



Madison Area Volkssport Association Newsletter

March-April 2014

www.dairylandwalkers.com

Vol 2014-02

March-April Events+

- March 12 Board Meeting –
Lakeview Branch Library
– 6:00 pm
- Mar. 15 Pie Walk, Middleton
- April 9 Membership
Meeting 6:00 – 8:00
Site: TBD
- Apr. 13 Hwy Trash Cleanup
- Apr. 15 Last Day of Hold on
Super 8 Rooms for May
Tri-State Walks
- Apr. 26 DeForest Walk
+ May 17 & 18 Tri-State
Event (Platteville, Galena
and Dubuque)

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Apple, Blueberry Sour Cream, Chocolate Cream, Strawberry Rhubarb, French Silk, Etc. Etc. – Saturday, March 15, 2014

By Don Suloff

So what's the point? Our club's annual pie walk is just around the corner and YOU won't want miss it and hear about it from those who attended. This is always one of our most popular and well-attended events and for good reason. Despite being outdoors early in the spring we have been blessed with unseasonably good weather for many years now. The walk leaders always have several 5K route options ready to go, so even with snowy or muddy conditions, the walk can proceed without problem!

This year we will again meet at Hody Bar and Grill at 1914 Aurora Street in Middleton. The walk is guided and we leave as a group PROMPTLY at 2:00 p.m., so plan to get there early enough to register and pay fees before that time. Although we use the Middleton stamp for this walk, everyone must pay \$4 which includes your book stamp and helps offset the cost of the pies. Speaking of which, after the walk everyone gets a big piece of pie to enjoy.

To help us plan ahead for purchasing the pies from Hubbard Avenue Diner, **please** contact Gwen Kraemer ahead of time indicating your attendance and the number in your group. Gwen can be reached at dgkraemer@charter.net or (608) 546-3161.

Talkin Trash – Sunday, April 13, 2014

By Joanne Reuter

It will soon be spring...and that means it's time to pick up trash along Hwy 12 & 18. We will meet as a group at Nora's II, 1843 US 12, Deerfield, WI at 1pm on Sunday, April 13th. Safety jackets and garbage bags will be provided. Bring work gloves to wear. The bigger the group of volunteers, the faster it goes, and the sooner we can gather back at the bar for food and drinks. Hope to see you there!

DeForest Walk – Saturday, April 26, 2014 - Upper Yahara River Trail

By Mary Liebig

Plan to join us as we walk a fairly new trail in DeForest on Saturday, April 26. The Upper Yahara River Trail was completed in September 2012 and is located just north of the Lake Windsor Golf Club. Both the 5K and 10K walking routes are mostly on the Upper Yahara River Trail, a 4K trail of 10-foot porous asphalt and boardwalk that begins at Windsor Road and continues north to Sunnybrook Park. Much of the trail is in a natural and wooded setting along the Yahara River. It is truly the pride of DeForest. For those of you that have done our 10K Middleton Walk, the trail reminds me of portions of the Pheasant Branch Conservancy. The finish to both the 5K and 10K routes includes a 1.5 K stroll through the residential Conservancy Place neighborhood.

The start point/registration table will be located at Conservancy Commons Park Shelter at 6822 Yellowwood Lane in DeForest. Restrooms and water will be available at the Park Shelter; parking is available off street. Start: 9AM to Noon; Finish by 3PM.

Hope to see you on the Trail! (Accompanying photo on page 3)

Dates of Interest?

Date

Mar. American Red Cross Month;
Irish-Amer. Heritage Month

- 3 Read Across America Day
- 4 Fat Tuesday
- 9 Daylight Savings
- 17 St. Patrick's Day
- 20 Spring Equinox

April Cancer Control Month;
Nat. Donate Life Month

- 1 April Fool's Day
- 13 Palm Sunday
- 15 Tax Day
- 15 End Hold on Super 8 Rooms
For Platteville Walk
- 18 Good Friday
- 20 Easter Sunday
- 22 Earth Day
- 23 Admin. Professional's Day

NEWSLETTER ARTICLE SUBMITTAL DEADLINE

for
May – June
2014

Due: April 20 *

Send to
DW Newsletter email address:

dairylandnews@gmail.com

* Deadline is firm (no give in schedule) for May-June Newsletter

The Big Three-State Walk Is Almost Here! By Don Suloff

There will be 5k and 10k walks in Platteville, Wisconsin; Dubuque, Iowa; and Galena, Illinois; during the weekend of May 17 & 18, 2014. Each of the three walks will be available for walking both days and registration and book stamping for all three walks both days will occur between 8 a.m. and 3 p.m. at the Wisconsin Welcome Center in Platteville located at 275 W. Business Highway 151.

There are still rooms available from the 20 we have blocked at the Platteville Super 8 for both Friday and Saturday nights. Of these rooms, 10 have a queen-sized bed and will cost about \$80/night, and 10 have two double beds and will cost about \$85/night. The Super 8 is only a short distance from the Platteville start point and is located at 100 Highway 80/81. The rooms are reserved under "Dairyland Walkers" and will be held until April 15, 2014.

We have also reserved a room seating 50 for a Saturday-night dinner at Platteville's Benevento's located at 1621 Progressive Parkway. The first 50 walkers to sign up at the start point will be treated to an evening of good food, good fellowship, and tale-telling. We will have a pasta buffet with a cash bar and coffee, tea, or soda included. A gluten-free menu will also be available. The servers will provide separate checks with tips added automatically. Dinner will start at 6:30 and we expect the cost of the meal (excluding alcoholic drinks) to be around \$10.

Saturday Walk & Eat Group: March 8 Capital Walk; and April 12 Janesville Walk By Mary Liebig

Are you ready to get outside and walk? We are kicking off the Saturday morning Group Walk & Eat program in early March. Our first walk will be the Capital Walk on Saturday morning, March 8. There is no guarantee what the weather will be like, but hopefully it's warmer than January & February have been! (The average high in Madison on March 8 is 39 °; the average low is 22°)

We'll meet at the start point of the Capital Walk, the Inn on the Park, located at 22 South Carroll St. shortly before 9AM to register for the walk. Both 10k and 6K walking routes will be offered. For those interested in lunch after the walk, we'll plan to eat at Jerome's located inside the Inn on the Park. Here is a link to their menu: <http://www.innonthepark.net/madison-wisconsin-restaurants.aspx>

Saturday morning April 12 will find us walking in Janesville. Again we'll meet at the start point of the Janesville walk at the Stop-N-Go, located at 1604 E Racine St. shortly before 9AM to register for the walk. We'll plan to eat at a very nearby restaurant after the Janesville walk, the Italian House Restaurant, located at 1603 E Racine St. Here is a link to their menu: <http://www.gazlo.com/marketplace/businesses/italian-house/features/7528/>

These group walks offer an opportunity to socialize with other walkers, get some exercise, and support our start point businesses. It's also a great way to work on completing the 2014 Volkssport Incentive Program (VIP).

More Walk and Eat Opportunities By Bonnie Hamer

We have our Tuesday night Walk-a-Week program starting soon and dates are in place for Saturday Morning Walk and Eats in the Madison area. But how about those more challenging walks

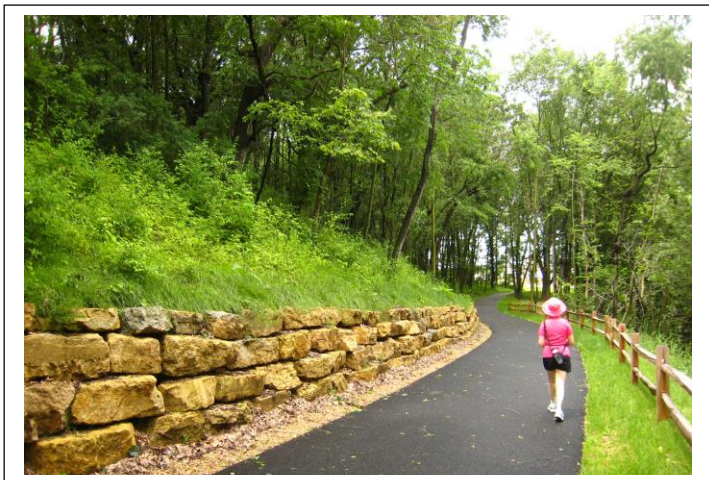
- where distance takes a little more effort to get to?
- you live in the area but would like some company as you do the walk?
- you feel intimidated going to a strange city by yourself?
- you'd like to get to know other Dairyland Walkers better?

These walk and eats of our year-round and seasonal events will be for you.

We will meet at **10:30 a.m.** at the start point to register and stamp our books, walk the 5K or 10K together, and follow it with lunch and enjoying getting to know your fellow walkers.

If I know of interest for a particular walk, I will make efforts to connect people for carpooling. Contact Bonnie Hamer at bonnie4walk@yahoo.com or 920-563-3481 with questions.

<u>Date</u>	<u>Walk</u>	<u>Meet at Start Point at 10:30 a.m.</u>
Thursday, April 3	Cedarburg	Washington House Inn W62 N573 Washington Ave Cedarburg, WI
Wednesday, April 16	Appleton	Paper Valley Hotel 333 W College Ave Appleton, WI
Thursday, May 1	Eau Claire	Menomonie Street Dairy Queen 1160 Menomonie St Eau Claire WI
Wednesday, May 14	Port Washington	Dockside Deli 222 E Main St Port Washington WI
Thursday, May 29	Fond du Lac	Kwik Trip 471 N Park Ave Fond du Lac, WI



Left: DeForest Walk – Saturday, April 26, Yahara River Trail (see article on page 1)
Right: Sparta Walk – Saturday, July 19 (see article on page 4)

Get Ready to Check Monroe and Jackson Counties Off Your State Books!!

By Don Suloff

Our second weekend of walks on the road is coming up July 19 & 20, 2014, beginning on Saturday in Sparta, Wisconsin. Sparta is known as the bicycle capital of America and deservedly so as several major bicycling trails intersect in or near town. We will meet at Shelter #1 in Evans Bosshard Park near 425 East Avenue in Sparta. Between 8 a.m. and noon walkers will start 5k and 10K walks along part of the biking trails, through historic buildings in old Sparta, past historic homes, and along the parks bordering Perch Lake. Special Programs supported by this walk are Alternative Capitals, Fraternal Organizations, Honoring our Flag, Lakes and Reservoirs, National Registry of Historic Places, Struttin' Down Main Street, Trekking with the Trees, and Walk Wisconsin Counties – Monroe County. And you will meet the incredible "Ben Bikin"! (Photo accompanying article on page 3)

On Sunday we will move up the road to a far more rural setting, starting 5K and 10K walks from the Smrekar Shelter in Black River State Forest, at 4048 Smrekar Road, Millston, Wisconsin. This walk will be entirely on natural surface trails used in the winter for cross-country skiing. Walkers will pass through a managed forested area with alternating forest canopy and areas which have been harvested. Water and restrooms are available only at the start point, so walkers are encouraged to carry their own water.

Although plans have not yet been solidified, we are attempting to again block a number of rooms for both Friday and Saturday nights in Sparta and also hold a group meal at a local dining facility. This is another opportunity to join walking friends in a special weekend adventure.

Wisconsin INDIAN HEAD COUNTRY



Welcome to Wisconsin's Indianhead Country and **2014** Walking Adventures in Wisconsin

Six Unique County Seasonal Walks will become available in Wisconsin on April 1, 2014

1) Washburn County, Sarona, Hunt Hill Audubon Sanctuary

Located in the southeast corner of Washburn County, this walk highlights 4 types of environmental habitats: old growth pine forest, restored prairie, woodlands and bog, as well as three glacial lakes on which you can use their free canoes. With 7.2 miles of trail options at Hunt Hill, the walk route will be 10k plus three 5k options. A birder's paradise, Hunt Hill is home to an historic farmstead with a cabin built in 1917 and later donated to Audubon by Frances Andrews. The sanctuary has adult and youth camps/programs, ecology camps, its own library building, and an old-fashioned barn dining room and gift shop. The modernized bunk house now has separate rooms and offers nightly and weekly rates (mention Dairyland Walkers when making reservations.) Make plans to spend a night or two and enjoy all the Hunt Hill trail/k options, or stay a week and take short drives to the other nearby counties with sanctioned walks: Polk (St Croix Falls), and Eau Claire counties. To learn more visit www.hunthill.org, email info@hunthill.org or call 715-635-6543. The walk box is located outdoors in the tote below the information kiosk next to the library and is always available, even if no one is in the Hunt Hill Office.

Hours: 24/7, 365 days/year!!

Trail rating: 2+ (moderate hills), C (difficult terrain-wheelchairs and strollers may only be used on the restored prairie 5K trail)

2) Polk County, St Croix Falls, The City Of Trails

St Croix Falls is the *City of Trails* and we will walk on most of them. The start point, Polk County Visitor Center, located south of Hwy 8 on Hwy 35, is a beautiful building with a very nice gift/book center. Ask at the counter for the walk box. This walk includes the Western Terminus of the Wisconsin Ice Age Trail, the River Bluff Trail, the Pothole Trail, the Gaylord Nelson Riverwalk, and the Esker Trail. The walk will include short distance stretches on city sidewalks, but will also feature a variety of terrains, some with rocky areas and steps that are somewhat steep, therefore it is **rated 2+C**. The early part of the walk is on the Interlink Trail which takes you from the Polk Co Visitor Center to the superb Interpretive Center inside the Wisconsin Interstate Park, the first state park in WI. Don't miss the outstanding films showing how the rock formations and St Croix River were created by the glaciers, as well as the other great exhibits in the Interpretive Center. Info at: www.polkcountytourism.com or 715-483-1410. The walk box will be located in the Polk County Visitor Center.

Hours: October thru April: M-F 9-5, Sat 9-2, closed Sundays, May thru Sep: 9-5 daily, 7 days a week

Trail rating: 2+ (moderate hills), C (somewhat difficult terrain)

3) Barron County, Rice Lake

Located in the beautiful Red Cedar River valley, the City of Rice Lake is the largest community in Barron County and serves as a center for commerce, manufacturing, health and educational services. The Red Cedar River forms the Rice Lake and is quite picturesque. Beginning at Adventures Pub, the walk starts out on city trails and sidewalks then leads you to an area with several scenic lake views, especially as you walk through the Veterans Memorial Park area. The walk continues down historic Main St, along a dam and across the river to add to your walking pleasure. **Rated 1A**.

Hours: Monday-Thurs 11am-10:30pm, Friday-Saturday 11am-11pm, Sunday 10am-9pm

4) Rusk County, Flambeau Mine, Ladysmith

The walk box start point is at the Kwik Trip in Ladysmith located at the corner of Highways 8 and 27. You will then **drive** to the walk starting point 1.7 miles south of Ladysmith on Hwy 27. There are detailed directions in the walk box at Kwik Trip for both the walk and for getting to the start point for the walk.

The Flambeau Mine area is a 181-acre site that was an open-pit, copper and gold mine from 1991-1999. It is a good example of mine reclamation. Four miles of well-maintained trails along mostly flat terrain provide for good views of grassland birds such as Meadowlarks, Song Sparrows, and Common Yellow-throated Warblers. The marshes are home to Canada Geese, Great Blue Herons, and Marsh Wrens. Interpretive signs educate and inform visitors about the reclamation of the mine and the restoration of native habitat. Adjoining this restored area is an equestrian 5K trail for those wishing a 10K walk. The equestrian trail is very pristine with full shade. Because of the nature of an equestrian trail walkers will walk single file. **Rated 1B**

Hours (Kwik Trip) 24 hours. Hours at the walk area, dawn to dusk.

For information regarding these events contact Tom Doyle Cell # 608-576-7414 or tjdoyle98@msn.com

Two additional Up North County walks are being sponsored by the Twin Cities Volkssport (TCV) Club. Walk details are available at www.tcvwalking.com even though their website is undergoing a makeover.

5) Ashland County, City of Ashland

Ashland, City of Murals is located on the south shore of Lake Superior and is a very historic city. Walk dates for this seasonal are from April 1st to September 30, 2014. Start point is the charming Hotel Chequamegon, 101 Lake Shore Drive West, Ashland, WI 54806, at the intersection of US Hwy 2 (Lake Shore Drive) and Ellis Street. Both 5k and 10k distances are available and the walk features historic murals, city sidewalks and Ashland's Lake Superior Waterfront Trail. It qualifies for America's Murals, Lakes and Reservoirs and Trekking with Trees. For more information contact Gary & Ruth DeVore at 651-738-1833. **Rated 1 A, Pets OK**

Hours dawn to dusk. Start point open 24 hours.

6) Bayfield County, City of Washburn

The historic city of Washburn is located on the scenic shore of Lake Superior and the start point of these 5k and 10 k walks is the Washburn Cultural Center at One East Bayfield Street (corner of WI Hwy 13 & Central). The walk qualifies for Fraternal Organizations, Honoring Our Flag, Lakes & Rivers, National Register of Historic Places, and You'll Never Walk Alone. This seasonal is sanctioned for April 1st to September 30, 2014. For more information contact Gary & Ruth DeVore at 651-738-1833. **Rated 2B**

Times: Monday through Saturday 10 am to 4 pm, Closed Sundays. Trail closed for ice or snow.

Note: At this time all 6 of these walks are only seasonal walks for ONE year, 2014.

Dairyland Walkers - North to Alaska!

By Tom Doyle

Dairyland Walkers are sanctioning **three 2014 remote start seasonal events in Seward, Haines and Ketchikan!** There is still room left on our **Alaska Land Trip and Cruise** but we are also very pleased to announce that the three walks planned for our cruise ports will become available to everyone for AVA sanctioned walking April 1 through December 31, 2014 only.

Walkers may recall that the Dairyland Walkers managed a remote seasonal walk through mail and email in 2011 in Key West, FL and it proved to be popular and successful. This year we collaborated with Nancy Wittenberg, Northwest Regional Director and received sanctioning permission for all three of them as nine month seasonals. Therefore, rather than just one day events off the cruise ship, many AVA walkers will have opportunities to do sanctioned walks in these cities. The Dairyland Walkers will do these walks on the dates identified here; feel free to join us. Otherwise, enjoy them through a remote start for the entire season.

After four days of spectacular travel through Alaska, the Dairyland Walkers are departing Anchorage on Sunday, June 15th on a bus headed for Seward. We will walk in Seward that day (Sunday) before boarding our cruise ship. *Alaska Starts Here* is Seward's motto, named after William Seward, Secretary of State under President Lincoln, who purchased Alaska from Russia. Next stop is Haines, *The Adventure Capital of Alaska* where we will walk on Wednesday, June 18th. Next stop is Juneau on Thursday, June 19th for the Capital walk. And on our last stop we will walk Ketchikan on Friday, June 20th.

Hop aboard if you wish - lots of room left. Visit our web site: www.dairylandwalkers.com for more travel information or contact Tom or Tricia Gundlach at 608-222-4200 or tgundlach@cruiseone.com. Contact information for anyone wanting to do a remote start in any of these three Alaska cities for AVA walks: tjdoyle98@msn.com Cell # 608-576-7414 - Tom Doyle.

Volks South – Walking in Florida

By Curtis Armstrong

Volks South is an AVA club that meets for 14-16 weeks a winter in Florida, SW of Tampa. It is organized by the Northeast Regional Director of the Empire Club out of Albany NY. They have 147 members from 17 states and 2 Canadian provinces. Depending on how many snow birds are in the area at any given time helps determine how many show up for the walk. They coordinate their walks with the local Sandpipers club. They walk every Wed morning and one weekend per month. The 1st week we had 40-45 walkers and about 39 stayed for lunch afterwards. The 2nd week we had again 40-45 walkers and everybody stayed for lunch. The 3rd week with 70% chance of showers and drizzling we had 39 walkers & 42 for lunch. With rain to the south and north of us for all of the walk we stayed mostly dry. No sooner did we make the restaurant and it opened up & poured. The Jan special walk was in coordination with the annual Kumquat festival. About 65 walkers showed up. They stamp books at the beginning because they know a lot of walkers will get lost at the arts & craft booths in the last 4 blocks and never make it back to the starting area. They had a 6 question quiz in the 1st 1/2 of the walk to be turned in at the half way point. Those that get all answers correct received a prize at the finish. That way it gives them time to grade the test while walkers are finishing the walk. When I finished I asked about the quiz. How many got them all correct. Very few. One was what mural is on the wall at about 2 o'clock. You actually had to walk another block to view it and imagine what your view would be without all the tents and booths set up. The second question; on the plaque in front of a pink house, what year was it built? I told them there was no plaque. It was evident the plaque had been removed. The "judges" had to actually return to the pink house and verify the plaque was removed. Well that should be worth a prize. Lucky me, I received a quart jar of Kumquat Marmalade. Tastes good. Did 8 walks while in Florida.

A Glimpse into the future ... another hiking adventure abroad for the Dairyland Walkers By Elke Austin-Foote

Plans are under way for an exciting hiking experience in the British Isles the last week of September and first week of October, 2015. Highlights of this trip will be exploring Scotland's capital, Edinburgh, Edinburgh Castle, the Royal Mile as and a sanctioned walk. We will also spend several days in the Lake District; experience a sanctioned walk, a visit to Beatrix Potter's home and garden, and a lake cruise. Next the countryside of Cheshire is on the agenda. We enjoy a sanctioned walk, visit the Roman town Chester, and enjoy a medieval banquet at Ruthin Castle. Another highlight is a visit to Stratford-upon-Avon, birthplace of England's greatest poet William Shakespeare. We see the Shakespearian highlights including the famed Anne Hathaway Cottage. Our next stop is in Wales, where we go on a sanctioned walk and have time to visit the impressive Cardiff Castle. The next few days are spent in Devon County, where another sanctioned walk acquaints us with the delightful countryside including a visit to the "English Riviera" spending time in the picturesque fishing village Dartmouth. We also stop in Winchester, admire ancient Stonehenge, and do a sanctioned walk in the countryside before spending the last 2 days in London.

There will be an option available to extend for 3 days after the tour of England and take the Chunnel from London to Paris. Paris, the "City of Lights", also provides the opportunity to do a sanctioned walk. A land only cost and estimated airfare will be available by the end of October of this year. Space will be limited to 25 – 30 persons.

Elke Austin-Foote of Foote Loose Travel, who has led some hiking adventures for the Dairyland Walkers in the past, is making arrangements for this trip as well. Doug Wiest will keep you posted at upcoming membership meetings and in future newsletter articles as the time approaches and specifics and costs are finalized.

2013 VIP Finishers By Russ Crane

We would like to congratulate all 31 walkers that completed our Volkssport Incentive Program (VIP) for 2013. These 31 finishers completed a combined total of 492 walks.

The 2013 VIP goal was to complete any 12 of our 24 Year-Round/Seasonal walks. The reward for completion was any IVV/AVA achievement book of their choice. As an added incentive participants could choose to complete the program a second time. However, the second time had to be the 12 walks not completed the first time making it a *Clean Sweep* of all of our Year-Round/Seasonal walks. Ten walkers completed the program twice.

Great job everyone and thank you for supporting the Dairyland Walkers.

Curtis Armstrong	2	Lee Moisant (MN)	1
Barbara Carson	1	June Quesnell	2
Carole Clarke	1	Karen Reger	2
Russell Crane	2	Ed Reid	2
Bruce Dewey	2	Joanne Reuter	1
Tom Doyle	1	David Riyeff	1
Chris Flessert	2	Kim Riyeff	1
Cindy Haagensen	1	Jill Ruef	1
Vernon Hessey	1	Nancy Spaeni	1
Tom Hlaban	1	Don Suloff	1
Kristina Kenyon	1	Dianne Thornbery	1
Jackie Kittel	2	Douglas Wiest	1
Gwen Kraemer	1	Jogena Wiest	1
Mary Liebig	1	Jerry Wilson	2
Barbara Lund	1	Pam Wilson	2
Susan McMahon (IL)	1		

Starting the 50 State Journey By Curt Armstrong

So I joined AVA when I retired to get out and walk. Learned about the various booklets that you could do. Decided to get the walk 50 states booklet to work on as I did other activities around the country like camping and music festivals. First state of course was WI downtown walk.

I have an Aliner folding camper that has rallies around the country. Spring brought the Gathering @ Thompson Causeway IL. Rock City was close by so we did that. Good thing the next year it was no more. The National rally was in Fort Collins CO. About half a dozen decided to caravan out from the Midwest meeting in MN. So we caught the walk in Austin MN on the way to the gathering before heading out. Driving through Sioux Falls SD we stopped for the walk at Falls Park. Two nights later was a campout in Ogallala NE which had a walk that we did before heading out the next day. Driving through Cheyenne WY on the way to Fort Collins we stopped for lunch and did the walk there.

Arriving at Fort Collins we took a day and did that walk. Notice a sweet violet smell now & then. Stopped by a nursery & garden store to find out what it may be. No help. When I got home I called the Dept of Forestry for Fort Collins. O ya they knew what I was talking about. Had a lot of calls that summer on it. It was a Linden Green Spire tree. Figured if it survived in Fort Collins it should survive in Stoughton WI. So I called around to nurseries and sure enough they had them. I mentioned the smell and was told by half that "we have altered the tree to eliminate that smell". Finally found a tree & planted it in the front yard.

Returning home I always wanted to visit Peace Gardens in ND. So I headed that way. Overnighting in MT I did the walk there in the morning before heading out. Stopped for lunch in Bismarck ND and did the walk there along the Missouri river. The Peace Garden in on the border with Canada, celebrating the peaceful boarder. I stopped & asked twice do I need a passport to get to the Park. "No, because its on the boarder you don't enter Canada". So off I ventured. Nice gardens. But, when I left, although I never entered Canada I still had to come through US customs with no passport. Its one of those places where you don't actually leave the US but have to come through customs to return. After a short vehicle search and a bunch of questions I was allowed back into the USA. They say they get 3-4 vehicles a day in that situation. Need to better educate the public. I wonder if the Canadians have the same problem, because like me they never enter the US but have to go through Canadian customs going back.

Seven states on my 1st trip to somewhere else. What a start. Next was an Old Time Music fest in Le Mars IA. A short drive down the road to Sioux City IA for the walk there. A fall rally for the Aliner in Shipshewana IN and another walk in another state. A couple of us went to the WI v. Penn game in State Collage PA. Did a walk before the game at State Collage, only time we were warm. WI did nothing to keep us warm at the end of the end zone high up in the stands with the wind blowing and snow falling.

Next I visited my sister in northern WI. Drove up to the UP & did another state, MI.

Next was the Western Music Awards in Albuquerque NM. Stopped outside Kansas MO for a walk there. Then crossed the border into KS and did a walk by Overland KS. Then on to NM. Did 2 walks there along the river in the morning before the awards got started in the afternoon. On the way home stopped south of Amarillo TX for the only walk in the pan handle of TX. The next morning in Tulsa OK I did the walk there before heading out.

18 states in my 1st year without trying. What a start. I wonder if next year will be just as easy?

Year-Round and Seasonal Participant Counts for 2013 By Jerry Wilson

We saw a negligible increase in walkers for events in 2013 compared to 2012, 40 more participants. In 2013 Dairyland Walker walk box coordinators processed 1,485 start cards compared to 1,445 in 2012.

Walks new to the Club in 2013 showed a large number of participants, these counts were almost offset by some existing routes showing decreases, and three discontinued routes. Fluctuation for continuing routes should be anticipated based on one year occurrences such as being a first time walk one of the years, hosting a visiting bus of participants, hosting a one-day event, etc.:

New Routes in 2013 (5 routes) = +404
Routes Discontinued for 2013 (3 routes, including 2 one-year only remote routes) = -101
Routes Continuing in 2013 With Participant Count Increases (5 routes) = +57
Routes Continuing in 2013 With Participant Count Decreases (14 routes) = -320
Net Increase Comparing 2012 and 2013 = +40 (2.7 % increase)

Membership Update By Tom Doyle, Membership Chair

We are happy to welcome several new members who have joined our club during January and February.

Cheryl Baltes	Lodi
Jan Breisath	Oregon
Terry Cowles	Madison
Deborah Holbrook	Madison
Mary, Travis & Raina Richardson	McFarland
Tim Zimmer	Madison

As the membership coordinator it is always exciting to receive new memberships. But it is also very difficult to receive the news that long time walkers can no longer participate in our walks and wish to be dropped from our membership:

Gaylord Matti is no longer able to walk because of leg issues and heart/breathing issues also. Gaylord completed several Syttende Mai (17 miles) walks. **Judy Schlueter** has moved to Illinois and because of grandmother duties she has not been able to return to WI as planned to complete walks. However Judy is active in the Windy City Wewalkits club.

I also received the following note from Jan Jerabek, our California member. Jan is a 1954 grad of Algoma HS and is returning for her 60th reunion in September. She plans to do several of our walks while visiting in WI. She gives some great examples of the AVA's Special Programs. Let me know if you have any questions about the programs she is referring to:

"It's all official now with the patches and certificate that I finally received, the result of doing **sixty-two** volkswalks during Labradorable Ginger's and my **80-day** camping-volkswalking-visiting trip around the country and Ontario, Canada during fall of 2013. Here they are –

A beautiful "Superintendent of Lights" certificate from the Canadian Volkssport Federation "in recognition of having completed twelve lighthouse walks, including four on the shores of the Atlantic and four on the shores of the Pacific." One also receives a small lighthouse pin.

Then the American awards for --

2013 Centurion Award for 100 Events

Civil War Battlefields

Walking Forts of the USA

Hillside Letters

Walking Across America on the Old Spanish Trail Works Progress Administration (WPA)

Walk California's Spanish Missions

Jan and Labradorable Ginger"

Tom Doyle received permission to reprint this note.

Club Milestones
By Tom Doyle

The American Wanderer (TAW) reported the following walking accomplishments of our club members in the latest issue. Congratulations and keep walking and I promise winter will end soon! The West Towne Mall walk with the walk box located in the Firestone auto center manager's office is a great place to walk to keep in shape with 10 & 5 K walks.

<u>EVENTS</u>	<u>DISTANCE (K'S)</u>
250 Philip Ringhand	3000 Chris Flessert
275 Chris Flessert	Philip Ringhand
300 Jackie Kittle	7000 Janice Jerabek
350 Kim & Dave Riyeff	11000 Carol Hollar
375 LaVonne McCrill	
700 Janice Jerabek	
1100 Carol Hollar	
2900 Bonnie Johnson	

2014 Dairyland Walkers Calendar

Saturday, January 11	East Towne Walk	Participants = 35 (32 Adults, 3 Non-Credit)
Saturday, February 8	West Towne Walk	Participants = 38 (34 Adults, 1 Youth, 3 N C)
Wednesday, March 12	D W Board Meeting	Site: Lakeview Library Branch – 6:00 pm
Saturday, March 15	Middleton Pie Walk	Start Time: 2:00 Sharp; Hody Bar & Grill
Wednesday, April 9	D W Membership Meeting	Site: TBD – 6:30 pm
Saturday, April 26	DeForest Walk	Start Time: 9:00 – 12:00 Noon; Conservancy Commons Park Shelter; Finish by 3:00 pm
Saturday - Sunday, May 17 and 18	Tri-State Walks: Platteville, WI Galena, IL and Dubuque, IA	
Saturday, June 28	Lake Kegonsa State Park Walk	
Saturday, July 19	Sparta Walk – Monroe County Walk	
Sunday, July 20	Black River State Forest Walk – Jackson Co. Walk	
Saturday, August 23	Donald County Park Walk	
Saturday, September 13	Lake Waubesa Walk	
Friday - Sunday, October 3 - 5	North Central AVA Region Rendezvous – Three walks originating at the Tenney Park Shelter in Madison.	

Attachment A

**Dairyland Walkers Board Meeting
Lakeview Branch Library
January 8, 2014**

Minutes Pending Approval

Board Members Present

Doug Wiest (President)
Terry Wendt (Vice President)
Mary Liebig (Secretary)
Diane Thornbery (Treasurer)
Barb Lund (Board Member at Large)
Don Suloff (Trailmaster)
Bruce Dewey (Sanctioned Walk Coordinator)
Tom Doyle (Membership Chair)
Karen Reger (Publicity Chair)

Welcome (Doug)

The meeting was called to order at 6:00PM by President Doug Wiest and the agenda was adopted. Also in attendance at the meeting were Kristi Kenyon and Russ Crane.

President Wiest presented the following members to appointed positions on the Board: Tom Doyle as Membership Chair, Bruce Dewey as Sanctioned Walk Coordinator, Don Suloff as Trailmaster, Tom McCrill as Website Administrator, Jerry Wilson as Newsletter Editor, Karen Reger as Publicity Chair, Tricia Gundlach as Volunteer Coordinator, and Tom Gundlach as AVA Electronic Sanctioning Volunteer.

Vice President Report (Terry)

Terry has reserved a room at the Sequoia Branch Library, located at 4349 Tokay Blvd. for the next Membership meeting on Wednesday, February 12 from 6:30 to 8PM. Pam Flowers will be the featured speaker. She has walked the entire Appalachian Trail and dog-sledded in Alaska.

Treasurer's Report (Diane)

Diane had emailed the Treasurer's Report to the Board. The balance on December 1, 2013 was \$2,352.05. Since that time, income totaled \$1,277.00 and expenditures were \$1,881.92. The current balance on January 8, 2014 is \$1,747.13. Of that balance, \$1,000 is restricted for trips. The Treasurer's report was accepted and filed for audit.

Diana also mentioned a question that Jerry Wilson had posed about the club's 501(c) (3) status. He wondered if volunteers can write-off costs related to the organization such as mileage for the Walk Box Coordinators. The Board felt that club-members should consult their own tax advisor on this issue. However, Tom Doyle will contact Bob Wright at the AVA to see if the AVA already has a position on this.

Meeting Minutes (Mary)

The minutes of the last Board meeting held on November 13th 2013 had been previously emailed to the Board. There were no corrections or additions to the minutes, and they were approved as distributed.

Director at Large Report (Barb)

Barb had nothing to report.

Membership Report (Tom)

Tom stated that he has been reviewing the payment of membership dues over the last two weeks. He has used the transaction report from our Treasurer and compared it to his membership list to make sure he has the correct dues payment information.

Walk Box Coordinator (Bruce)

Bruce has updated all year-round boxes for 2014 and is in the process of updating the 2014 seasonal boxes.

Trailmaster Report (Don)

Don wanted to focus his report on the two weekends of walking that we have planned for 2014:

Three State Walk in May 2014 – Don has printed brochures and given 100 copies to the Platteville Chamber of Commerce. He also reserved a block of 20 hotel rooms at the Super 8 in Platteville. In addition, he has reserved a room seating 50 for a Saturday night dinner at Benevenuto's located in Platteville. We decided to serve buffet style at Benevenuto's versus a choice of four menu items. That way most people will be able to eat at the same time, and we will not need as much assistance from the restaurant staff. The first 50 people to sign up at Saturday's start table will be eating this dinner.

Don said that he has worked with the Iowa club to make sure that we have separate start cards but one cash box located at the start point at the Platteville Chamber of Commerce.

Sparta/Black Forest Walks in July – Don will try to locate a block of hotel rooms and restaurant for a group dinner in Sparta.

Looking ahead to 2015, Don said that he is not planning any special seasonal county walks then. However, we will do a walking weekend in Chippewa, Dunn, and Pepin counties. In addition, we will have a walking weekend in Brown and Oconto counties, either Gilbert Engel of the Menominee River Volkssport Club or Don will map the routes in Green Bay and Oconto County.

Unfinished Business

Dairyland Walkers North Central Regional Rendezvous 2014

Karen distributed draft brochures for the North Central Regional Rendezvous. Part of the event's cost will be a flat fee of \$10.00 to cover the cost of the park shelter. This fee will be waived for children, to encourage family participation. It is estimated that we will need around ten volunteers to buy or make food for the event.

Karen also distributed copies of three award drafts for this event. She and Russ had thought of using the design on a patch. It was also suggested that the design might look good on tee shirts or coffee mugs.

Walking Vacation to British Isles 2015

Doug had a chance to talk to Elke in December about the British Isles trip. They have decided to move forward with a proposal for a 13 day trip to England, Scotland, and Wales, but not include Ireland. There is only one IVV walk in Ireland. Doug has suggested the month of September 2015 for this trip, and will try to get the exact dates from Elke. Doug will write an article for the proposed British Isles trip in the next newsletter, asking those interested to contact him.

County Walk Program – Liability issues

Our county walk "make-up" program will not be sanctioned by the AVA and thus not covered by the AVA liability insurance. However, Don stated that there is a WI Statute that may mitigate our liability. Wisconsin's Recreational Immunity Statute, found in Chapter 895.52 of the Wisconsin Statutes, is intended to promote recreational activity in Wisconsin by making certain organizations and individuals immune from liability for injuries or death caused while a person is engaged in recreational activities.

Don has also developed our own start card and waiver to sign for participants in our county make-up program. He also reiterated that we are not requiring people to do these walks. With all this in mind, the Board felt comfortable proceeding with the county walk program.

Newsletter Articles for March/April Edition

The Board suggested the following Newsletter articles for the March/April edition. The submission deadline is Thursday, Feb. 20.

- 1) Middleton Pie Walk on Saturday, March 15 – Don to write
- 2) Two new seasonal walks in NW counties – Tom Doyle to write
- 3) Tuesday Evening Weekly Walks to begin April 8 – will ask Tricia to write
- 4) DeForest Walk April 26 – Mary to write
- 5) Saturday Group Walks Begin March 8 and April 12 – Mary to write
- 6) Three State Walk – Don to write
- 7) Sparta/Black River State Forest (Block of Rooms and Dinner) – Don to write

- 8) British Isles Trip – Doug to write
- 9) 2013 VIP Program Summary – Russ to write
- 10) North Central Rendezvous – Karen to write
- 11) Alaska Cruise-Tom Gundlach to write
- 12) Agrace Hospice Care Thank You – 2 or 3 sentences – Diane to write

New Business

AVA Publicity Toolkit

Mary had reviewed the AVA Publicity Toolkit posted on the AVA website and provided a summary of what was available there:

1. Fill in the blank press releases and media contacts
2. Speaker presentations, one in PowerPoint and another that does not require audiovisual equipment.
3. Newly created brochures that provide information on the AVA organization in general, new walkers, membership, youth programs, and selected photos from the trails.

The toolkit is posted to the AVA website, ava.org, Administrative, Clubs only link.

DeForest Walk Park Shelter Reservation

Mary stated that the cost to reserve Conservancy Commons Park in DeForest is \$150.00 for non-residents. However, DeForest may waive or reduce the park reservation fee for tax exempt organizations. Diane gave Mary a copy of the Certificate of Tax Exemption from the AVA. It was dated December 13, 2012. Tom Doyle said that he may receive a more current certification in the next few weeks, and will forward that to Mary when he receives it.

Bulk Mail Permit and Review of Printing Costs (Tom Doyle)

Tom distributed a summary of printing and mailing costs incurred in December. He also obtained Blue Book printing estimates from a number of companies in November. It was not clear if all the estimates were accurate. We will try to get more detailed printing estimates for next year by showing them the 2014 Blue Book. In the meantime, our bulk mailing permit will expire in a few days. Terry Wendt made a motion, seconded by Doug to renew our Bulk Mail permit for 2014 at a cost of \$200.00. The motion carried. We may use the 2014 bulk mailing permit for mailing costs associated with the North Central Regional Rendezvous.

Sanctioning of Seward, Haines, & Ketchikan Alaska Walks

Barb Lund made motion that the Dairyland Walkers sanction walks in Seward, Haines, and Ketchikan, Alaska. A number of our club members will be walking in these ports on the Alaska Cruise in June. Bruce Dewey seconded the motion, and the motion carried. Nancy Wittenberg, the RD for Alaska approved the sanctioning, and asked that the walks be sanctioned from April to December. The president of the Anchorage Volkssport Club has indicated that their club will help publicize these walks in Alaska.

VIP Program 2013 (Russ)

Russ handed out a nice summary that he put together of the participants in the club's 2013 VIP program. Thirty one club members participated in the program, completing a total of 492 events. This resulted in the earning of 41 event/distance books, which cost \$5.00. Russ then calculated the net gain of the VIP program to our club at \$340.99. This is income that we received after deducting the cost of the AVA books, printing of the VIP books, and mailing costs.

Walk Wisconsin (Tom)

Tom gave us copies of a letter he received recently from Active Portage County which produces the Walk Wisconsin event each June in Stevens Point. They have requested our continued participation in this event. We will discuss this at the next Board Meeting.

The next Board Meeting will be March 12, 2014 at the Lakeview Branch Library. The Next General Membership Meeting will be on February 12, 2014 at the Sequoia Branch Library. The next walking events will be the East Towne Mall Walk on Saturday, January 11 and the West Towne Mall walk on Saturday, February 8.

Meeting adjourned at 7:50 PM

Submitted by: Mary B. Liebig, Secretary

Attachment B

Minutes Pending Approval

**Dairyland Walkers Bimonthly Meeting
Sequoia Branch Library
4340 Tokay Blvd
Madison, WI
February 12th 2014**

Officers Present: Doug Wiest (President), Mary Liebig (Secretary), Diane Thornbery (Treasurer)

Board Members Present: Barb Lund (Board Member at Large), Tom Doyle (Membership Chair) Bruce Dewey (Sanctioned Walk Coordinator) Don Suloff (Trailmaster), Karen Reger (Publicity), Tom McCrill (Website Administrator) Tricia Gundlach (Volunteer Coordinator), and Tom Gundlach (AVA Electronic Sanctioning Volunteer)

In Attendance: 31

Meeting

President Wiest called the meeting to order at 6:30pm. There being no additions or corrections to the agenda previously emailed to the Board, the agenda was adopted.

Meeting Minutes

There being no additions or corrections to the minutes of the membership meeting held on December 1st 2013, they stand approved as previously emailed to the Board.

Treasurer's Report (Diane)

The report was previously emailed to the Board. The report noted income of \$996.00 and expenses of \$1,161.92 since the previous report on January 9, 2014. Current balance is \$1,581.21. Of this balance, \$1,000 is restricted for trips. The report was accepted and filed for audit.

Other Reports

Secretary's Report (Mary)

Although Mary had nothing to report relating to the Secretary position, she did want to remind members that the next club sponsored event is the March 8 Capital Group Walk & Eat. Plan to meet at the Inn on the Park at 22 S. Carroll St. shortly before 9AM to register and walk as a group.

Membership Chair (Tom Doyle)

Tom introduced us to our newest member, Debra, who had just joined the club in the last few minutes. Tom also brought brochures from Hunt Hill Audubon Sanctuary, site of the Sarona seasonal walk in Washburn County.

Sanctioned Event Coordinator (Bruce)

Bruce reminded us that seasonal walks for 2014 will begin on April 1. Our club has sanctioned three seasonal walks in Alaska that will run from April 1 to December 31 this year. The walks are in Haines, Seward, and Ketchikan and will be ports of call on the Alaska Cruise in June.

Trailmaster (Don)

Don reminded us of the upcoming Pie Walk on March 15 in Middleton. Although there is no pre-registration, those interested in walking should contact Gwen Kraemer ahead of time so enough pies can be ordered. The cost of this walk is \$4.00.

Don has reserved a block of 20 hotel rooms at the Super 8 in Platteville on May 17 for the Tri State Walking Weekend. There is a group buffet planned at Benvenuto's in Platteville on Saturday night, May 17 as well.

In addition, there is another Walking Weekend planned for July 19 – 20 in Sparta and the Black River State Forest. Don has reserved a block of 20 hotel rooms at the Country Inn in Sparta and a group dinner is planned on Saturday, July 19 at the Sparta Family Restaurant.

Old Business

DLW North Central Regional Rendezvous 2014 – Brief Update

Karen told us that the award for this event has been decided; it will be a tile or coaster.

Alaska Cruise/Land Package June 2014 (Tom Gundlach)

Tom reported that he has booked 26 people for the land/cruise package. Another couple of people may be joining us for the cruise, but not the land portion. There is still room and time to sign up for this trip.

Walking Vacation to Britain (Doug)

Doug said that Elke has settled on the last two weeks of September 2015 as the dates for the trip to England, Scotland, and Wales. She will not know the pricing for the trip until 330 days before the departure date.

Speaker: Ms. Pam Flowers; Author and Adventurer

Karen Reger introduced us to Pam Flowers who was our speaker for the evening. Pam spoke and delivered her Power Point presentation *Alone Across The Arctic* about her 2,500 mile, solo dog sled journey across Arctic America.

The next Membership Meeting will be held on April 9, 2014, at a yet to be determined location. The next special event walk is the Middleton "Pie" walk on Saturday, March 15, 2014.

Meeting adjourned at 7:45pm

Mary Liebig, Secretary

Attachment C



**MADISON AREA VOLKSSPORT ASSOCIATION
MEMBERSHIP APPLICATION**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail address: _____

Phone: () _____

Please list names of others in household who wish to be members:

- One-Year Membership \$12.00
 - Extra New Walker Packets _____ x \$5.00 _____
 - Donation * _____
- Total Enclosed: _____

* The Madison Area Volkssport Association (Dairyland Walkers), is a non-profit organization with 501(c)(3) status. All donations are greatly appreciated and are fully tax deductible.

Send completed Membership Application and payment to the Membership Chair:

Tom Doyle
5824 Lochinvars Trail
Marshall, WI 53559-9720

March and April Events

Pie Walk, Middleton, Wisconsin

Sat, March 15, 2pm – 3pm

Where 1914 Aurora St, Middleton
[map](#)

Calendar dairylandwalkers@gmail.com

Description This will be a group walk. It will be a modified version of the Middleton year-round walk. Following the walk, participants are invited to enjoy a piece of pie to be provided by the club.

DeForest, Wisconsin Walk

Sat, April 26, 9am – 12pm

Where 6822 Yellowwood Lane, DeForest, WI 53582 N43.22140 W89.35534
[map](#)

Calendar dairylandwalkers@gmail.com

Description Both the 5K and 10K routes are mostly on the Upper Yahara River Trail, a 4K trail of 10-foot wide porous asphalt and boardwalk. Much of the trail is in a natural and wooded setting along the Yahara River. The finish to both routes includes a 1.5K stroll through the residential Conservancy Place neighborhood.

Madison Area Volkssport Association

Note Correction to posting on National AVA Website (below) * Start Times

Dates:	4/26/2014 - 4/26/2014
City / State:	DeForest, WI
Event Name:	DeForest Wisconsin Walk
Event Type:	Walk
Event ID:	98198
Distance - Trail Ratings:	10K & 5K - 1A
Description:	Both the 5K and 10K routes are mostly on the Upper Yahara River Trail, a 4K trail of 10 foot wide porous asphalt and boardwalk. Much of the trail is in a natural and wooded setting along the Yahara River. The finish to both routes includes a 1.5K stroll through the residential Conservancy Place neighborhood.
Amenities:	Strollers: easy Wheelchairs: easy Pets: Yes Restrooms:
Special Programs:	Rainbow Color-Named Places
Start Times:	7:45 a.m. to 10:00 a.m. Finish by noon. 9:00 am – 12:00 Noon. Finish by 3:00 pm.
Location:	Conservancy Commons Park Shelter
Start Point / Driving Directions:	6822 Yellowwood Lane, DeForest, WI 53582. From I-39/90/94 take exit 131 toward Waunakee. Turn left onto WI-19 West. Travel 1.3 miles & turn right on River Rd. After about 1.5 miles and after passing under the Interstate, turn left to stay on River Rd. Follow River Rd. about 0.5 miles and turn right on Innovation Dr. After 0.5 miles turn right on Yellowwood Ln. and the start point. Ample parking available.
Awards & Fees:	IVV Credit Only
Comments:	GPS: N43.22140 W89.35534 SPECIAL PROGRAMS INFO: 1. Strolling Somewhere Over the Rainbow - Yellow 2. Walking the USA A-Z - letter D 3. Wisconsin Counties - Dane
Host Club:	Madison Area Volkssport Assn.
Contact:	Mary B. Liebig (608) 846-2299
Website:	No Website Listed
E-Mail Contact:	mbliebig@charter.net