



Madison Area Volkssport Association Newsletter

May-June 2012

www.dairylandwalkers.com

Vol 2012-03

May-June Events

- May 9 Board Meeting
- May 19 Syttende Mai Walk, Madison to Stoughton
- May 26 Sauk Prairie Walk
- June 2 Walk Wisconsin, Stevens Point
- June 13 Membership Meeting – Middleton Library
- June 16 Lapham Peak Walk - Delafield

Syttende Mai Walk By Jerry Wilson

Walkers planning to do the Syttende Mai Walk on Saturday, May 19 should be well into their training / conditioning preparedness. Walking 27 K presents different challenges to the walker. Some things to remember on walk day:

- Prepare for all types of weather, including changing conditions between 6:30 AM and finishing. Layers are advised if the morning is chilly;
- Stretch-out before beginning the route;
- Drink water at most, or all, water stops;
- Bring along any medicines you might need before starting the walk and during the walk; and,
- Listen to your body along the route.

Newsletter Contents

Page

- 1 Syttende Mai Walk
- 1 Mall Walk Coordinators Needed
- 1 Revised Devil's Lake State Park Walk
- 1 Northern Italy Volkssport Trip

- 2 Monona Walk Kick-off

- 3 Poker & Pie Recap
- 3 Cheese Days 2012 Walk
- 3 Highway Cleanup, April 22 Photos
- 3 Walk Participants for 1st Quarter of 2012: FYI

- 4 On the Trail: Indiana – Kristi Kenyon
- 4 Monona Walk Pictures

- 5 Milestones
- 5 New Dairyland W. Club Members
- 5 2012 Dairyland W. Calendar

- 6 Attach. A – March 14 Board Meeting Minutes

- 8 Attach. B – April 11 Club Meeting Minutes

Mall Walk Coordinators Needed!! By Don Suloff

After many years of coordinating our January and February walks at East and West Towne Malls, Ed Reid has decided to step down from that responsibility, effective immediately. The Dairyland Walkers owe Ed a real debt of gratitude for his faithful service in conducting these walks and the "user friendly" atmosphere he always presented at the walk start/finish points. Thanks, Ed.

Now we must move on if we are to continue these walks in 2013 and the future. As our trailmaster, Don Suloff, needs to have a coordinator identified for both of these walks by the fall of 2012. This walk is different from many of our walks since there is no need of mapping a route or developing directions. The primary responsibilities are confirming the use of the start/finish point and staffing it during our walks.

If you are willing to coordinate either (or both) of the walks for one or more years, please contact Don at suloff@tds.net or (608) 821-0263. He and Ed will help any new volunteer get "up and running."

Revised Devil's Lake State Park Walk By Mary Liebig

Walkers are encouraged to try the revised Devil's Lake State Park Seasonal Walk in 2012. Both a 10K and 6K route are offered this year, and both start on the East Bluff Trail overlooking the lake. This is a Sauk County walk, and the 10K qualifies for "Walking America's Trails" as half of it is on the Ice Age Trail.

Northern Italy Volkssport Trip - September 6 - 19, 2012 By Barbara Borde

The deadline for signing up for this wonderful trip is May 25, 2012. If you have air miles that you would like to use, the land only portion is \$2930.00. Contact Barbara Borde with any questions at [608-244-3183](tel:608-244-3183)

Dates of Interest?

Date

- May** 5 Cinco de Mayo
- 8 World Red Cross Day
- 13 Mother's Day
- 19 Armed Forces Day
- 25 Nat. Missing Children's Day
- 28 Memorial Day
- 31 World No Tobacco Day
- National Blood Pressure Month

- June** 6 National Yo-Yo Day
- 14 Flag Day
- 17 Father's Day
- 20 Summer Solstice
- National Dairy Month

**NEWSLETTER
ARTICLE
SUBMITTAL
DEADLINE**

for
July-August

Due: June 20

Send to
newsletter email address:
dairylandnews@gmail.com

Sending newsletter input
to other than this e-mail
address may not get
considered for newsletter
insertion!

**Monona Walk Kick-off
By Tricia Gundlach**

The new year-round Monona walk was initiated in style with 80 walkers participating in the historic walk and special events. The Mayor of Monona, the Honorable Bob Miller, officiated at the ribbon cutting ceremony. Hannah Wensing, club member, assisted the Mayor in cutting the ribbon. Two past Mayors of Monona were also there, Dean Bowles who is a Dairyland Walker club member and developed the Monona walk, as well as Rob Kahl who stopped by with his daughter in her stroller.

Cindy Haagensen, club member said, " the walk was beautiful on a beautiful day and it was nice seeing all the flowers". Rosemary Sprenger, club member, enjoyed all the historical markers. While June Quesnell, club member, enjoyed talking with other walkers along the way and seeing the 2,000 year old effigy mound.

Walkers were able to tour the Aaron Bohrod residence, a famous artist who lived and had his studio in Monona. The home is currently owned by the Hulls who were very gracious. Barb Borde, club member, said the dining room table was very impressive for family gatherings and it was exciting to see the home. "There is a secret tunnel that takes you to his studio". On the walls of the tunnel are etchings by Aaron Bohrod. Virginia Newell, club member, says she enjoyed the great room and the story about how the Hull's came to purchase the home.

A very big thank you to all of the Monona Walk Volunteers! Tricia Gundlach, volunteer coordinator for the club said, "it was so much fun because of the contributions from 34 volunteers! You really get to meet more of the club members and can enjoy walking and chatting with them while you walk". Volunteers for the Monona Walk:

- Dean Bowles Tom Gundlach Tom & June Doyle Russ Crane & Karen Reger
- Tom and LaVonne Mc Crill Liz Odgren Don Suloff Ted & Virginia Newell
- Doug & Jhing Wiest Barb Lund June Quesnell Cindy Haagensen
- Nancy & John Spaeni Jane Peterson Bruce Dewey & Kathleen Larson
- Barb Borde Gwen Kraemer Terry Wendt & Ronni Guski Doris Laufenberg
- Joanne Reuter Diane Thornbery Linda Lins Jeanne Pien Marilyn Troyan

If I missed anyone please let me know because we want to be sure to thank everyone!



Monona Walk Ribbon Cutting by the Honorable Mayor Bob Miller and Hannah Wensing, Club Member. (Two additional photos later in Newsletter.)

Poker & Pie Walk Recap
By Kristi Kenyon

Thank you to all who attended the 3rd annual Pie Walk. We hope you enjoyed the addition of Poker to this year's walk. We had 77 walkers who consumed 13 pies! Thank you also to all the volunteers who helped make this event run smoothly. It would not have been so successful without you!

Cheese Days 2012
By Jerry Wilson

The following is an article that was submitted for publication in the The Wanderer, however the February/March edition had no room, it should appear in the upcoming edition... The Dairyland Walkers will hold a traditional walk in Monroe Wisconsin on Saturday, September 15, 2012, during Cheese Days, a Green County celebration held every other year. Monroe is a small town known for its cheese making. Besides a very nice small town walk, come and tour an old time cottage style cheese factory, and the Minhas Brewery. Food will be on sale at several locations. Visit the cheese tent, sample cheese sandwiches, cream puffs, and deep fried cheese curds, and if you are brave enough..... try a Limburger Cheese sandwich! There will be a craft fair, farmers market, classic car show, antique tractor show, and events for children. Three stages provide entertainment throughout. For more information about Cheese Days visit their website: www.cheesedays.com.

Walkers should bring their special award books. Both the 10k and 5k routes will pass an American Family Bakery, and a theater that qualifies for Celebrating Golden Cinemas. Walkers can begin the walk between 8:00 am – 12:00 noon at Twining Park, finishing by 3:00 pm.

While visiting Wisconsin in September walkers can take advantage of other year-round and seasonal walks statewide. Near-by walks are centered around the State Capital city (47 miles away) and in Janesville WI (36 miles away). Why not come for the Cheese Days walk and celebration and stay a few days to do some of the Madison/Middleton/Monona area walks and bike event (8 events) and the Janesville walk. If additional information is needed checkout the Dairyland Walkers website: www.dairylandwalkers.com or contact Jerry Wilson at jpatw4@gmail.com.



(left) National Historic Cheesemaking Center, Monroe, WI

(below) Two Highway Clean-up Photos



Walk Participants for the First Quarter of 2012
By Jerry Wilson

FYI - Following are the participant numbers reported for the Dairyland Walkers five year-round events for January 1 – March 31, 2012:

Madison – Arboretum	25	Middleton	94 (Includes the Poker and Pie)
Madison – Capitol	20	Monona	22 (Before ribbon cutting and official grand opening)
Madison – Eastside	26	Let's get out there and walk!	

On the Trail By Kristi Kenyon

In March, my children, Kenyon and Hannah, and I spent our spring break in Indiana doing the 5 Indiana Lincoln Highway walks. We also added other fun activities in the area to maximize our vacation. When we arrived on Sunday, we visited the Indiana Dunes National Lakeshore. We hiked up Mt Baldy and earned Junior Ranger badges. On Monday we headed to Valparaiso and completed the 11K. The route takes you through Valparaiso University and around the downtown. We stopped for cupcakes at Designer Desserts (thank you Karen Reger for the tip!). One of the checkpoints included a Lincoln Highway marker. We also stopped in the Chocolate Café (1/2 block off the walk) to sample and purchase South Bend Chocolates. The end of the walk goes back through Valparaiso University. We spent the afternoon in Valparaiso mini-golfing and at ValPlayso. We also went to Merrillville to Albanese Candy Outlet. They make the world's best gummi bears!

On Tuesday, we started with the Plymouth 7K, by taking the 5K route, but adding the loop through Centennial Park that the 10K path takes. Much of the first half of the walk was on paths through parks which was very nice. We had lunch at Christos restaurant where the walk box is located. We later drove parts of the 10K that we missed and that's where we found the Lincoln Highway marker. On to Warsaw, where we only did 5K. The first part was on the Beyer Trail, a boardwalk and nature path through a wetlands area. Very relaxing. The walk back was on a fairly busy road with no sidewalk, so not as relaxing. The Lincoln Highway marker is on the 10K route, but I forgot to read those directions to know to drive by it. Make sure you find that one as it is the only Indiana marker still in its original location.

Wednesday, we completed the Fort Wayne 10K. Much of the walk was on the River Greenway path and went by all three rivers. There is a Lincoln Highway sign on a diner along the walk. We visited Science Central, a hands on science museum that the kids enjoyed. We had a fancy dinner at Cork'N Cleaver. They have a great salad bar and the menu is presented to you on a cleaver!

On Thursday we back-tracked a bit to Columbia City where we did the 6K. The walk takes you to the downtown where there is a Lincoln Highway marker at the Whitley County Historical Museum. We took a brief tour of the museum. We were also fascinated with the Old Jail that is now used as a haunted house at Halloween. I'd love to tour that building. The end of the walk is along the Blue River Trail, next to the river through the woods. We quickly went back to Fort Wayne to DeBrand Chocolates for the 1 PM tour of the factory where we got samples! Mini-golf, laser tag, and a movie completed our day.

Friday, we headed home, but spent a few hours at Fair Oaks Farm in Fair Oaks, IN, where we learned a lot about their dairy, saw the milking carousel, and saw some calves being born. Our walk patches and "I walked them all" patches arrived within about 10 days after I mailed in our start cards and payments. Overall, we enjoyed these walks and our time in Indiana. We're looking into the 4 Illinois walks for later this summer.

Monona Walk Pictures (Below)



(above) Kristi Kenyon, Kenyon and Hannah doing Indiana Walks



(above) Monona Walk Start
(right) Terry Wendt & Ronni Guski at Monona Walk Check-point



Milestones

275 Events Dave Beisser 2500 KM Phil Ringhand
 325-475 Events Bonnie Hamer 3000 KM Dave Beisser
 850 Events Russ Crane 3500- 4500 KM
 Bonnie Hamer
 1250 Events Ed Reid
 1300 Events Marj Oehlke
 2100 Events Jan Haugen

New Dairyland Walker Club Members

Please Welcome:
 Jane Fahay Madison
 Sharon & Ken Poniewaz Middleton
 Mary Pat & Dennis Olson Middleton
 Mary Lou Ringquist

2012 Dairyland Walkers Calendar

Saturday, January 21	East Towne Walk	Results: 50 credit & 5 free walkers
Saturday, February 18	West Towne Walk	Results: 56 credit & 9 free walkers
Sunday, March 18	Poker & Pie Walk - Middleton	Results: 77 credit walkers
Saturday, April 21	Monona Kick-off Walk	Results: 49 credit & 32 free walkers
Wednesday, May 9	Board Meeting	Lakeview Library 6:00 PM
Saturday, May 19	Syttende Mai Walk - Madison	Badger Bowl, Register 6:00 – 7:00 AM
Saturday, May 26	Sauk Prairie Walk	Register 8:00 – 12:00 Noon
Saturday, June 2	Walk Wisconsin - Stevens Pt.	Varying Start Times: See website/Week-end
Wednesday, June 13	Membership Meeting	Walk Events Brochure
Saturday, June 16	Lapham Peak Walk	???
Great River Walking Weekend:		Register 8:00 – 12:00 Noon
Saturday, July 21	Lake Winona Walk - MN	Register 7:00 – 10:00 AM
Saturday, July 21	Perrot State Park Walk - WI	Register 12:00 Noon – 3:00 PM
Sunday, July 22	Merrick State Park Walk – WI	Register 8:00 – 12:00 Noon
Sunday, July 22	Winona Historic City Walk – MN	Register 11:00 AM – 2:00 PM
Saturday, August 25	A Walk Into History - Portage	Register 8:00 – 12:00 Noon
Saturday, September 15	Cheese Days Walk – Monroe	Register 8:00 – 12:00 Noon
Saturday, October 13	High Cliff State Park Walk –	Register 12:00 Noon – 3:00 PM
Sunday, October 14	Sherwood	Register 8:00 – 12:00 Noon
	Maywood Environmental Park Walk	
	- Sheboygan	

Attachment A

Dairyland Walkers Board Meeting Lakeview Branch Library March 14, 2012

Pending Board Approval

Board Members Present

Mary Liebig (Secretary)
Kristi Kenyon (Treasurer)
Barb Borde (Board Member at Large)
Russ Crane (Webmaster)
Tom Doyle (Membership Chair)

Welcome (Mary)

The meeting was called to order at 6:00PM by Secretary Mary Liebig and the agenda was adopted. Also in attendance at the meeting were Tricia and Tom Gundlach, Karen Reger, Cindy Haagensen, and Tom McCrill.

Vice President Report (Gwen)

Gwen was not in attendance at the meeting, but she wanted to let us know that she has reserved a room at the Wisconsin Community Bank for the next Membership Meeting on Wednesday, April 11 from 6:30 to 8PM. Gwen also has reserved Fireman's Park at 7400 Lee St. in Middleton for our August Membership Meeting. Lakeview Park in Middleton was not available.

Treasurer's Report (Kristi)

Kristi had emailed the Treasurer's Report to the Board. The balance on February 8, 2012 was \$3,704.69. Since that time, income totaled \$525.06 and expenditures were \$796.51. The current balance on March 14, 2012 is \$3,433.24. Of that balance, \$1,000 is restricted for trips. The Treasurer's report was accepted and filed for audit.

Meeting Minutes (Mary)

The minutes of the last Board meeting held on January 11th 2012 had been previously emailed to the Board. A corrected version was then emailed to the Board on February 13, 2012. The corrected minutes were approved.

Director at Large Report (Barb)

Barb had nothing to report.

Membership Chair (Tom)

Tom reported that Membership continues to work on obtaining correct email addresses for our members. This has become especially critical with the switch to an electronic newsletter this year. There were 20 hard copies of the March/April Newsletter that were snail-mailed to members who don't have a computer or email account. An additional 22 hard copies had to be snail-mailed to members that had invalid email addresses. Tom is contacting these people to verify the correct email address.

Walk Box Coordinator (Bruce Dewey)

Bruce was not in attendance at the meeting, but Tom Doyle reported that the 2012 seasonal walk stamps are available and are currently being distributed. Four walks were revised for 2012: Devil's Lake, (including a new shorter, 6K option), Fond du Lac, Middleton, and Neenah.

Webmaster Report (Russ)

Russ presented the Usage Report from January 9, 2012 to March 5, 2012 and gave a short explanation of the numbers. Russ commented that he thought that the number of visits might be down because there haven't been many new pictures posted. Mary then suggested that we should create a link on the website that could direct visitors to the Dairyland Walkers Facebook page. There are walking pictures posted on Facebook. We had thought that Dean Rinehart, who created the club Facebook page, could assist Russ with the necessary code. Kristi Kenyon now thinks

she can supply Russ with the code needed to create a link from the www.dairylandwalkers.com website to our Facebook page.

New Business

Extend Key West Seasonal Walk through December 31

Tom Doyle made a motion to approve the Key West Seasonal Walk to run through December 31, 2012. The motion was approved.

Monona Kick off Walk (Tricia)

Tricia updated us on the kickoff of the new year-round Monona walk planned for Saturday, April 21. The mayor of Monona plans to be at the Monona Community Center for a ribbon cutting ceremony at 9AM. The historic Dean House, located one half block off of the walking route, will be open for free tours that day. In addition, there will be docents stationed at some of the landmarks on the route for this kick-off event.

Tricia, and Dean Bowles attended a Monona City Council event to help publicize this walk. While there, they met a water conservation group that is planning a 12 mile walk in Monona in July. Some people from the water conservation group may be attending our walk in April.

Our club is planning for more than the average number of walkers for this event. The route will be well marked with directional arrows. Tom Doyle plans to cook brats to serve at the Monona Community Center. Club members will be encouraged to bring deserts. Russ and Karen plan to bring the paper supplies for the meal. Tom then questioned whether the Board needed to approve a budget for this event because of its size and additional events. Russ Crane's opinion was no, because he thinks the food donation jar will bring in more than enough money to cover the club's additional expenses.

Tricia concluded by saying that she will be looking for volunteers at three checkpoints on the walking route, as well as at the start/finish table.

Poker and Pie Walk (Kristi)

Kristi said that she had 39 confirmed walkers for the Poker and Pie Walk and more confirmations came in on Wednesday that she had not yet counted. Thirteen pies were ordered and additional pies can be purchased on Sunday, if needed. Russ and Karen will bring paper supplies. Kristi feels that she has enough volunteers. Russ then commented that Kristi had created a great task list for this walk, and that we could use her task list format for future walks.

Labor Day Bridge Walk (Cindy)

Cindy Haagensen detailed her progress on plans for the Mackinaw Bridge Walk/Bus Trip scheduled for August 31 through September 3, 2012.

- She has reserved Lazars Bus.
- The \$600 deposit for the Super 8 Motel was returned. Instead, she found better and less expensive accommodations at the Bridge Vista Beach Motel in Mackinaw City. Right now, she only has a verbal commitment from the Bridge Vista Beach Motel, though. We would stay there one night, Sunday, September 2. During the day on Sunday, we could take the ferry and walk around Mackinac Island.
- The other two nights, Friday and Saturday, would be spent at the AmericInn in Munising, MI. It is much cheaper to stay in Munising than closer to the Mackinaw Bridge on Labor Day weekend. However, we have only a verbal commitment so far at this motel.
- An advantage to staying in Munising is the ability to hike in the Pictured Rocks National Lakeshore. Cindy will work with Don Suloff to develop a walking route there.

Tom Doyle then made a motion for the Madison Area Volkssport Association to sanction these walks as follows:

1. Pictured Rocks National Lakeshore and Mackinac Island walks as three month seasonal walks, from July 1 to September 30, 2012.
2. Labor Day Bridge walk as a one day event.

The motion passed.

The Board felt that Cindy had some great plans for this trip, and stressed the need to get written commitments from both hotels.

Bylaws

Tom McCrill was asked if he had an update on the bylaws. He replied that he had no update.

The next Board Meeting will be May 9, 2012 at the Lakeview Branch Library. The next walking event will be the Poker and Pie walk on Sunday, March 18.

Meeting adjourned at 7:35PM

Submitted by: Mary B. Liebig, Secretary

Attachment 2

**Dairyland Walkers Bimonthly Meeting
Wisconsin Community Bank
8240 Mineral Point Road
April 11, 2012**

Minutes Pending Approval

Officers Present: Doug Wiest (President), Gwen Kraemer (Vice President), Mary Liebig (Secretary), Kristi Kenyon (Treasurer)

Board Members Present: Barb Borde (Board Director at Large), Russ Crane (Webmaster)
Bruce Dewey (Sanctioned Walk Coordinator), Don Suloff (Trailmaster)

In Attendance: 28

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 (Mary Liebig)

There being no additions or corrections to the minutes of the membership meeting held on February 8th 2012, they stand approved as previously emailed to the Board.

Treasurer's Report (Kristi Kenyon)

The report was previously emailed to the Board. The report noted income of \$602.00 and expenses of \$1,290.29 since the previous report. Current balance is \$2,744.95. Of this balance, \$800.00 is restricted for trips. The report was accepted and filed for audit.

Old Business

1. Northern Italy Trip:

Barb Borde told us that there is still time to sign up for the Volkssporting Northern Italy trip planned for September 6-19, 2012. There needs to be at least fifteen people in this tour group.

2. Mackinac Bridge Bus Trip:

Cindy Haagensen reported that she has received initial deposits from twenty people interested in riding the bus for the Mackinac Bridge trip. However, the club needs about twenty more people to reserve a seat on the bus to make it possible to keep the cost at around \$400 per person. The deadline to submit the initial \$50 refundable deposit to Cindy is on April 30.

3. Monona Kick-Off Walk

Tricia Gundlach spoke about the next walking event in Monona on Saturday, April 21. There has been quite a bit of publicity in the Monona area about this walk. Dean Bowles has talked to Monona school district Phy-Ed teachers and the Monona Senior Center to promote the walk. In addition, there is an article about the walk in the 2012 Summer and Fall Monona Guide. The mayor of Monona plans to be at the Monona Community Center on Nichols Road at 9AM for a ribbon cutting ceremony.

4. Highway Cleanup

Terry Wendt wanted to remind the group about the Highway 12/18 cleanup scheduled for Sunday, April 22. Those interested in helping should meet at 1PM that Sunday at Nora's II, located at the intersection of US Hwy 12/18 and Cty Rd AB.

New Business

Trailmaster Update

- a) Don Suloff reminded us to make hotel reservations for the Great River Walking Weekend on July 21-22 in Trempealeau.
- b) Don asked for membership input in scheduling the Outagamie/Waupaca counties walking weekend in 2013. After some discussion, it was decided to recommend scheduling this event for May 4-5, 2013, even though this is the same weekend as the March of Dimes walk in Madison.
- c) Don also asked for membership input in planning walks in Pepin, Dunn, and Chippewa counties in 2014. He was concerned about planning a couple of walks that members may find too hilly. After Don collected some input, he said he would proceed with plans for walks in Durand (Pepin Co.), Menomonie (Dunn Co.), and Lake Wissota (Chippewa Co.).

New Members/Visitors

Russ Crane introduced Mary Lou Ringquist, who attended the meeting as a new member. In addition, Bruce Dewey welcomed Dennis and Mary Pat Olson as visitors to the meeting.

Program

Tips for Planning Walking Trips (Rosemary Sprenger)

Club member Rosemary Sprenger spoke about resources and tips she used in planning walks in all fifty states over the past fifteen years. She also talked about her most recent trip to Florida with Cosmos Tours. On this trip, Rosemary was able to do the Key West walk that the Dairyland Walkers have sanctioned in 2012.

The next walking event is the Monona Kickoff Walk on Saturday, April 21.

The next membership meeting will be held on Wednesday, June 13 at the Middleton Library.

Meeting adjourned at 7:45pm
Mary Liebig, Secretary