sign an insurance waiver

For those wanting IVV credit, registration fee is \$3.00 on the day of the event. For those not seeking IVV credit, the walk is free. Donations are accepted. There are no refunds.

**SANCTION AND CREDIT:** This event has been sanctioned by the AVA and IVV. Sanctioned events are conducted under the rules of these governing organizations. By registering, the participant agrees to abide by these rules. IVV books will be available for purchase the day of the event for \$5.00 each. Participants who have previously purchased books are reminded to bring them.

**AWARD:** "IVV Credit only" event. There are no awards for this event. SMVA trinkets will be for sale at this event.

**DISCLAIMER:** The sponsors are not liable for accidents, thefts, and/or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. By virtue of registering for these events, the participant agrees to these conditions. Parents and legal guardians will be required to execute a disclaimer for their minor children prior to them being allowed on the walk.

**REFRESHMENTS:** Water and hard candy will be provided at the start/finish. You may carry refreshments, but please do not litter. There is a café, two restaurants and a grocery store on the island. You may also bring your lunch to eat at the Peaks Island Community Center .

**CONDITIONS:** This event will be held regardless of weather conditions.

**MISCELLANEOUS:** Water and restrooms will be available at the start point in Portland as well as on the ferry and at the Peaks Island Community Center.

**PROCEDURE:** Upon registration, each participant, including free walkers, will receive a start card which should be carried and must be returned in at the finish.

## Up-coming Meetings

### Info from Denise Macaronis

SMVA meets on the second Wednesday of every month at 7:00 pm. Meeting place is the North Deering Congregational Church, 1364 Washington Avenue, Portland, ME 04103. Everyone is invited to attend the following meetings:

Wednesday, September 10 - "Working Meeting" Bring your ideas and enthusiasm and help us plan for 2009

Wednesday, October 8 - Guest Speaker Carole Brush. Topic will be basic QiGong Techniques and Meditative Walking.

Wednesday, Nov. 12 - "Working Meeting"

Wednesday, December 10 - Annual Pot Luck Holiday Celebration with special guest Carl Barker - the Harmonica Man!. Learn to play a tune or two on the harmonica - what beautiful music we can create

If you have your own harmonica, please bring it with you. If you don't have one, keep your eyes open for a harmonica sale! Carl has harmonicas (approximate cost is \$5) but will need to know ahead of time if you would like to purchase one that night. Please contact Denise at [SMVA2005@yahoo.com](mailto:SMVA2005@yahoo.com) or (207) 774-3415 if you would like to order one.

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### Dealing With Brain Freeze

What else was I supposed do do today? One of the ways we get frustrated more and more as time goes by. Give yourself an unusual reminder. The sillier the better. You were going to remember to bring a certain magazine when you visited a friend's house? Prop it against the door. Pay a bill? Put a piece of fruit on the bills.

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**Upcoming refreshments:** Sept., Carole Plowman, Beryl Wolf, Judith Pray; Oct., Evelyn Quigley, Jane Haugon,

Joyce Rodriquez; **Door Prizes,** Sept., Carole Plowman, Judith Pray; Oct., Al Johnson, Carroll Tiernan.

# The Bridge from Kennebunk to Kennebunkport



## The walk is sanctioned as of October 1.

Regarding resurrection of the Kennebunk walk, Beryl Wolf said she would like to express her appreciation for the help of the membership. "I'm thinking especially of the trips Al Johnson and I made last year and earlier this year to locate a start point," she said.

Phil Hait . . .

## Send In Distinguished Service Nominations

It's time for the clubs to put on their thinking caps to nominate worthy candidates for region & national awards.

The forms need to be to me before November 1.

Provide a statement as to why you feel the nominee should be recognized for this award. Your statement should contain all the information you feel pertinent and appropriate in determining the grant of this award, including information concerning service, positions held and committee memberships at the club, state, region and national levels, describing the nominee's specific duties and achievements. The statement must include the number of years of active service at all levels. (Active meaning regularly attending meetings, working at events, involvement in various club activities, involvement at club, state, region and/or national level, holding office, committee memberships, and positions at various levels, etc.)

I nominate   for the  
 Service Award.  distin-  
guished herself/himself by providing  years of significant/outstanding service to the  
 Volkssport Club and the American  
Volkssport Association. His/Her service included:

## Sanford Seasonal Walk

### Report by Jane Hauagen

On August 7th there was a group walk in Sanford, Maine. It was a very pretty walk along the Mousam River. The trail, named Mousam Way Trail, started on Main Street, Sanford and went into the Gowen Park. It is a very well defined trail so the signs are always in view.

Along this trail we saw beautiful gardens in the city park. The trail then went into the woods along the side of the stream where there were wild flowers, mushrooms and ferns. After going through most of the trail in the woods we came out again onto the street where we all walked until we came to a walking path along the Mousam River which overlooked the town of Sanford. It truly was very pretty. From there we walked back to the parking lot at Hannaford Supermarket which is where we all began.

There were five people altogether. Two of them, Bob Morrison and Adam Bates, were from Dover, New Hampshire and three of us, Denise Macaronas, Jane and Roy Haugen were from South Portland. It was an enjoyable evening for us all.

## 2008 IVV Congress in York, England

### Excerpts from report by Curt Myron

Proposed IVV Statutes approved. The proposed statutes were considered article by article. The article that pertained to allocation of votes to IVV member countries did not get two-thirds approval. AVA was opposed to the proposal as it reduced the authorized votes for 18 member countries by one vote while increasing the votes of the larger IVV countries. Approval of the initial proposal would also have given nine of the 27 member countries a majority of the total votes. A recess was allowed to consider a compromise proposal and AVA, Canada, Great Britain, Denmark, the Czech Republic, Slovakia, Poland and others presented a compromise (through the Czech delegate) that was approved. As a result, no country loses votes while some gain votes for the next Congress. And a majority of votes held by only nine members was avoided. AVA's votes will increase from four to six.

Elections were held for positions on the IVV Disciplinary Board (3 members) and the IVV Arbitration Court (3 members) and the Audit Committee (2 members). Graham Fawcett and AVA Liaison Hans Dieter Fuhr were elected to the Disciplinary Board; Curt Myron was elected to the Arbitration Court and Brian Tilbury of Great Britain was elected to the Audit Committee. All positions were formerly held by Europeans.

Summary. The Congress closed as a positive experience for all. The success was due in large part to advance preparation by the leadership of the USA and Canada. Your AVA officers did their homework, and one can see the beginnings of more effective cooperation with our colleagues. The smaller countries and the English-speaking countries were pleased with the results and appreciative of AVA and CVF leadership and organization. All parties appeared satisfied with the results.

Questions should be addressed to Curt Myron, AVA President. [president@ava.org](mailto:president@ava.org).

## Easy Adventures

### A report by Denise Macaronis

Easy adventures is designed to get adults to discover—or rediscover—the joys of being physically active in the Maine outdoors. This initial series, to be held in various locations in Southern Maine this fall, includes rafting, bicycling and geo-caching.

This series was created to appeal to middle-aged and older adults who may want to start doing more outdoor activities without having to push too hard. All of the events are designed to be fun and adventurous without being in any way “extreme”. Each event costs only \$10. Transportation may be available, please inquire when you register.

Mark your calendars for the following dates:

Friday, Sept. 19.. Rafting trip down the Saco River. Participants will enjoy a relaxing float down the tree-lined Saco River from Standish to Saco. Lunch will be provided.

Wed. Oct. 1. “Get back on a bike” on Portland’s Eastern promenade trail for a short ride.

Sunday, Oct. 19. Geo-Caching at Camp Ketcha

(near the Scarborough Marsh from 9 a.m. to noon. Participants will be able to use GPS devices brought by DeLorme Mapping to locate hidden containers. People who find all five caches will earn a prize.

To register for any or all of the events, please contact Anita Chandler at the Southern Maine Agency on Aging at 207-396-6507.

The Easy Adventures series was developed by the "50 Plus/Minus Physical Activity Workgroup", a team of health professionals and recreation department employees who have been tackling the challenge of improving the quality of life for Maine's older adults. This series is being developed as a pilot run that can be duplicated in other venues around Cumberland County.

### **Tabatha Darling's Fruit Cake Recipe**

1 Pillsbury Dough Boy Sugar Cookie  
(uncooked)

1 block cream cheese.

1 cup confectionery sugar

Disposable circle metal pan.

A favorite fruit

Add flour to the pan, a rolling pin and your hands. Roll cookie out onto the pan. Poke holes in the cookie with a fork and put it into the oven. (Cooking directions come with the cookie)

Mix the sugar thoroughly into the cream cheese. Let the cookie cool after it's done baking and then spread the cream cheese, sugar mixture. Chop the fruit and add it to the top. Refrigerate.

### **Observations of a non-walker**

My grandpa started walking five miles a day when he was 60... Now, he's 97 years old, and we don't know where the hell he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing..

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, "Well, she looks good, doesn't she."

I know I got a lot of exercise the last few years,.... just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story. and I'm sticking to it.

AND

Every time I start thinking too much about how I look, I just find a Happy Hour. By the time I leave, I look just fine.



A resting place in the cemetery, part of the Saco walk

## Regional Walks

Date	Club	Location	POC	E-mail	Telephone
7 Sep	West Point	Nyack NY	Peggy Goetz	volkssportclubofwestpoint@hotmail.com	845-266-2215
13 Sep	West Point	Poughkeepsie	Andrew Schmidt	volkssportclubofwestpoint@hotmail.com	845-462-7539
21 Sep	Walk'nMass	Winchester	Dan Brady	danbrady@rcn.com	781-933-3015
27 Sep	Empire State	Hubbardton, VT	LaVerne Stiles	lavernestiles@msn.com	518-584-5285
27-8 Sep	Twin State	Castleton, VT	Charlotte Phillips	cpwalkvt@shoreham.net	802-343-3033
28 Sep	Finger Lakes	McDonough, NY	Doug Gausman	dougs4it@aol.com	607-757-0164
4 Oct	Seacoast Striders	Wolfboro, NH	Chuck Hutchins	bullfinch@verizon.net	603-483-0598
5 Oct	West Point	Beacon, NY	Joan Kimmel	volkssportclubofwestpoint@khotmail.com	845-462-6845
11 Oct	Empire State	Moreau, NYK	Sue Godshalk	lgodshal@nycap.rr.com	518-399-6041
12-13 Oct	Princeton Walkers	Brooklyn	Judy Travis	walkkeejt@optonline.net	732-536-4073
13 Oct	Princeton Walkers	Queens	Judy Travis	walkeejt@optonline.net	732-536-4073
14 Oct	Princeton Walkers	Staten Island	Judy Travis	walkeejt@optonline.net	732-536-4073
18 Oct	Finger Lakes	Moravia, NY	Sue Connelly	siconnelly@aol.com	607-835-6595
18 Oct	Seacoast Striders	Newmarket, NH	Claudia Cauchon	Claudia.cauchon@comcast.com	603-659-8598
19 Oct	Walk'nMass	North Easton	Alvin Smart Margo Craven	magoo249@aol.com	508-222-1152
25 Oct	Southern Maine	Peaks Island, ME	Denise Macaronis	smvmaine@yahoo.com	207-774-3415



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