



Southern Maine Volkssport Association

June 2003

"Only" web address:
<http://smva.8m.com>

Ann Stevens:
seejohnrun@gwi.net

Cheri Watson:
bugmenow@psouth.net

From AVA: To receive credit for walking an event in advance of the sanctioned walk date, you must work the event or contribute to it in a way approved by the POC. This contribution may include, for example, marking the trail, lining up volunteers, baking for the event, checking or coloring the maps. The AVA statement about "workers walks" states that "Under no circumstances may persons not working the event participate in a 'workers walk'."

President's Corner

How nice to see a new face and the return of some former members at our last meeting. I'm always grateful for the faithful members that show up through rain, snow, sleet, and hail. If you get a peek at their trunks, you can see that they carry protective clothing for all of the above everywhere and at all times!

We had a lively discussion on walks and walking. We are trying to make more walks available for next year. We are not just working on seasonals and year rounds but special events. We are trying to fill the 2004 calendar with a special walk for each month. So far, so good, but we need your help for more. Now is the time to jump in and just do it! The YR's and seasonals have to be sanctioned by the end of June so the time is NOW.

We at SMVA would like to express our condolences to the family of Pat Major and her extended family at Walk'N' Mass. Pat passed away May 11, 2003. Memorial contributions may be sent in her memory to W'n'M Treasurer, 807 Boston Post Road, Sudbury, Ma. 01776.

Ann

Please, when making deposits to our SMVA account, notify our treasurer what the deposit is for and who made it. She is busy trying to keep track of the activity on the account. You can e-mail Penny at davpencole@webtv.net or phone her at 854-5761.

Minutes of the May 21, 2003 SMVA Meeting

Ann Stevens, SMVA President, opened the meeting at 7:00 PM at the Walker Memorial Library in Westbrook. Twenty members were present.

All members introduced themselves along with what they considered their "dream" walk, real or fancied.

The Secretary's Report for the April 16, 2003 SMVA meeting as reported in the May 2003 Newsletter was accepted as printed.

The Treasurer's report as read by Penny Cole, Treasurer, was accepted as read.

Membership as reported by Cheri Watson: 125.

Publicity: Ann found a notice about SMVA in the York edition of the Portland Press Herald.

Walk Reports:

Year round and seasonals have to be sent to the Regional office by July 1, 2003. General discussion about which walks to keep for next year. It was voted to keep the same walks as last year: Augusta, Portland, South Portland (Lighthouse), South Portland (Bridge), Kennebunk, Bath, and Brunswick walks. Ken is working on a Freeport walk.

Alan Robitaille has the August 16, 2003, Great Balloon Festival Volksmarch brochure ready. It will be in the June edition of the Newsletter.

The brochure for the October 11 and 12 Columbus Day Weekend in Bar Harbor and Camden, Maine was included in the last newsletter.

Carroll Tiernan will do another Winter Festival Walk in Falmouth next January.

Anyone who wants to do an event walk next year, please contact Ann Stevens.

The AVA has issued a notice that only workers be allowed to do a worker's pre-walk.

The meeting was adjourned at 8:40 PM.

Ed Witherell, SMVA Secretary



**If you're
thirsty, then
you're already
dehydrated. Sip on
fluids while walking.**

The refreshments for our next meeting on June 18th will be provided by Sandy Johnson and Ann Stevens. The door monitors are David and Penny Cole.

Blanche Fyler would like some help in getting a walk together during the fair in her hometown of Wayne, Maine on August 9th. She has most of it planned out but would like some volunteers and guidance as this is her first walk. Blanche can be reached at 655-4092. If you are in the area, please give her a call.

Stretching

Our muscles are a bit like 'taffy', when they are cold they are difficult to stretch and we may even injure them if stretched too far. However after the muscle is warmed-up it will stretch more easily.

Stretching is important not only for the preventative aspect, but also many other reasons such as the increased blood flow to the tissues in the body (which will deliver nutrients and disperse of waste products). Also, it will assist in correcting any muscular/postural imbalances that may have occurred from working at your desk or computer for long periods of time. Stretching can help to reduce low back pain and relieve tightness in the back and neck.

Head Circles

Make 1/4 circles with your head. Start with your ear near your shoulder on one side; rotate your head around to the front, ending with your ear near the shoulder on the other side. Roll your head back to the other side. Repeat 5-10 times.

Hip Stretch

Stand up, take a half step back with the right foot. Bend your left knee and shift your weight back to your right hip. While keeping the right leg straight, bend forward more and reach further down your right leg. Hold for 15-30 seconds, and then switch sides.

Quadriceps Stretch

Stand erect, holding onto a wall for support. Bend your knee behind you so that you can grasp your foot, holding your heel against your butt. Stand up straight and push your knee gently back as far as you can, the hand just keeps the heel in place. (For some, it is more comfortable to use the hand from the opposite side). Hold for 15-30 seconds, then switch.

Achilles Stretch

From the calf stretch position, bend the back knee so that the angle is changed to stretch the Achilles tendon. Keep your heel down and hold 15-30 seconds. Then switch legs.

Calf Stretch

Stand an arm's-length from the wall/post. Lean into wall/post, bracing yourself with your arms. Place one leg forward with knee bent - this leg will have no weight put on it. Keep other leg back with knee straight and heel down. Keeping back straight, move hips toward wall until you feel a stretch. Hold 30 seconds. Relax. Repeat with other leg.

Leg Extensions

Facing the pole, hold on with both hands. Bending at the knee, bring one leg forward, then extend and swing that leg back and behind. Repeat 10-15 times, then switch legs.

Be cautious of hyper extending your lower back.

Cross Over Leg Swings

Holding onto the pole or fence rail with both hands, face forward. Swing one leg in front of your body gradually swinging higher. Swing about 10-15 times with each leg.

Cool Down

Slow down your walking pace for the last 5-10 minutes or so, you may want to repeat some of the stretches that you performed earlier.



(Source: <http://www.wellness.und.edu/programs/walkingwarmups.htm>)



Walk'N'Eat Schedule 9:15am start

June 5 Portsmouth
June 12 Ipswich
June 19 Newton
July 10 Wolfeboro (picnic @ Days)
July 24 Jenness Buck Memory walk & picnic
Lighthouse So. Portland

Upcoming events:

June

6 th Topsfield, MA	TTWC Ntl Trails Day
7 th Topsfield, MA	TTWC
10 th Sudbury, MA	W'N'M night walk
14 th Madbury, NH	Seacoast Striders
14 th Westminister, MA	W'N'M guided walk
25 th Bolton, Ma	W'N'M guided walk

July

8 th Marlborough, MA	W'N'M night walk
12 th Rochester, NH	Seacoast Striders
31 st Belmont, MA	W'N'M guided walk

The SMVA Newsletter is issued 12 times a year. Please send materials for publication consideration to Patty Collins: pac567000@yahoo.com



Southern Maine Volkssport Association
PO Box 722
Westbrook, ME 04098-0722

