



# SOUTHERN MAINE VOLKSSPORT ASSOCIATION

Newsletter of the Southern Maine Volkssport Association Sept.-Oct. 2009

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## Web Site

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

## Next Meetings

Wednesday

Sept. 9—Oct. 14

7:00 pm

North Deering Congregational  
Church

1364 Washington Ave Portland

## Newsletter Deadline

Oct. 20, 2009

Alan Johnson

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Nutritionist Beth Williams presents a wealth of info on healthy eating at the August SMVA meeting.

## Eat 'n Walk Healthy

SMVAers generally appreciate the physical and emotional benefits of exercise, like walking. They may be less informed about the physical and emotional benefits of a balanced, nutritional diet.

Beth Williams, a professional nutritionist for Hannaford, went a long way toward passing along that important information to those who listened to her presentation at the August 12 meeting. Highlights were:

--The more healthy foods tend to be displayed along the side and back walls of a typical supermarket (but not all items there are ranked among the health foods, especially in the deli department.) This star-studded perimeter is where produce, meats, dairy and on-site bakery products are located

--Hannaford has a Guiding Star system for health ranking. On the price tag One gold star around the figure of a running person means "good" nutritional value; two stars means "better" and three stars stands for "best." Lack of any stars means only that the food doesn't rank above average nutritionally. Fewer items displayed along the interior lanes have stars. They tend to be foods prepared industrially like sauces, soups, cereals, snacks, frozen and canned entries.

--Hannaford holds periodic healthy cooking classes in its stores where individuals can meet and learn from a chef. For locations and times go to [www.hannaford.com](http://www.hannaford.com) click on Our Company; click on Healthy Living; click on; the state of interest. For other nutrition info call 1-800-213-9040.

## Secretary's Report

Submitted by Carole Plowman

**The 7/8/09 meeting** was called to order by President Linda. The Secretary and Treasurer's reports were accepted. Sandy reported the membership as 49 members. There were club sales of \$10.00 for two books.

Carroll reported that there were 35 walkers participating in the Peonie Walk. Leftover fans from the walk will be sold at the Maine Audubon store for \$3.00 each, of which 50 cents goes to Maine Audubon. The Distinguished Service Award was presented in memory of Beryl, and her daughter was notified.

SMVA was notified that there is a problem with parking at the Kennebunk Walk. Elaine will look into it.

Upcoming walks include Snowy Egret Day on 8/8/09 and the Peaks Island Walk on 10/24/09. All registration for the Peaks Island Walk will take place on the island.

There was a discussion about having a Bar Harbor Seasonal Walk. Linda was notified by a group that will be on a cruise that would like to have a walk there. Linda will write to them to see if they can guarantee that there will be at least 15 people that will participate in the walk.

The 'We're Walking in Maine' brochures were discussed for possible changes. The next meeting on 8/12/09 is a program meeting, and our guest will be Beth Williams, a nutritionist from Hannafords. The meeting was adjourned, and we enjoyed refreshments.

**Beth Williams, a nutritionist from Hannafords, was our guest at the 8/12/09 program meeting.** She explained the Guiding Stars program at Hannafords and how they are ranked. She also answered a lot of questions on different foods and nutrition in general, and she had numerous handouts. The following is a quiz that you can take to see how your eating habits measure up.

### QUIZ: ARE YOU FOLLOWING THE GUIDELINES?

Here is a quick and fun assessment quiz to see if you are following the Dietary Guidelines for Americans. Answer these questions, then tally up your score at the end.

The grains you eat every day include brown rice, whole wheat bread, oatmeal and whole grain cereal, not just white bread, crackers and pasta? a) sometimes, b) mostly, c) never

1. You eat fruit several times during the day for breakfast, snacks and dessert. a) sometimes, b) mostly, c) never
2. You eat vegetables a lot for lunch, snacks and dinner? a) sometimes, b) mostly, c) never
3. Some of your meals are meatless? a) sometimes, b) mostly, c) never

4. You only consume dairy products that are fat-free or skim? a) sometimes, b) mostly, c) never
5. You consume at least 3 cups of milk or the equivalent each day? a) sometimes, b) mostly, c) never
6. You consume beans, legumes, fish and nuts on a regular basis? a) sometimes, b) mostly, c) never
7. Sweet treats like cookies, candy and dessert are eaten...a) sometimes, b) never, c) several times per day on most days?
8. Most of the fat you consume is found in vegetable oils, nuts and avocados, not fried food, chips, butter and pastries? a) sometimes, b) mostly, c) never
9. You exercise every day for at least 30 minutes but most of ten 60 minutes? a) sometimes, b) mostly, c) never
10. You avoid drinking a lot of sugary beverages like soda, punch and sports drinks? a) sometimes, b) mostly, c) never
11. You cook at home more than you eat out? a) sometimes, b) mostly, c) never
12. Your BMI is within normal range? a) yes, b) just out of normal, c) no-definitely overweight
12. Give yourself the following points for each answer: a) 5 b) 10 c) -1

Scoring:	130	Perfect!
91-129		Excellent!
76-90		Pretty good. Try to improve a little
65-75		Average, needs some improvement.
40-64		Needs improvement
-13-39		Needs dietary overhaul and exercise.



The start point for the SMVA Snowy Egret walk was at the Scarborough Marsh Audubon Center. Denise Macaronas stands next to Tabatha Darling who is helping sign up walkers. Canoers paddle in the background.

## The Snowy Egret

Thirty-five Volksmarchers from several states on Aug. 8 joined with area residents to celebrate Snowy Egret Day in the Scarborough Marsh. The Scarborough Marsh Audubon Center on Pine Point Rd. was the start point for five-and 10-K walks put together by Carroll Tiernan. The center was also launch point for canoe trips, nature photo and clam-digging demonstrations. Sponsors of the event were SMVA and Friends of Scarborough Marsh.

## Some 2nd Quarter Walk Totals

Yarmouth	25 paid
	3 free
Portland YRE	34
Portland Bike	0
Brunswick	30
Maine Mall	8

.. speaking of quarterly totals, a little remember ...

The quarterly reports are due at AVA headquarters no later than 30 days after the end of the quarter. Next one in October. Allow more than 7 days for US mail delivery.

## Walk 'n Eat Gang Schedule

Elaine Johnson gives us the latest. Start points are in the appropriate walk books. Be there by 9:45 to join the group walk and find out where to eat.

September 3	Wellesley
"	10 Yarmouth, ME
"	17 Newburyport, MA
"	24 Concord, MA
October 1	Freemont, NH
"	8 Lexington, MA
"	15 Concord, NH
"	22 Beverly, MA
"	29 Natick, MA
"	31 (Saturday) (9:30 AM) Salem, MA
November 5	Ipswich, MA

## Distinguished Achievement

Beryl Wolf was the third Distinguished Service award recipient that NERD Phil Hait could find in the Northeast region records. She received the award posthumously at this year's AVA convention. Throughout AVA 12 were awarded.

An SMVA member, Beryl passed away last fall. A former NERD, Beryl started her walking career 18 years ago with the Empire State club.

## Portland Trails and Maine Walkers

Perhaps some synergy may develop from the October SMVA meeting. Nan Cumming, executive director of Portland Trails, will be the guest speaker.

Portland Trails is a non-profit urban land trust dedicated to building a network of multi use trails in Greater Portland.

## Phil Hait Seeks Advice

Did you know that AVA has a page on Facebook? I will admit that until recently I knew little if anything about Facebook.

However it seems that some of my friends from various facets of my life are determined to include me & drag me into the 21st century on this issue.

That being said, I have signed up on Facebook with a profile & I encourage you to at least look at the AVA page. Maybe someone out there will be able to figure out how to utilize this medium to help bring more people to Volkssport events.

Please give me your input & ideas —Phil Hait

## Blueberry Buckle

Sondra Taylor's recipe—mix together thoroughly: 3/4 cup sugar, 1/4 cup soft shortening, 1 egg.

Stir in 1/2 cup milk.

sift together and stir in: 2 cups sifted flour, 2 teaspoons baking powder, 1/2 teaspoon salt.

at last minute, carefully fold in 2 cups (1 pint) blueberries, well drained.

Spread mixture into greased 9" square pan. Top with crumb mixture

### Crumb mixture

mix together: 1/3 cup flour, 1/2 cup sugar, 1/4 cup soft butter or margarine, 1/2 teaspoon cinnamon

Sprinkle over cake mixture. Bake at 350 degrees F. for 30 - 40 minutes

## AVA Checkpoints

**October is National Volkssporting month.** A special patch can be earned if you participate in an event during the month . To get the patch-mail [candy@ava.org](mailto:candy@ava.org) at least 30 days before the event.

### AVA Special Project – New Members for the Future, By President, Curt Myron

Many of you have frequently told me that AVA needs younger people. I agree. There is no reason why AVA should have only one club whose membership is the student body of a school, guided by faculty like any other extra curricular activity. That school, Ar-We-Va School of Westside, Iowa is the solution. At a time when educations and extracurricular activities are being cut on a massive scale, AVA has the solution that costs a school nothing, emphasizes physical fitness for all, teaches young people how to interact and organize community events and creates a new generation of volkssporters.

There is no reason why we cannot grow our younger participants. All it takes is presenting the Iowa success story to school business managers or administrators to show them what AVA can do for the school and its community. I ask those of you who are active or former teachers to consider approaching only one school, the one you know. AVA will provide the materials and information needed.

We also need a few volunteers to assist local points of contact by tracking and reporting local progress. Remember, we have no problems that new members can't solve. Contact me at [president@ava.org](mailto:president@ava.org) to help AVA succeed.

**Volunteering for AVA**—In the coming term, your AVA leadership will focus its efforts on growing participation in our events. Your officers are very committed people, but they can't change AVA by themselves. You will have to help as well. One way you can help is to volunteer to work on an AVA Committee or participate in a Special Project.

If you are curious about what AVA Committees do, please go to [www.ava.org](http://www.ava.org), click on Membership, then on Committees for a description.



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