



# Madison Area Volkssport Association Newsletter

May-June 2016

[www.dairylandwalkers.com](http://www.dairylandwalkers.com)

Vol 2016-03

## May – June Events

- May 11 Board Meeting –  
Lakeview Br. Library–6pm
- May 21 Fort Atkinson Walk  
– Start: 8:00 - Noon
- June 8 Membership  
Meeting – Hody Bar and  
Grill – 6:30pm
- June 25 Wautoma Walk  
Start: 11:00am – 2:00pm
- June 26 Roche-a-Chi State  
Park Walk  
Start: 8:00 – 11:00am
- June 26 Westfield Walk  
Start: Noon – 3:00pm

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## Fort Atkinson Walk – May 21, 2016

By Bonnie Hamer

Hope everyone has Saturday, May 21<sup>st</sup> circled on their calendars for the Fort Atkinson Walk. The 5K/10K walk begins at easy-to find Barrie Park located on Robert Street. From Hwy 12, aka Madison Avenue, turn right at light and go 1 block.

After registering at the band shell in the park, you will stroll down Main Street with its historic buildings and a tribute wall to native-born poet, Lorine Niedecker (1903-1970). Leaving Main Street a turn on to the riverwalk takes you along the Rock River. From here it's just a block to find yourself walking through the Saturday Farmer's Market going on.

Before walking through the Merchants Avenue Historic District with its varied architectural-styled homes and a historic water tower we will detour to visit the site where the original Fort Atkinson fort stood in 1832. Next stop is the Bark River Nature Park. Here you will understand why Fort Atkinson has been designated a Bird City and learn of the history of a former brick yard.

Spring flowers should be in bloom as your walk through the Hoard Museum Gardens on your way to Jones Park and to the Glacial River Trail. All along the trail and in the parks delightful statutes of children at play dot the route. After crossing an old railroad bridge you find yourself back Barrie Park and a historic water fountain where you can make a wish.

## New Middleton Event Route

By Don Suloff

A new 10K route is now available at the Middleton walk box. Although this, by necessity, follows some of the old routes, nearly 2/3 will cover new and interesting areas. Come try it!

## Weekday Group Walks Introduced (Note Varying Start Times)

By Tricia Gundlach

April 26 <sup>th</sup>	(Tuesday)	10am	Capitol Walk	led by Cindy Haagensen
May 10 <sup>th</sup>	(Tuesday)	10am	Middleton Walk	led by Barb Lund
May 27 <sup>th</sup>	(Friday)	1pm	Monona Walk	led by Tricia Gundlach
June 10 <sup>th</sup>	(Friday)	1pm	Civil War Walk	led by Tricia Gundlach
July 14 <sup>th</sup>	(Thursday)	10am	Middleton Walk	led by Barb Lund
July 22 <sup>nd</sup>	(Friday)	11am	Devil's Lake Walk	led by Tricia Gundlach
July 27 <sup>th</sup>	(Wednesday)	9am	Arboretum Walk *	led by Cindy Haagensen
August 11 <sup>th</sup>	(Thursday)	9am	Picnic Point Walk	led by Cindy Haagensen
August 18 <sup>th</sup>	(Thursday)	9am	Eastside Walk	led by Barb Lund

\* Start point TBD.

### Contact Information:

Cindy Haagensen	<a href="mailto:chaagensen@charter.net">chaagensen@charter.net</a>	608-216-0298
Tricia Gundlach	<a href="mailto:tnt84@chorus.net">tnt84@chorus.net</a>	608-222-4200
Barb Lund	<a href="mailto:lund_b@sbcglobal.net">lund_b@sbcglobal.net</a>	608-249-5139

**Dates of Interest?**

**Date**

- May** ALS Awareness Month
- Arthritis Awareness Month
- 1 School Principals Day
- 5 Cinco de Mayo
- 6 Bike to School Day
- 7 Kentucky Derby
- 8 Mother's Day
- 21 Full Moon – 4:14 pm
- 30 Memorial Day
- 31 World No Tobacco Day
- June** Great Outdoors Month
- PTSD Awareness Month
- 1 Heimlich Maneuver Day
- 7 Ramadan Begins
- 8 World Oceans Day
- 11 Belmont Stakes
- 14 Flag Day
- 15 Nature Photography Day
- 20 Full Moon – 6:02 am
- 21 Father's Day

**NEWSLETTER  
ARTICLE  
SUBMITTAL  
DEADLINE**

for  
July – August  
2016

Due: June 20

Put an Article Specific Title  
on the subject line and  
send articles to the  
DW Newsletter email  
address:

[dairylandnews@gmail.com](mailto:dairylandnews@gmail.com)

This email address is regularly  
monitored ten days before and  
three after a newsletter edition is  
published.

**Love Those Walking Weekends – June 25 and 26, 2016  
By Don Suloff**

It's on the road again for the Dairyland Walkers, just not quite as far as some of our more recent road trips. We start the weekend walking in Wautoma (Waushara County) on Saturday, June 25<sup>th</sup>, and enjoying small town Wisconsin landmarks including the County Courthouse, a Historical Museum, County Fairgrounds, and a World War II Veterans Memorial Building. The walk starts at Boarders Inn & Suites at W7696 State Hwy 21 & 73 with starts between 11 am and 2 pm and finish by 4 pm. Although we will not be having a group dinner (couldn't reserve a restaurant), there are three nice restaurants available for hungry walkers. We then have a block of 20 rooms reserved at Boarders Inn & Suites for \$82.99 plus tax. Make your reservations by calling (920) 787-5050.

Then it's up the next morning and relocating the short distance to the Roche-a-Cri State Park shelter (Adams County) located at 1767 Hwy 13 for our next walk with starts between 8 am and 11 am and finish by 1 pm. This walk on park trails includes an amazing mound left behind by glaciers (an optional climb to the top of the mound will earn you an extra 1K!), and views of pre-historic petroglyphs and pictographs. Note that there is fee or park sticker required to enter the park.

We then move down the road to Westfield (Marquette County) for our final walk, starting at the Pioneer Park Shelter at 316 Pioneer Park Road between noon and 3 pm and finishing by 5 pm. This walk will explore another small Wisconsin town with the last third of the walk passing through the delightful Pioneer Park. Following this weekend you will have completed three more Wisconsin counties not previously walked!

**Saturday Walk & Eat Group  
By Mary Liebig**

**Arboretum Walk – May 7, Picnic Point – June 11**

More Saturday Group Walk and Eat opportunities are coming up in May and June:

On Saturday, May 7, we'll meet at a location to be determined (TBD) while the start point of the Arboretum Walk, Bluephies Restaurant is closed. Meet at around 8:45AM to register for the walk. Both 10k and 5K walking routes will be offered. For those interested in lunch after the walk, we'll plan to eat at a location TBD.

Saturday morning, June 11 will find us walking to Picnic Point in Madison. Again we'll meet at the start point of the Picnic Point walk the Best Western Inn Towner, located at 2424 University Ave. at around 8:45AM to register for the walk. It is worth noting that parking has been tight at the Best Western, so it may be helpful to park at our lunch location, Blue Moon Bar & Grill at 2535 University Ave. The Blue Moon opens at 11AM on and should be able to accommodate our group. For those interested in lunch after the walk, here is a link to the Blue Moon Bar & Grill menu:

<http://www.bluemoonbar.com/menu.php>

## **Four New 2016 Seasonal (and New County) Walks** **By Don Suloff**

Four new seasonal walks will be available for 2016 only covering counties not previously walked. Given the “late” summers and early winters in this part of Wisconsin, the walks will only be available from June 1 through September 30, 2016.

The Hayward walk (Sawyer County) begins at the Hayward Information Center located at 15805 US Hwy 63 which is open Mon – Sat from 9 am to 5 pm and on Sun from 10 am to 4 pm. Call (715) 634-8662 if in doubt. The route follows much of the Hayward Walking Trail and features the National Fresh Water Fishing Hall of Fame, the site of the Lumberjack World Championship, parks and athletic fields, and an active tourist/historic area.

The Phillips walk (Price County) starts at the Countryside Artists Gallery and Gifts located at N8236 State Hwy 13 and open from 10 am to 4 pm daily. Call (715) 339-6475 if in doubt. The walk features a start at the unique Concrete Park with 237 concrete sculptures, then proceeds through parks and residential areas and along the shoreline of Elk Lake. Of particular note is the Lidice Monument commemorating the Nazi destruction of a Czech village during WWII.

The Manitowish Waters walk (Vilas County) begins at the North Lakeland Discovery Center located at 215 County Hwy W and open daily from 8:30 am to 4:30 pm from June through August. The Center has the same hours in September except it is closed on Sundays. Call (715) 543-2085 if in doubt. This route follows the trails of this former Conservation Corps facility along the shore of Statehouse Lake and the rushing waters of Big River.

The Mercer walk (Iron County) begins at the North Lakeland Discovery Center (see above) and requires an 11 mile drive from the registration point to the walk start point. This walk follows the roads of the north woods community. Be amazed by the 2000-pound loon watching over the community.

A tip for walking up north – the density of mosquitoes and ticks varies markedly from year to year, but later in the summer is normally better as the surroundings dry out!

## **2015 VIP Finishers** **By Russ Crane**

I would like to congratulate all 27 walkers that completed our Volkssport Incentive Program (VIP) for 2015. These 27 finishers completed a combined total of 404 walks.

The 2015 VIP goal was to complete any 12 of our 22 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 10 walks not completed the first time, making it a *Clean Sweep* of all of our Year-Round/Seasonal walks. Eight walkers completed the program twice.

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

Curtis Armstrong	2	Karen Reger	1
Russell Crane	2	Ed Reid	2
Bruce Dewey	2	Joanne Reuter	1
Chris Flessert	2	Phillip Ringhand	1
Charles Gentile (CO)	1	David Riyeff	1
Cindy Haagensen	1	Kim Riyeff	1
Vernon Hessey	1	Jill Ruef	1
Diane Hyde	1	Don Suloff	1
Gwen Kraemer	1	Dianne Thornbery	1
Jane Legaard (MN)	1	Douglas Wiest	1
Kenneth Legaard (MN)	1	Jogena Wiest	1
Mary Liebig	1	Jerry Wilson	2
Joan Miller (IL)	1	Pam Wilson	2
June Quesnell	2		

## **Where O' Where Should We Go?**

**By Don Suloff**

Although we are just getting into our 2016 walking schedule, I have already begun to consider where and when we will hold walks in 2017. That being said, this is your opportunity to play a role in the process! If you know of an area you believe would support a good volksmarch, please let me know (and if you are willing to put together such a walk, that would be even better!) Similarly, if there is a walk we conducted a number of years ago but which you would like to visit again, please let me know as well. With your input, we can put together a great program for 2017. Send your thoughts to me at [suloff@tds.net](mailto:suloff@tds.net).

## **The Health Benefits of Walking (Part 2)**

**By Don Suloff**

Following up last issues introduction to the health benefits of walking, this segment will focus on the general and weight-control benefits.

Regular exercise can extend our life and the quality of that extension. A University of Michigan study in conjunction with the Ann Arbor VA found that individuals in their 50's and 60's who exercise regularly are 35% less likely than their peers to die in their next 8 years; that figure goes up to 45% if those individuals have pre-existing health conditions. A study in the United Kingdom found that physically active people over 50 enjoy between 1.1 and 3.7 additional years of quality life. Regular exercise can reduce depression, relieve stress, slow aging, promote intestinal regularity, improve flexibility and posture, and improve self-esteem. A Cal State study found that walking releases natural pain-killing endorphins which can improve the mood. The Fred Hutchinson Cancer Research Center in Seattle found that women between 50 and 75 who regularly take one hour morning walks are likely to find relief from insomnia. Walking can help control addictions to nicotine, alcohol, caffeine, and other drugs. Healthier skin can be promoted due to improved circulation. Walking strengthens leg and abdominal muscles, and also arms when arms are pumped. The increased breathing rate resulting from walking causes oxygen to move faster through the blood stream, eliminating waste products and improving the walker's breathing.

The goal of many walkers is to either control or lose weight and walking serves that purpose admirably. Walking burns body fat and raises metabolism. Walking for at least 40 minutes at 60% of your target heart rate is the best pace for losing weight. Whereas a 30-minute walk burns about 200 calories, an extra 20 minutes per day could lead to as much as a loss of 7 pounds a year. The importance of walking is further emphasized when one learns that it takes walking the length of a football field to burn off the calories contained in one M&M! You might think of that the next time you reach into a candy bowl! Walking helps control one's appetite, so you might consider walking before a meal rather than after it. Finally, walking regularly actually increases our energy.

In next issue of the newsletter I will share some of the cardiac benefits of walking as well as how walking can help our joints and bones.

## **Dairyland Walker Survey**

**By Cindy Haagensen**

Thanks to all who responded to our survey at the Pie Walk and online. For those who could not attend the meeting this month (including myself), here is what we know. You want to walk as a group! The overwhelming majority are interested in doing:

- Local walks during the week, almost any day. These walks have been scheduled, see the article on page 1 of this newsletter.
- DW walks outside Dane county during the week. We can carpool.
- Overnight trips of 1-2 nights preferably weekends but some interest in weekdays as well for walks further out. Carpool.
- Overnight trips to neighboring states for 1-2 nights. Again, we can carpool unless someone wants to get a bus trip together!

Please let me know if you have any interest in leading more walks and we'll get the word out!

## Capitol Walk Update By Jerry Wilson

One of the sights along the Capitol Walk route, the Orpheum Theater sign plans have returning sometime in May 2016.

## Membership Update By Mary Liebig, Membership Chair

Please welcome the following new members who have joined since our last newsletter:

- Darcy and Jeff Keplin - Fond du Lac
- Jeanne Mawbey - Madison
- Eve Scheffenacker
- Robin Skierka

Membership notes:

- The Club has 211 members
- We have 145 mailing addresses or households, twenty-six (26) have yet to pay their club dues for 2016 (as of March 23, 2016)

## Club Milestones By Doug Wiest

The following are the milestones of club members as reported by the May/June 2016 issue of The American Wanderer:

Events		Kilometers	
10	Marsha Briggs	2,500	Joan Miller
50	Diane Hyde	2,500	Terry Wendt
225	Joan Miller	3,000	Joan Miller
225	Terry Wendt	3,500	Joan Miller
250	Joan Miller	4,000	Joan Miller
275	Joan Miller	10,000	Janice Jerabek
300	Joan Miller		
350	Joan Miller		
375	Joan Miller		
400	Joan Miller		
425	Joan Miller		
425	Diane Thornbery		
575	K. Ann Misener		
700	Lee Moisant		
950	Janice Jerabek		
1,000	Janice Jerabek		
1,050	Karen Reger		

Congratulations to all on your accomplishments!

If I, or The American Wanderer, overlooked your accomplishments, send me an e-mail at [douglaswiest@yahoo.com](mailto:douglaswiest@yahoo.com) and they will be listed in the next Dairyland Walkers newsletter.

## 2016 Dairyland Walkers Calendar at a Glance

Wednesday, January 6 Saturday, January 16 Saturday, March 12 Saturday, April 9 Sunday, April 24 Tuesday, April 26 -----	D W Volunteers Prepare Blue Books for Mailing East Towne Walk Middleton Pie Walk Indian Lake County Park Walk Trash Pick-up – Nora’s II, 1843 US Hwy 12 Capitol Walk – Weekday -----	Thank you volunteers! Results: Total 37; Adults: 36; Non-Credit: 1 Results: Total 59; Adults 59; Non-Credit: 0 Results: Total 57; Adults:42; Youth: 2; Non-Cr.: 13 Assemble: 1:00pm. Bring Work Gloves 10:00am Contact: Cindy Haagensen -----
Saturday, May 7 Wednesday, May 11  Tuesday, May 10 Saturday, May 21 Friday, May 27 Wednesday, June 8  Friday, June 10 Saturday, June 11 Saturday, June 25 Sunday, June 26 Sunday, June 26 -----	Arboretum Walk – Sat. Walk & Eat Group Board Meeting – Lakeview Branch Library 2845 N. Sherman Ave., Madison Middleton Walk - Weekday Fort Atkinson – Barrie Park Band Shell Monona Walk - Weekday Membership Meeting – Hody Bar and Grill 1914 Aurora St., Middleton Civil War Walk - Weekday Picnic Point Walk – Sat. Walk & Eat Group Wautoma – Boarders Inn & Suites Roche-a-Cri State Park - Shelter Westfield – Pioneer Park Shelter -----	8:45am Registration at Location TBD 6:00pm  10:00am Contact: Barb Lund Start: 8:00am – 12:00Noon, Finish by 3:00pm 1:00pm Contact: Tricia Gundlach 6:30pm Come earlier to eat before the meeting.  1:00pm Contact: Tricia Gundlach 8:45am Registration at Best Western Inn Towner Start: 11:00am – 2:00pm Finish by 4:00pm Start: 8:00am – 11:00am Finish by 1:00pm Start: Noon – 3:00pm Finish by 5:00pm -----
Saturday, July 23 Wednesday, August 10 Saturday, August 27 Saturday, September 24 Saturday, October 8 Saturday, November 19  Sunday, December 4	Lodi – Habermann Park Shelter Membership Meeting & Annual Picnic Jefferson – Riverside Park Shelter Westport – Jackson’s Landing Shelter McKenzie Environmental Center–Picnic Shelter Veteran’s Week Walk – Downtown Madison  Membership Meeting & Annual Holiday Party	Start: 8:00am – Noon Finish by 3:00pm Lakeview Park, Middleton Details later. Start: 8:00am – Noon Finish by 3:00pm Start: 8:00am – Noon Finish by 3:00pm Start: 8:00am – Noon Finish by 3:00pm Start: 9:30 – 11:00am Start: Park Hotel Finish: Plaza Tavern Goodman Community Center Details later.

**Attachment A**

Minutes Pending Approval

**Dairyland Walkers Board Meeting  
Lakeview Branch Library  
March 9, 2016**

**Board Members Present:**

Doug Wiest (President)  
Terry Wendt (Vice President)  
Susan Wester (Secretary)  
Diane Thornberry (Treasurer)  
Cindy Haagensen (Board Member at Large)  
Mary Liebig (Membership Coordinator)  
Joanne Reuter (Sanctioned Walk Coordinator)  
Karen Reger (Publicity Chair)  
Tricia Gundlach (Volunteer Coordinator)  
Tom Gundlach (AVA Electronic Sanctioning Volunteer)

Also present: Bruce Dewey

The meeting was called to order at 6:01 p.m. by President Wiest and the agenda was adopted. The minutes of the previous Board meeting (1-13-16) had been previously emailed to the Board. There were no corrections or additions and they were approved as distributed.

**Officer Reports:**

**President:** No items were presented.

**Vice President:** Terry Wendt indicated that the next general membership meeting (4-13-16) will be at Hody's. He has arranged for a speaker from the Wisconsin Historical Society (Amy Rosebrough) to discuss effigy mounds of Wisconsin at this meeting. The 2016 summer picnic and Christmas party locations have been secured.

**Secretary:** Susan Wester will be absent for the April membership meeting so will not be able to take minutes. Tricia Gundlach volunteered to take the minutes.

**Treasurer:** Diane Thornberry reported a balance on 2-10-16 of \$3,544.29. Since that time, income and expenses totaled \$581.00 and \$26.15, respectively. The current balance is \$4,099.14. Approximately \$1,000 of this balance is reserved for the large, up front charges required for club events. The Treasurer's report was accepted and filed for audit.

**Director at Large:** Cindy passed out a membership survey that she is working on to gauge interest in group walking options and requested comments on setting up the survey online. Another option she can pursue is emailing the survey to membership. She also may have paper surveys available at Saturday's Pie walk, since this walk attracts the largest number of walkers.

**Other Reports**

**Membership Chair:** Mary Liebig reported that 3 members have joined since the February membership meeting -- Darcy and Jeff Keplin and Jeanne Mawbey.

**Sanctioned Event Coordinator:** Joanne Reuter has 13 seasonal walks ready for the April 1 start. She will then take care of the seasonal walks beginning in June.

**Trailmaster:** Don Suloff sent out an email earlier to Board members. He requested feedback on a proposed 2017 walk schedule he included in the email.

**Publicity Chair:** No items were presented.

**Volunteer Coordinator:** See new business (below).

**Newsletter Editor:** No items were presented.

**Webmaster:** No items were presented.

**AVA Electronic Sanctioning Volunteer:** Tom Gundlach has updated the AVA website for the Capitol Walk.

### Unfinished Business

**Confirmation of January e-mail Vote Regarding New Membership Dues:** In order to confirm the previous vote by email to change new member dues in the first year of membership from a prorated monthly fee to full dues the first six months and half dues the second six months, Tricia made a motion, seconded by Cindy, to accomplish this. The motion passed unanimously.

**Newsletter articles for May/June Issue:** Don also indicated in his previous email to Board members that he would be able to write articles regarding the Wautoma, Roche-a-Cri and Westfield walks and get Bonnie Hamer to submit information on the May Fort Atkinson walk. He will present the second installment of the health benefits of walking and a solicitation for 2017 walks. Doug will write on milestones and Mary on May/June Saturday walk and eat events.

**Update on Electronic Storage of Documents:** Susan has looked into various platforms for electronic storage of documents. She indicated that the Board's decision on which direction to turn depends partly on whether storage only or storage and the ability to collaborate on documents is desired. Since the entire concept is new, it was felt that we could begin with just storage. It is not known yet if collaboration on documents will be needed.

Options with at least some free storage include Google Drive, One Drive (Microsoft), Cloud Drive (Amazon), Dropbox, Box, OpenDrive, Zoho, Google for Nonprofits and Office web apps. One problem to be faced is multiple users. Some of these are only for a single user. Additional users may require a monthly per user charge.

Susan said that Box is available free for nonprofits with up to 10 users. Zoho is free for up to 25 users. It is not known at this time how many users Google for Nonprofits would support. Office Web apps also support multiple users.

Cindy suggested that perhaps Mary could go onto Dairyland Walkers' FaceBook page and ask what other clubs are doing for electronic storage. Mary agreed to do this and provide this information to the Board.

**Other Old Business:** Diane requested that Board members who previously have had user access to the Dairyland Walkers website check to see whether they still do. Members of an old committee working on the website were given access at that time. People having access at this time: Don, Tom and Scott. Bruce Dewey had access 1 month ago. Mary did not have access as of last fall. Tricia will send out an email to committee members asking them to check on the status of their website access.



**New Business:**

**Awards Committee Plan:** Tricia reported that the committee has developed a plan, which she presented in a handout at the meeting. The plan has 5 items, including:

Recommending submission of regional award nominations every 2-3 years, or at the discretion of the Board;

Recommending Board members nominate a new volunteer (member for up to 3 years) for recognition at the annual picnic;

Recognizing the 6 businesses/organizations that house the Madison walk boxes, holding a Dairyland Walkers "restaurant week" when club members would frequent host restaurants and leave thank you notes, treating Monona PD;

Recognizing 4-5 "unsung heroes" -- people always willing to help out -- at the annual picnic;

Offering 1 large and 4 small door prizes at the Christmas party, as well as looking for some entertainment for the party.

This plan was well received and accepted by the Board. Diane suggested that an additional column be added to the membership list to indicate the year a person joined. It was agreed that a major problem with recognizing volunteers is that many people, including the leaders of the walks, do not know who they are.

**Dairyland Walkers Membership List & Unpaid Members:** Mary brought to the meeting the current membership list, which she had earlier emailed to Board members. Members who had not paid dues yet in 2016 were highlighted; there are 35 in this category. Mary, who has already sent to 2 emails to these people, proposed that these members be removed from the list. Tom recommended one more email to them. Karen indicated she knew some on the list and could point out those who wouldn't need a third email.

**Other New Business:** There is a need to be in better communication with Scott regarding the website. At present, it is unclear what Scott knows about some Board members' ability or inability to access the website for changes. To relieve Scott, simple changes could be done by Board members. Tricia volunteered to speak first with Tom regarding what was communicated to Scott in the transfer of responsibilities, following up with contacting Scott directly.

**Future Dates:**

Next Board meeting – 11 May 2016, Lakeview Branch Library

Next General Membership meeting – 13 April 2016, Hody's Bar & Grill

Next Special Event Walks:

--Pie Walk, Middleton, Saturday, 12 March 2016

--Saturday Walk & Eat, Capital YRE, Saturday, 26 March, 2016

--Saturday Walk & Eat, Janesville YRE, Saturday, 9 April, 2016

--Indian Lake County Park Walk, Cross Plains, Saturday, 16 April, 2016

The meeting was adjourned by President Wiest at 7:37 p.m.

Respectfully submitted,  
Susan Wester, Secretary

**Attachment B**

Minutes Pending Approval

**Dairyland Walkers Bimonthly Meeting  
Hody Bar and Grill  
April 13, 2016**

**Board Members Present:**

Terry Wendt (Vice President)  
Diane Thornberry (Treasurer)  
Mary Liebig (Membership Coordinator)  
Joanne Reuter (Sanctioned Walk Coordinator)  
Karen Reger (Publicity Chair)  
Tricia Gundlach (Volunteer Coordinator)  
Tom Gundlach (AVA Electronic Sanctioning Volunteer)

Also present: June Quesnell, Russ Crane, Sue Markwardt, Barb Lund, Barb Carson

The meeting was called to order at 6:30 p.m. by Vice-President Wendt and the agenda was adopted.

**Officer Reports:**

**Vice President:** Nothing to report

**Treasurer:** Diane Thornberry

**Balance 9 March 2016 \$4,099.14**

**INCOME**

Club Member Dues \$187.00  
Donations \$88.00  
Event Income \$241.00  
Appleton SE-15 33.00  
Madison - Capitol YRE-16 19.00  
Madison - Civil War SE-15 6.00  
Madison - Picnic Point SE-15 6.00  
Middleton YRE-16 177.00  
FW Coupons Sold \$80.00  
2016 80.00  
Other income \$59.00  
Fee for pies 59.00  
Sales \$6.00  
Book Cover 6.00  
**TOTAL INCOME \$661.00**

**EXPENSES**

Event Expense \$175.89  
Middleton YRE-16 175.89  
Miscellaneous Expenses 780  
Storage 780.00  
**TOTAL EXPENSES \$955.89**

Treasurer's Report (continued)

**Balance 13 April 2016 \$3,804.25**

**Change -\$294.89**

Restricted Funds: Reserve to be held for pre-payment of large, up-front charges for club events \$1,000.00

Pre-paid Expenses \$3,000.00

Website development w/"free" hosting 5 years from 1/1/2014

As of 9/25/2013 rate for hosting is \$25/month or \$300/year

Diane also reported that there was a question from a member about the treasurer's report not being included in the minutes. She will include it in the next newsletter. Members may also request an e-mail copy.

**Director at Large:** Tricia Gundlach reported for Cindy Haagensen:

## Survey Results

The survey was available by e-mail and was passed out at the Pie Walk.

1. Almost all members who completed the survey want to do nearby DLW walks with a group. The best days for walks are Fridays, Tuesdays, Mondays, Wednesdays, and Thursdays (listed in the order of preference although Mondays, Wednesdays and Thursdays were tied for votes). The time of day was nearly tied although one more walker preferred afternoon/evening walks to morning walks.
2. Almost all members are interested in day trips for the club. More club members expressed an interest in weekday day trips than weekend day trips although the numbers were fairly close. This seems to support the club offering both opportunities.
3. Almost all members were interested in overnight trips to walks outside of Dane County. More members were interested in these being weekend trips, although the numbers again were close with some members wanting trips offered during the week. Most members were interested in trips of 1-2 night stays.
4. Almost all members expressed interest in overnight trips to other states. Some suggestions included Chicago, Minneapolis and the Ohio River Valley. Most prefer trips on the weekends although again a fair number preferred weekday trips. Most people preferred trips of 1-2 nights.

We would like to thank everyone for their participation in the survey. The club will use this information in future planning for walks.

## Additional Dairyland Walker Group Walks 2016

---

April 26 <sup>th</sup>	(Tuesday)	10am	Capitol Walk	contact Cindy Haagensen
May 10 <sup>th</sup>	(Tuesday)	10am	Middleton Walk	contact Barb Lund
May 27 <sup>th</sup>	(Friday)	1pm	Monona Walk	contact Tricia Gundlach
June 10 <sup>th</sup>	(Friday)	1pm	Civil War Walk	contact Tricia Gundlach
July 14 <sup>th</sup>	(Thursday)	10am	Middleton Walk	contact Barb Lund
July 22 <sup>nd</sup>	(Friday)	11am	Devil's Lake Walk	contact Tricia Gundlach
July 27 <sup>th</sup>	(Wednesday)	9am	Arboretum Walk	contact Cindy Haagensen

August 11<sup>th</sup> (Thursday) 9am Picnic Point Walk contact Cindy Haagensen

August 18<sup>th</sup> (Thursday) 9am Eastside Walk contact Barb Lund

**Contact Information:**

Cindy Haagensen [chaagensen@charter.net](mailto:chaagensen@charter.net) 216-0298

Tricia Gundlach [tnt84@chorus.net](mailto:tnt84@chorus.net) 222-4200

Barb Lund [lund\\_b@sbcglobal.net](mailto:lund_b@sbcglobal.net) 249-5139

**Other Reports**

**Membership Chair:** Mary Liebig reported the new members:

Darcy and Jeff Keplin

Jeanne Mawbey

Eva Scheffenacker

Robin Skierka

Mary also thanked everyone for getting their dues in- most all dues are now collected since we started the new process of collecting all dues in January each year. We now have 212 members with 150-160 addresses.

**Sanctioned Event Coordinator:** Joanne Reuter – all walk boxes are stocked, the county walks will be ready by June 1<sup>st</sup>. The highway cleanup is set for Sunday, April 24<sup>th</sup> at 1:00pm at Nora's II.

**Trailmaster:** No items presented

**Publicity Chair:** No items presented.

**Volunteer Coordinator:** No presented

**Newsletter Editor:** No items presented.

**Webmaster:** No items presented.

**AVA Electronic Sanctioning Volunteer:** Tom Gundlach – everything is up to date

**Unfinished Business:** Members discussed using portions of the Ice Age Trail as a possible longer walk.

**New Business:** Ms. Amy Rosebrough of the Wisconsin Historical Society spoke on the subject of Effigy Mounds of Wisconsin. She gave a fascinating presentation regarding the different types of mounds and their history. She recommended the following books for more information:

“Indian Mounds of Wisconsin” by Birmingham, Robert and Eisenberg, Leslie

“Spirits of the Earth:the effigy mound landscape of Madison and the Four Lakes” by Birmingham, Robert

Next Board meeting – 11 May 2016, Lakeview Branch Library

Next General Membership meeting – 8 June Hody Bar and Grill

Next Special Event Walks:

Trash Pickup: April 24<sup>th</sup> Nora's II Deerfield 1-4pm

Capitol Walk with Cindy Haagensen Park Hotel, 10:00 am

Saturday Walk and Eat- Arboretum 8:45am

The meeting was adjourned by Vice-President Wiest at 7:45 p.m.

Respectfully submitted, Tricia Gundlach, for Susan Wester, Secretary

**Attachment C**    **May Event**

<b>Dates:</b>	<b>5/21/2016 - 5/21/2016</b>
<b>City / State:</b>	Fort Atkinson, WI
<b>Event Name:</b>	Fort Atkinson Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	104406
<b>Distance - Trail Ratings:</b>	10K & 5K - 1B
<b>Description:</b>	GPS: N 42.93020 W 88.84292. This walk, on city sidewalks, explores the City of Fort Atkinson as it takes you down historic Main Street to a riverwalk along the Rock River, and on to a bark trail nature area for bird enthusiasts. As you continue walking, you will pass the Hoard Historical Museum and National Dairy Shrine, an early season farmers' market, and enjoy a bike path with delightful children-at-play statues.
<b>Amenities:</b>	<b>Strollers:</b> medium   <b>Wheelchairs:</b> NO   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the USA A - Z, Water Towers, You'll Never Walk Alone
<b>Start Times:</b>	8:00 am to 12:00 noon, finish by 3:00 pm
<b>Location:</b>	Barrie Park Band Shell
<b>Start Point / Driving Directions:</b>	210 Robert St, Fort Atkinson, WI 53538. From Madison, take US 12 east about 30 miles to Fort Atkinson. In Fort Atkinson, turn right (south) at stop light at Robert St and Hwy 12. Go one block on Robert St to Barrie Park on the left. Ample street parking available around the park.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	SPECIAL PROGRAMS: Bridges, City Parks, Honoring Our Flag, National Register of Historic Places, Post Office, Trekking With Trees, Water Towers, Walking the USA A-Z, Water Fountains, You'll Never Walk Alone, Walking Wisconsin Counties - Jefferson, Points of Reference - Madison "Area" Volkssport Assn
<b>Host Club:</b>	Madison Area Volkssport Assn.
<b>Contact:</b>	Bonnie Hamer <a href="tel:9205633481">(920) 563-3481</a>
<b>Website:</b>	<a href="http://www.dairylandwalkers.com/walks/event-walks/fort-atkinson-walk/">www.dairylandwalkers.com/walks/event-walks/fort-atkinson-walk/</a>
<b>E-Mail Contact:</b>	<a href="mailto:bonnie4walk@yahoo.com">bonnie4walk@yahoo.com</a>

**Attachment C June Events: June 25 and 26, 2016**

<b>Dates:</b>	<b>6/25/2016 - 6/25/2016</b>
<b>City / State:</b>	Wautoma, WI
<b>Event Name:</b>	Wautoma Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	104385
<b>Distance - Trail Ratings:</b>	10K & 5K - 1A
<b>Description:</b>	GPS: N 44.52598 W 89.59059. The walk focuses on small-town Wisconsin, and includes the Waushara County Court House, County Historical Museum, County Fairgrounds, Waushara County World War II Veterans Memorial Building and a business park.
<b>Amenities:</b>	<b>Strollers:</b> easy   <b>Wheelchairs:</b> easy   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Alternative Capitals, Points of Reference, Walking the USA A - Z
<b>Start Times:</b>	11:00 am to 2:00 pm, finish by 4:00 pm
<b>Location:</b>	Boarders Inn & Suites
<b>Start Point / Driving Directions:</b>	W7696 St Hwy 21 & 73, Wautoma, WI. Heading north on I-39/90/94, take exit 84. Continue north on I-39/US 51. At exit 124 (Coloma exit) take Hwy 21 east 13 miles to Wautoma and the start point. Ample parking at start point.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	SPECIAL PROGRAMS: Alternative Capitols, Walking the USA A-Z, Walking Wisconsin Counties - Waushara, Points of Reference - Madison "Area" Volkssport Assn.
<b>Host Club:</b>	Madison Area Volkssport Assn.
<b>Contact:</b>	Ron/Nancy Wight <a href="tel:7152568947">(715) 256-8947</a>
<b>Website:</b>	<a href="http://www.dairylandwalkers.com/walks/event-walks/wautoma-walk/">www.dairylandwalkers.com/walks/event-walks/wautoma-walk/</a>
<b>E-Mail Contact:</b>	<a href="mailto:ronan4@charter.net">ronan4@charter.net</a>

Excerpt from [www.AVA.org](http://www.AVA.org) website

<b>Dates:</b>	<b>6/26/2016 - 6/26/2016</b>
<b>City / State:</b>	Friendship, WI
<b>Event Name:</b>	Roche-a-Cri State Park Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	104386
<b>Distance - Trail Ratings:</b>	10K & 5K - 2B
<b>Description:</b>	GPS: N 43.89021 W 89.48642. The walk includes amazing mound left undisturbed by ice sheets moving through the area. Included are pre-historic petroglyphs and pictographs. An optional climb to the top of the mound for a marvelous view is available.
<b>Amenities:</b>	<b>Strollers:</b> NO   <b>Wheelchairs:</b> NO   <b>Pets:</b> No   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Animal Safari, Points of Reference, Walking the USA A - Z
<b>Start Times:</b>	8:00 am to 11:00 am, finish by 1:00 pm
<b>Location:</b>	Roche-a-Cri State Park Shelter
<b>Start Point / Driving Directions:</b>	1767 Hwy 13, Friendship, WI. Heading north on I-39/90/94, take exit 84 & continue north on I-39/US 51. At exit 124 (Coloma exit) take Hwy 21 west 15 miles to Hwy 13. Turn left (south) on Hwy 13 for 1.7 miles to the park entrance. Ample parking at the start point.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	SPECIAL PROGRAMS: Animal Safari, Walk the USA A-Z, Walking Wisconsin Counties - Adams, Points of Reference - Madison "Area" Volkssport Assn
<b>Host Club:</b>	Madison Area Volkssport Assn.
<b>Contact:</b>	Don Suloff ( <a href="tel:6088210263">608) 821-0263</a> )
<b>Website:</b>	<a href="http://www.dairylandwalkers.com/walks/event-walks/roche-a-cri-state-park-walk/">www.dairylandwalkers.com/walks/event-walks/roche-a-cri-state-park-walk/</a>
<b>E-Mail Contact:</b>	<a href="mailto:suloff@tds.net">suloff@tds.net</a>

Excerpt from [www.AVA.org](http://www.AVA.org) website

<b>Dates:</b>	<b>6/26/2016 - 6/26/2016</b>
<b>City / State:</b>	Westfield, WI
<b>Event Name:</b>	Westfield Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	104387
<b>Distance - Trail Ratings:</b>	10K & 5K - 2B
<b>Description:</b>	GPS: N 44.51563 W 88.02069. The walk explores small-town Wisconsin and finishes through scenic Pioneer Park.
<b>Amenities:</b>	<b>Strollers:</b> medium   <b>Wheelchairs:</b> NO   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Honoring Our Flag, Points of Reference, United States Post Offices, Walking the USA A - Z
<b>Start Times:</b>	12:00 noon to 3:00 pm, finish by 5:00 pm
<b>Location:</b>	Pioneer Park Shelter
<b>Start Point / Driving Directions:</b>	316 E. Pioneer Park Rd, Westfield, WI. Heading north on I-39/90/94, take exit 84 and continue north on I-39/US 51. At exit 113 take County Road J/E west for 0.1 miles to Pioneer Park Rd. Follow Pioneer Park Rd for 0.2 miles to start point on the right. Ample parking available in lot.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	SPECIAL PROGRAMS: Honoring Our Flag, Post Offices, Walk the USA A-Z, Walking Wisconsin Counties - Marquette, Points of Reference - Madison "Area" Volkssport Assn, "West"field Walk.
<b>Host Club:</b>	Madison Area Volkssport Assn.
<b>Contact:</b>	Curtis Armstrong <a href="tel:6085145767">(608) 514-5767</a>
<b>Website:</b>	<a href="http://www.dairylandwalkers.com/walks/event-walks/westfield-walk/">www.dairylandwalkers.com/walks/event-walks/westfield-walk/</a>
<b>E-Mail Contact:</b>	<a href="mailto:craarmy@yahoo.com">craarmy@yahoo.com</a>

Excerpt from [www.AVA.org](http://www.AVA.org) website