

New Hampshire Circle Of Home And Family Kearsarge Unitarian Universalist Fellowship

By Judy Perreault

NH Circle of Home and Family.

Are your feet "dog tired"? New shoes give you blisters. Strange aches and pains, and is that a crooked toe? If "Yes" is the answer to all those questions, then you should have been at this month's meeting of NHCHF for the program *Agony of DeFeet*.

We explored the anatomy of feet and some common foot complaints and cures. The importance of well-fitting shoes and the correct shoes for different activities were also discussed.

It was also advised to shop for shoes in the afternoon, as feet swell during the day, and if those shoes are too tight in the store they will be tight at home. Shoes should not require a "break in" time.

Did you know that runners are advised to discard their shoes after 200 to 400 miles of use? We didn't figure this was going to be a problem for us, as no one could imagine running 400 miles.

Foot etiquette in other countries was rather interesting. In some cultures bare feet are considered offensive. In certain countries it is offensive to show the soles of your feet, and this is in a population

where a large percentage of the people go barefoot. It must be pretty tricky to observe this rule. Some people like to decorate their feet either by painting or with jewelry.

We tried some foot pampering with vibrating slippers that no one wanted to give up, a heated vibrating footbath, and refreshing peppermint foot spray.

We also tried some foot exercises that were supposed to promote healthy feet. My husband wasn't too happy when I raided his golf bag for the golf ball massage.

Then there were the missing elastics for the toe pulls. I guess I went a little too far when I snuck the marbles out of the Chinese Checker Game for the marble pick up. Hey, I'd like to see you pick up a bunch of marbles with your toes!

Next month our program is *Grandma's Yellow Pie Plate*. Want to know what it's about? Well, come to the meeting tentatively scheduled for Monday, February 25, at the Merrimack County Extension Office. It will be presented by Marilyn Sullivan, a County Extension educator. For more information, call 735-5493.

By Sally Bergquist
KUUF

As Kearsarge Unitarian Universalist Fellowship (KUUF) enters the second half of its 2007-2008 year, there are some exciting things ahead. KUUF will be celebrating its 25th anniversary on Sunday, April 6, with a program at Colby-Sawyer College's Ware Campus Center in New London. Dr. Bill Schulz will be the speaker. Dr. Schulz was President of the Unitarian Universalist Association from 1985 to 1993 and Executive Director of Amnesty International from 1994 to 2006.

Also, the Reverend Emily Burr and Sandra Lebeau will be offering a class on diversity - *Creating Community, An Exploration of our Human Diversity* - at Tracy Memorial Library in New London on five Tuesdays, starting on

February 5 and finishing on March 4. The classes will run from 2 PM to 4 PM. Together, we will discover how different abilities, ages, races, classes, religions, and gender are woven to create the fabric of our lives.

The first class will start with a showing of Dan Habib's documentary film *Including Samuel*, which examines the educational and social inclusion of youth with disabilities. The film is built on the efforts of Habib and his family to include Samuel, 7, in all facets of school and community.

The film recently won the annual Positive Images in Media award from TASH, an international group committed to the full inclusion of people with disabilities. The film was also named Best Documentary of Concord's 2007 Somewhat North of Boston Film Festival.

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SOO-NIPI AUDUBON EVENTS

On Friday, February 8, the Soo-Nipi chapter of the Audubon Society will present Larry Denencourt for a visit to the beautiful island of Sanibel in Southwestern Florida. We'll escape the dead of winter to look at *The Nature of Sanibel Island in February* as seen through the camera lens. The program will be presented at Tracy Library in New London. Join us for refreshments at 7 PM and the program

at 7:30 PM. Call Jan Prew at 526-6790 for more information.

On Saturday, February 9, Soo-Nipi Audubon will have a field trip to Cape Ann to look for over-wintering birds. Meet at the Warner Park & Ride at Exit 9 on I-89 at 8 AM. Bring lunch, water, binoculars, and warm clothing. Call leader Peter Newbern at 763-4308 for more information. Inclement weather cancels the trip.



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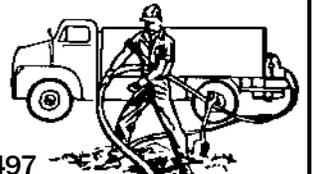
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