



# Madison Area Volkssport Association Newsletter

July-August 2016

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

Vol 2016-04

## July-August Events

July 9 Sat. Walk & Eat -  
Madison Eastside Walk  
- Register 8:45am  
July 13 Board Meeting -  
Lakeview Br. Library-6pm  
July 23 Lodi Walk, Start:  
8:00am-Noon Finish 3:00  
August 6 Sat. Walk & Eat -  
Monona - Reg. 8:45am  
August 10 Membership  
Meeting, Potluck & Walk  
- 5:00 walk, 6:30pm Meet  
August 27 Jefferson Walk  
Start: 8:00am-Noon  
Finish by 3:00pm

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## Madison - Arboretum Walk - New Walk Box Location

By Joanne Reuter

The walk box and start location for the Madison Arboretum Walk has been relocated due to the unexpected closing of Bluephies restaurant on Monroe St. Fortunately, we were able to find a new home for the box that is just a hop, skip and jump away!

The walk box is now kept at Victor Allen's Coffee, 2623 Monroe St. It sits on the floor next to a bookcase. Victor Allen's Coffee opens early in the morning, and offers beverages, breakfast and lunch items.

## Remembrances at Lodi - Saturday, July 23

By Don Suloff

About six years ago Tom Doyle suggested that he develop a walk for the Dairyland Walkers at Lodi to include segments of the Ice Age Trail. As is so often the case, life happened and Tom was unable to develop this walk. With Tom's failing health, I put together the Lodi walk which will be occurring on July 23<sup>rd</sup>. Regrettably, Tom will not be there with us in body, but surely in spirit. In recognition of Tom's love for both the Dairyland Walkers and the Ice Age Trail, we will have a donation receptacle available for those who would like to make a contribution in his name to walking if you have not already done so.

The Lodi walk will begin at the Habermann Park Shelter on the north end of Lodi and, in addition to walking along two segments of the Ice Age Trail, will stroll down the historic Main Street of Lodi, pass many beautiful old buildings, and stroll through some of the nearby countryside. During your walk you will learn about "Susie the Duck" who has been the town's official mascot since 1948 and walk across a replica of a 16<sup>th</sup> century Chinese Rainbow Bridge. This is another walk you won't want to miss. For more information, check our website at [www.dairylandwalkers.com](http://www.dairylandwalkers.com).

## Traditional Walk in Jefferson, WI - Saturday, August 27

By Jerry Wilson

On Saturday, August 27, 2016 we again visit Jefferson, Wisconsin for a small town walk, passing lovely old homes and city parks. Some of you will recall that we walked in Jefferson several years ago. The 2016 route will be different mostly because St. Coletta's School, which opened in 1904, closed in 2009 not long after our last walk in Jefferson; the buildings have been converted or torn down and the gardens gone.

Not a far drive from Madison the event will start with registration 8:00 - Noon, and walkers should finish before 3:00pm.

Sorry, I cannot guarantee that we will have the driving rain we had the last time we visited Jefferson!

## Dates of Interest?

### Date

**July** Nat. Blue Berries Month  
Nat. Parks & Recreation Mon.

4 Independence Day  
11 Cheer Up the Lonely Day  
17 Lake Superior Day  
19 Full Moon – 5:56 pm CDT  
30 Cheese Cake Day

**August** American Adventure Mon.  
National Immunization  
Awareness Month

4 Social Security Day  
8 Assistance Day Day  
18 Full Moon – 4:26 am CDT  
21 International Overdose  
Awareness Day

## NEWSLETTER ARTICLE SUBMITTAL DEADLINE

for  
September – October  
2016

Due: August 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.

## Dairyland Walkers Annual Picnic By Terry Wendt

The August 10, 2016 membership meeting of the Dairyland Walkers is our annual picnic at Lakeview Park on Allen Blvd in Middleton. This is a potluck dinner, so everyone is asked to bring a dish to pass.

There will be a modified Middleton walk starting at 5:00 PM. Followed by a brief meeting with dinner at 6:30 PM.

## DW Restaurant Weeks: August 10 - 31 By Tricia Gundlach

Dairyland Walkers Club would like to recognize the businesses that house our walk boxes, or support our club, by dining at them. We are asking club members to frequent these businesses from the date of our club picnic until the end of August. Try to dine at one or all of them during this time to show your appreciation! We will have thank-you cards (the size of a business card) that you can give to the Manager when you eat at one of the restaurants during the specified time frame (August 10th-31st). The thank you cards will be available at the DLW picnic on August 10th. You can also request some cards be mailed to you by contacting Tricia Gundlach at [608-222-4200](tel:608-222-4200) or [tnt84@chorus.net](mailto:tnt84@chorus.net)

The restaurants we would like you to frequent are:

Hubbard Street Diner, Middleton      Monte's Blue Plate Diner, Madison East Side  
Hody Bar and Grill, Middleton      Victor Allen's Coffee Shop, Monroe St. Madison  
Madison Park Hotel, Jerome's Restaurant, Capitol Square, Madison  
Madison Intntowner Hotel Restaurant, Madison

## Saturday Walk & Eat Group By Mary Liebig

### Saturday Walk & Eat Group Eastside Walk – July 9, Monona – August 6

More Saturday Group Walk and Eat opportunities are coming up in July and August:

On Saturday, July 9, we'll meet just outside the start point of the Madison Eastside Walk, Monty's Blue Plate Diner located at 2089 Atwood Ave. at 8:45AM to register for the walk. Both 10k and 6K walking routes will be offered. A parking option is the United Way Reserved Parking Lot located across the street from the United Way Building at 2059 Atwood Avenue, It is only reserved for United Way parking from 3AM to 5PM Monday – Friday and should be available for public parking on Saturdays. For those interested in lunch after the walk, we'll plan to eat at the Daisy Café & Cupcakery at 2827 Atwood Ave. Monty's Blue Plate Diner does not accept reservations and cannot accommodate our group. Here is a link to the menu at the Daisy Cafe: [http://daisycafeandcupcakery.com/Breakfast\\_\\_\\_Lunch.html](http://daisycafeandcupcakery.com/Breakfast___Lunch.html)

Saturday morning, August 6 will find us walking in Monona. We'll meet in the parking lot of Monona City Hall, the start point, located at 5211 Schluter Road at 8:45AM to register for the walk. This year we'll eat at a new restaurant after the Monona walk, Rosie's Coffee Bar & Bakery at 4604 Monona Dr.(between Lafollette & Monona Grove High Schools) Here is a link to their menu: <http://rosiescoffeebarandbakery.com/>

## **Talk'n Trash** **By Joanne Reuter**

I wanted to say a big "thank you" to the following members who helped to pick up litter along US Hwy 12 on April 24th: (pictured from left to right) June Quesnell, myself, Barb Carson, Barb Lund and Cindy Haagensen.

It takes a minimum of 8 volunteers to complete litter pick up along both sides of our two mile stretch of highway. With only 5 people, we were able to clear just one mile of highway.

I'm open to suggestions as to how to increase participation in this worthy project. I'll post the fall date earlier and see if that helps. Please contact me with any ideas you may have.



## **Calling All New Members! Volunteering Makes the Club go!** **By Tricia Gundlach**

The club could use your help. Since we are a volunteer organization there is lots to be done. Now is the right time to get involved. We have lots of small tasks that need to be done by someone. For example, would you be able to sit at the registration table once or twice a season for a short shift? You can take time to walk and then help out. Would you be able to bake some treats for walkers? Could you help fill in for a walk box coordinator on vacation or ill by checking the walk box for supplies? Could you hand-out name tags at our picnic or holiday party? Could you help mark a trail, or be the last to walk and pick up trail markers?

Our Dairyland Walkers Club is a fun group with lots of interesting people for you to get to know. We also want to get to know you better. We have a very active and vital club because of our volunteers. We appreciate each one of them and all the work they do! All volunteer jobs are time-limited and you don't need to be a leader unless that's what you want. Anytime you would like to help you can contact Tricia Gundlach at [608-222-4200](tel:608-222-4200) or [tnt84@chorus.net](mailto:tnt84@chorus.net), or just ask "what needs to be done?"

## **U.S. Freedom Walk Festival** **By Susan Wester**

The annual IVV/IML U.S. Freedom Walk Festival in Arlington, VA is scheduled for the third weekend in October. There are 3 different walks on each day, beginning Friday October 14. The walks explore Arlington and Washington D.C., with distances as short as 5 km and as long as 42 km. An international dinner will be held Saturday evening. For more information, see [usfreedomwalk.org](http://usfreedomwalk.org).

## **The Health Benefits of Walking (Part 3)** **By Don Suloff**

In the last issue of this newsletter I focused on the general and weight-control benefits of walking. In this segment, I will shift our attention to the cardiac benefits of walking as well as how walking can help our joints and bones. I would also like to call your attention to an informative and “cute” video on exercise found at [www.evanshealthlab.com/23-and-12-hours](http://www.evanshealthlab.com/23-and-12-hours). I think you will enjoy the video and be inspired to exercise (walk!) more.

Regular walking helps reduce high blood pressure and high cholesterol, both of which contribute to heart disease. This occurs by exercise bringing up the heart rate, lowering blood pressure and strengthening the heart muscle and lung efficiency. A long-term Nurses’ Health Study of 72,000 female nurses found that just 30-minutes of walking a day can lower the risk of heart disease by 30-40% and the risk of stroke by 20%. A Harvard study of 11,000 men revealed that one hour of moderate exercise five days a week can cut the risk of having a stroke in half. A University of Tennessee study found that women who walked regularly not only had less body fat, but also had a lowered risk of blood clots. This was because the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. For best results, the pace of walking should be such that the heart is at 75-85% of its maximum heart rate.

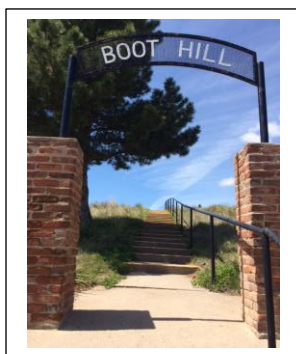
Walking provides a number of benefits to our joints and bones as well. Although other exercises can provide such benefits, walking is much easier on joints than are running or aerobics. Walking reduces the risk of osteoporosis and can stop bone loss for those already with osteoporosis. The strengthening of bones and reduction of bone density is particularly noted in older women. Walking also reduces the risk of falls. A Brigham Women’s Hospital of Boston study found that regular 30-minute walks reduce the risk of hip fractures by 40% in post-menopausal women. Regular 30-minute walks can also increase bone density about 2% compared to non-walkers. Walking can reduce joint stiffness and relieve chronic back aches. By toning leg and abdominal muscles, walking can increase your range of motion, shifting the pressure and weight from your joints to your muscles, thereby helping to lessen arthritis pain. Finally, since the majority of joint cartilage has no direct blood supply, the movement or compression of walking “squishes” the cartilage, bringing oxygen and nutrients to the area.

In next issue of the newsletter I will complete this series by exploring the benefits of walking to those with diabetes and how walking can improve our mental health.

## **DLW Awards Committee Volunteer Needed** **By Tricia Gundlach**

The Awards Committee is seeking one volunteer to help plan and carry out recognition activities for our many volunteers. The duties include attending four (one-hour) meetings per year, helping the committee plan and carry-out recognition activities for volunteers at the August picnic, holiday party or other events. If you like being creative, planning special events and appreciate all the volunteer work done by our volunteers, this opportunity is for you. Please contact Tricia Gundlach at [608-222-4200](tel:608-222-4200) or at [tnt84@chorus.net](mailto:tnt84@chorus.net) for more information. Interested applicants are welcome to attend a meeting to see if this is something that fits their talents.

## **Ogallala Nebraska Walk Photos – Taken May 1, 2016** **By Jerry Wilson**





## **“You’re Paying to Walk Somewhere?”**

**By Diane Thornbery**

If you’re like me, you’ve heard this question once or twice when you’ve attempted to explain an AVA walk to someone. As a longtime club member, I don’t think I understood the finances of the club until I was voted in as treasurer and began to deposit and write checks. In this article, I hope to explain the money that we collect, where it goes, and how that relates to you, the member.

**Basic Walk Fee:** The club collects \$3.00 from walkers who desire to receive AVA credit for a walk and \$2.00 from adults who do not want credit and youth. Frequent Walker Coupons are offered by our club as a service for our members and lowers the fee paid by our walkers to \$2.50 per walk (year-round or seasonal only). The money and frequent walker coupons are tallied and reported by the walk box coordinators. Russ Crane does the reporting for our special one-time events.

Where does this money go? First, every year-round/seasonal walk is sanctioned by the AVA on a yearly basis and each special event walk is sanctioned for one day. The fee for sanctioning is \$20 for a continuing walk and \$30 for a special event. Second, continuing walks also require a \$5 per quarter processing fee. Finally, we report to the AVA the number of walkers who have participated and the AVA, in turn, charges us \$1.25 per walker. In addition to the fees paid to the AVA, the club has expenses connected to walks that include photocopying of directions, walk box supplies, and shelter rental fees/permits for our one day events.

If one “does the math,” it’s clear the Dairyland Walkers do not collect the fee (set by the AVA) with an eye to making a profit.

**Dues:** We collect \$12 per year for each family/single membership. Our members total approximately 215 from approximately 150 households. This money, added to our general funds, pays for most of our other expenses. Here is a sampling of those costs:

“Blue Book” printing - \$500

USPS bulk mailing permit - \$225

Storage Rental - \$780 (housing of our signs, banners, tables, etc.)

Awards Committee – various

AVA dues - \$50

Gratuities for non-profit or academic speakers for four membership meetings (maximum of \$400/year)

Shelter rental for club picnic - \$40

Goodman Community Center - \$90

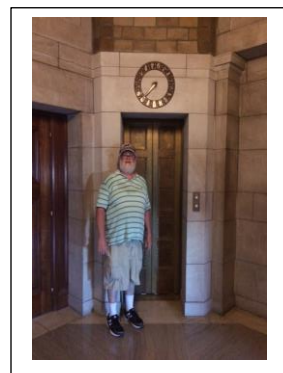
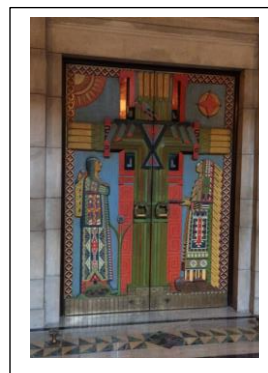
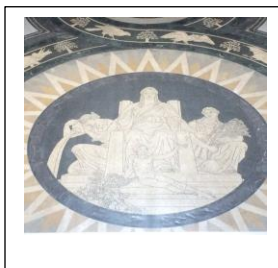
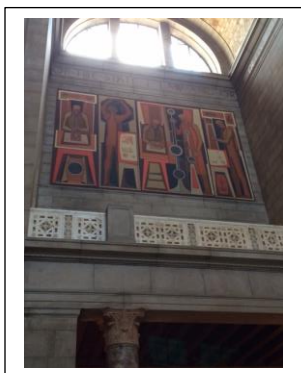
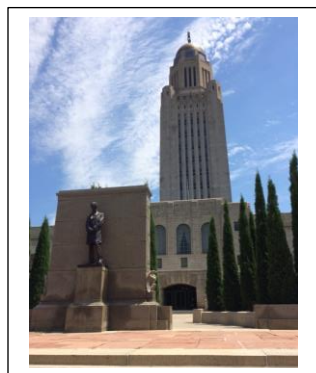
On occasion, there are other major expenses. The most recent was our payment for our website development and maintenance. Our fees have been pre-paid until 2019. A current estimate of the cost to follow is \$300/year. We also maintain \$1000 in our account for expenses that must be paid up front before they are recouped.

**Sales:** Items sold to you are sold at our cost.

**Bottom line:** The Dairyland Walkers seeks to carry out the mission of “Fun, Fitness, Friendship.” We strive to do so in an open and fiscally responsible way. Treasurer’s reports are prepared and presented at each monthly meeting. Though they are no longer attached to the newsletter, any member who wishes to receive the reports may request to be included on my monthly email to the board. Dollars aside, we could not exist without the priceless efforts of all volunteers. Happy trails!

## **Nebraska Capitol Walk Photos – Taken June 26, 2016**

**By Jerry Wilson**



## **On The Trail - “I Did More Walks in Texas”**

### **By Rosemary Sprenger**

On April 10, I arrived in San Antonio for a Road Scholar on-the-road program. Since I did an AVA walk here 15 years ago, I used my free time to take a bus to the zoo. The next day I visited the Buckhorn Saloon (free) and paid \$20 to see the museum and Texas Ranger Museum in my free time. The audiovisual show projected on San Fernando Cathedral at 9 p.m. was great. Staying two nights at the Drury Plaza Hotel on the Riverwalk allowed us to walk to most attractions, and I bought a t-shirt commemorating the 100<sup>th</sup> anniversary of the National Park Service at the “Queen of the Missions” visitor center.

The first AVA walk, YR0001, occurred in Fredericksburg in 1976—40 years ago. I only had time for the 5K and had emailed the contact person that arriving by coach prevented me from registering at one spot and then driving to the starting point. He agreed to bring the directions, stamp and so on to the lobby of our hotel, the Sunday House Inn, in the late afternoon. I passed a few of the Sunday houses, used by farmers and ranchers when they came to town on weekends to attend church between 1890 and 1920. I also passed Vereins Kirche, a historical museum that is a replica of the original polygonal church, a unique Maypole, Pioneer Library, churches and shops prior to our dinner at Friedhelm’s Bavarian Inn. The town was founded in 1846 by German immigrants.

After our one-night stay, we visited the National Museum of the Pacific War, but I didn’t go in the Admiral Nimitz Museum. He was born in Fredericksburg. We saw bluebonnets and other flowers on the way to the Texas White House in LBJ National Historical Park.

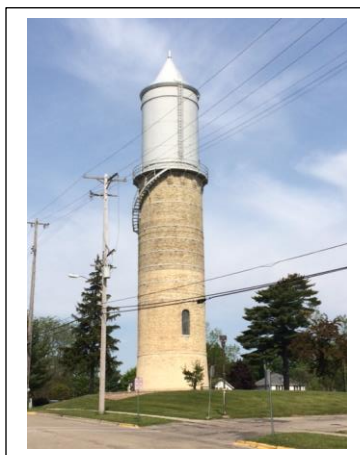
Although we stayed three nights in Austin at the Embassy Suites near Town Lake (now Lady Bird Lake), I skipped part of the historical /capital walk due to the lack of time and the heat. We passed some buildings on the walk—the governor’s mansion and Longhorn football stadium, saw the Main University of Texas Tower and visited the LBJ Library and Museum. We also toured the red granite capitol and underground extension, the largest state capitol. In my free time, I saw a beautiful stained-glass fixture in the Driskill Hotel, near 6<sup>th</sup> St. and Congress. The route may go near the Moody Theater, home of the “Austin City Limits” studio, but the directions don’t mention it.

I loved the view of the skyline near the hotel at the Congress Ave. Bridge that includes the Frost Bank Building, a skyscraper that has an owl’s face at the top. Near sunset, another woman and I walked to the bridge to see clouds of bats fly out from under it, and one passes a bat sculpture on the walk. I didn’t have time to do any of the Fairview Park walk that also starts at Extended Stay America or see the South Congress (SoCo) district.

To learn more about this or other Road Scholar programs, call me at 257-4032. Leave a message if I’m out.

## **Fort Atkinson Walk Photos – Taken May 21, 2016**

### **By Jerry Wilson**



## **Membership Update**

### **By Mary Liebig, Membership Coordinator**

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

- Terri Tyler – Topeka, KS
- Lorraine Soltis – Madison, WI

Any new members that join in the last half of the year (July 1 through December 31) will now pay \$6.00 in Membership Dues. This was approved at the March 9, 2016 Board Meeting. In January of the following year, these newer members will pay \$12.00 in annual Membership Dues, just like all of our renewing members. Please refer to the Dairyland Walkers Website for our updated Membership Application at this location <http://dairylandwalkers.com/club-info/membership/> if you know anyone wishing to join our club.

## **Club Milestones**

### **By Doug Wiest**

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

Events		Kilometers	
300	Joanne Reuter	500	Diane Hyde
300	Rosemary Sprenger	4,000	Phillip Ringhand
325	Phillip Ringhand	17,000	Margery Oehlke
350	Phillip Ringhand	20,000	Jogena Wiest
1,100	Chuck Head	21,000	Jogena Wiest
1,100	Lois Head		
1,150	Phyllis Olson		
1,200	Jogena Wiest		
1,250	Jogena Wiest		
1,300	Jogena Wiest		
2,200	Dannie Peters		
2,200	Ellen Peters		
2,500	Douglas Wiest		
2,600	Jan Haugen		
2,600	Douglas Wiest		
2,700	Douglas Wiest		

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 Saturday, May 21 Saturday, June 25 Sunday, June 26 Sunday, June 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 Fort Atkinson Walk Wautoma – Boarders Inn & Suites Roche-a-Cri State Park - Shelter Westfield – Pioneer Park Shelter	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 Five Volunteers Participated Results: Total 61; Adults 47; Non-Credit: 14 Results: Pending Results: Pending Results: Pending
----- Saturday, July 9 Wednesday, July 13  Saturday, July 23 Saturday, August 6  Wednesday, August 10  Saturday, August 27 -----	Saturday Walk and Eat – Eastside Walk Board Meeting – Lakeview Branch Library 2845 N. Sherman Ave., Madison Lodi – Habermann Park Shelter Saturday Walk and Eat – Monona Walk  Membership Meeting & Annual Picnic Lakeview Park, Middleton Jefferson – Riverside Park Shelter -----	----- 8:45am Registration at Monty's Blue Plate 6:00pm  Start: 8:00am – Noon    Finish by 3:00pm 8:45am Registration – Monona City Hall Parking Lot 5:00pm Walk, 6:30pm Potluck Picnic and Meeting  Start: 8:00am – Noon    Finish by 3:00pm -----
Saturday, September 24 Saturday, October 8 Saturday, November 19  Sunday, December 4	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 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  
May 11, 2016**

**Board Members Present:**

Doug Wiest (President)  
Terry Wendt (Vice President)  
Susan Wester (Secretary)  
Diane Thornberry (Treasurer)  
Mary Liebig (Membership Coordinator)  
Joanne Reuter (Sanctioned Walk Coordinator)  
Karen Reger (Publicity Chair)  
Don Suloff (Trailmaster)  
Tricia Gundlach (Volunteer Coordinator)  
Tom Gundlach (AVA Electronic Sanctioning Volunteer)

Also present: Russ Crane

The meeting was called to order at 5:59 p.m. by President Wiest and the agenda was adopted. The minutes of the previous board meeting (3-9-16) were approved as is.

**Officer Reports:**

**President:** Doug Wiest circulated the May 2016 issue of the Columbia, Maryland Volksmarch Club newsletter. In the newsletter was an article with photo about Doug and Jhing, who walked with the club during a recent stay in Maryland. (Doug and Jhing were active in the Maryland club prior to their move to Madison.) Next to their photo was the logo of Dairyland Walkers.

**Vice President:** Terry Wendt reported that the next meeting, a general membership meeting, will be June 8 at Hody's in Middleton. He has arranged for Tom Gross of the Dane County Ice Age Alliance to speak at this meeting.

Diane Thornberry raised the issue of the speaker's fee. The current fee is \$25.00. Diane felt that this amount is too low for a speaker from a non-profit or academic organization. During the ensuing discussion, it was pointed out that we might attract more speakers if our speaker's fee was higher. Terry made a motion to raise the fee to \$100.00. The motion passed unanimously.

The August 10 meeting, the annual picnic at Lakeview Park in Middleton, is taken care of as is the December 4 Christmas party/meeting at Goodman Community Center in Madison. Both affairs are potluck dinners. Tricia said 2 people have complained about going to meetings in Hody's basement for the general membership meetings. Terry indicated that other viable venues are not currently available. Both the Middleton library basement and the Middleton Senior Center are already in use. Hody's Bar and Grill happens to be available at no charge.

**Secretary:** Susan Wester reported that she will follow up on electronic storage of documents at the July board meeting.

**Treasurer:** Diane Thornberry reported a total income of \$552.00, including \$144.00 from the Indian Lake Walk and donations of \$70.00 in memory of Tom Doyle. Expenses totaled \$358.75, with the single largest expense being AVA quarter 1 participation fees of \$273.75. Net gain for the month is \$193.58.

**Director at Large:** No items were presented.

Other Reports:

**Membership Chair:** Mary Liebig has emailed the most recent membership list to the board. This includes 211 people, with 146 mailing addresses. About 20 people on the current list have not paid dues. If their dues remain unpaid, they may roll off the membership list in 2017.

Kim and Dave Rieff have just completed 50 state walks. They will be presented with a cake at the next event they attend. Due to Mary's upcoming travel plans, Joanne Reuter is in contact with them.

**Sanctioned Event Coordinator:** Joanne has finished updating the boxes for 4 walks up north.

**Trailmaster:** With regard to 2017, walks in Medford, Merrill and Rhinelander will be added. Some openings remain. He discussed some ideas, including the Epic campus in Verona for a winter walk. Self guided tours are allowed there on weekends. This could replace the East Towne Mall walk if enough there is enough mileage on the Epic Campus.

Bonnie Hamer has reported to Don that things are in good shape for the May 21 Fort Atkinson walk.

Don thought that the July 23 Lodi walk would be a good event to honor Tom Doyle. It is a walk that Tom proposed, but was not able to take to completion. The Board agreed that the Lodi walk should honor Tom Doyle, in addition to the Wisconsin County walk program already being named after him.

Chris Flessert has proposed to Don that the Lake Geneva walk be changed to Delavan and that the Plain walk be repeated. Don will give thought to these ideas. In addition, she also requested the Sugar River Trail walk again, but Don is concerned about liability issues. This particular walk involves shuttling with private vehicles, which event insurance does not cover.

**Publicity Chair:** Karen Reger has done everything available that is free to publicize the May 21 Fort Atkinson walk. Bonnie Hamer wrote an article for the Ft. Atkinson newspaper.

**Volunteer Coordinator:** Tricia Gundlach said there will be an awards committee meeting tomorrow, addressing awards for the next year. She would like to see newer members get involved in volunteering and will submit an article to the newsletter about this. Discussion ensued and the Board came up with various ideas, including shadowing, highway clean up, back up, greeting new members, helping new members with paperwork at walks, bringing snacks, helping with bluebook mailing, among others.

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

**Webmaster:** No items were presented.

**AVA Electronic Sanctioning Volunteer:** Tom Gundlach has updated the AVA website with regard to the start point change for the Arboretum walk. Also, he entered participation counts for last year.

### **Unfinished Business:**

**Newsletter articles for July/August issue:** Joanne will write about the highway trash pickup and the Arboretum start point change. Doug will report on milestones. Diane will shed light on club expenditures. Mary will list July/August walk and eats and remind people that the membership for new members drops to \$6 on July 1. Don will release part 3 of the health benefits of walking. He will also suggest to Jerry Wilson that Jerry write an article about the August 27 Jefferson walk, as it is his walk.

**Access to Dairyland Walkers website (to make changes):** Tricia reported that she had received a nice email reply from Tom McCrill, former website administrator. He suggested that the club limit website administrative users to those with Word Press experience. In addition, current Sanctioned Events Coordinator Joanne Reuter and Membership Chair Mary Liebig should have access. Scott Kempen, current Website Administrator should continue to maintain the calendar. He requested that Board members decide who else needs access and to inform both him and Scott. The discussion that followed included that better communication from Scott is desired. Tricia made a motion to have Scott contact the Stevens Company to add Russ and Mary to

the list of website administrators, and to ask if he (Scott) can have control over this in the future, instead of the Stevens Company. The motion passed unanimously.

### **New Business:**

Russ brought up the fact that we pay a small, annual fee for our domain name, and that we pay for multiple years at a time. He believes the fee is due again this November. Russ said that he has been the person associated with the ownership of the domain name since it was acquired, and that he is the only one who can initiate changes. For unknown reasons, domain names had to be associated with a specific individual, rather than an organization. Russ will look further into this matter when it comes due for renewal, to avoid possible future problems for the club.

**Rental agreement on storage unit:** Diane has examined the lease on the storage unit. The original document from March 2009 has outdated contact information, showing the lessee to be Tom McGrill, the name of the renter, MAVA, and the street address that of Tom Doyle's. Since Don is the contact person on the website, he suggested using his name and address to update the information. He will take of matters at the storage office. The annual fee for the storage unit is \$720.

**June NEC meeting items:** Russ reported on agenda items available on the AVA website. Of note, items to be voted upon are eliminating free walkers, raising the credit cost to \$4.00, and making the names of AVA associate and lifetime members available to local clubs. While free walkers have never been endorsed by this club, Russ is concerned about previously purchased walker coupons after the raise. Knowing the names of associate and lifetime members would be helpful if they do not belong to any local club. The AVA has regarded this as confidential.

Although not on the NEC June agenda at this time, Susan had heard from Susan Medlin, Southwest Regional Director, about the possibility of adding the Wisconsin Ice Age Trail as a big regional AVA walk. Susan Medlin is interested in presenting this idea at the NEC meeting. One problem with the current Ice Age Trail, however, is that it is not continuous and roads must be walked upon to connect interrupted trail segments.

Doug reported that Jerry had sent a prior email, querying whether the board would support the \$4 credit proposal and the elimination of free walkers. Given that board members supported the \$1 raise in walk fee (\$0.75 to go to AVA and \$0.25 to go to local club), Doug will reply to Jerry's email that we support the both this raise and the elimination of free walkers.

**Freedom Walk, Washington, DC:** Susan reported that she will be attending 2 days of this Alexandria, VA event, October 14-16. It was suggested that she write an article about the walk for the July/August newsletter.

**AVA Convention 2017:** The 2017 AVA Biennial Convention will be June 7-9, 2017 in Billings, Montana. It is scheduled to directly follow the June 3-4 South Dakota Crazy Horse walk. so that attendees may participate in both the walks associated with the convention and Crazy Horse.

Susan reported that a Tater Tours trip to the convention is already full and that there is a long waiting list. She said that WAI is planning a trip to include Crazy Horse, the convention and post-convention walks in Canada. Although sometimes the Des Moines, Iowa club has chartered a bus to AVA conventions, Russ said that there will be no bus in 2017. A few board members indicated an interest in attending the convention.

### **Future Dates:**

Next Board meeting – 13 July 2016, Lakeview Branch Library

Next General Membership meeting – Wednesday, 8 June 2016, Location Hody's Bar & Grill

Next Special Event Walks:

--Fort Atkinson Walk, Saturday, 21 May 2016

--Saturday Walk & Eat, Picnic Point YRE, Saturday, 11 June, 2016

--Three Walk Weekend:

--Wautoma Walk, Saturday, 25 June, 2016

--Roche-a-Cri State Park Walk, Friendship, Sunday, 26 June, 2016

--Westfield Walk, Westfield, Sunday, 26 June, 2016

--Saturday Walk & Eat, Madison Eastside YRE, Saturday, 9 July, 2016

The meeting was adjourned by President Wiest at  
7:28 p.m.

Respectfully submitted,  
Susan Wester, Secretary

**Attachment B**

Minutes Pending Approval

## **Dairyland Walkers Bimonthly Meeting Hody Bar and Grill June 8, 2016**

The meeting was called to order at by President Wiest at 6:34 p.m. and the agenda was adopted. 25 people were in attendance. The minutes of the previous general membership meeting (4-13-16) were approved as is.

### **Officer Reports:**

**President:** Doug Wiest introduced the evening's speaker, Tom Gross of the Ice Age Trail Alliance, Dane County Chapter.

**Vice President:** Terry Wendt said everything is set for the Lakeview Park annual potluck picnic, which starts at 6:30 p.m., August 10. A 5K walk starts before, at 5 p.m. A speaker for the October general membership meeting has been arranged, with the topic being state parks.

**Secretary:** Susan Wester said the May board meeting minutes have been delayed, but will be coming out shortly.

**Treasurer:** Diane Thornberry reported that income for the month was \$796. This included dues of \$30, donations in Tom Doyle's memory of \$400, event income of \$47, frequent walker coupons amounting to \$280 and AVA book and book cover sales of \$39. Expenses were \$106.67, divided between administrative supplies and AVA dues. Net income for the month was \$689.33, resulting in a total balance of \$4688.89. The Treasurer's report was accepted and filed for audit.

**Director At Large:** Cindy Haagensen reported on attendance at the recent special walks: 7 people for Cindy's Tuesday 4/26 Capitol walk; none for Barb Lund's Tuesday 5/10 Middleton walk, presumably due to bad weather; and 5 people for Tricia's Friday 5/27 Monona walk. Cindy also added another walk recently, notification of which was emailed to members a few days in advance. Three people attended this, which combined the Oshkosh and Fond du Lac walks in one day. The special walks otherwise appear in the newsletter and on the website.

Cindy has been trying to pick different days and times for these walks, as an experiment to see if any times and days work better for the membership. Members should let Cindy know if they wish to lead a walk.

Because **the** walks are very weather dependent, Joanne brought up the issue of needing to contact people if there are any changes in plans. One idea brought up to accomplish was to add a statement on the website suggesting that people sign up for walks with listed leaders. They could then be contacted in case of cancellation and/or rescheduling.

### **Other Reports:**

**Membership Chair:** Mary Liebig said there were 3 new members this month. One is a teacher from Topeka, Kansas, about to retire, already involved in volkssporting. Another was a member previously, and the third is a new walker and friend of a member. Mary intends to get an article in the next newsletter reminding people that new member dues are just \$6, beginning July 1. This still covers cost of the new walker packet, but takes into account that full renewal is just 6 month away.

**Sanctioned Event Coordinator:** Joanne said that all boxes are out for the year now. Don Suloff recently took 4 up to northern Wisconsin counties.



**Trail Master:** Don reminded members that the weekend of walks in 3 different counties is coming up, June 25-26. The Wautoma walk is Saturday, with a happy hour Saturday evening. The Roche-a-Cri State Park and Westfield walks are on Sunday.

He then presented plans for 2017. The West Towne walk will be in January, with February's walk tentatively being a guided one on the Epic campus. The annual Pie walk is planned for March. In June, there will be another weekend of walks in 3 counties in Rhinelander, Medford and Merrill. He is planning an October moonlight walk in Pheasant Branch, a November Veterans walk, and a December walk associated with the annual holiday party. He has organizers willing to put together walks in Delavan, Madison College/Eastside parks, Pope Farm Park, and Plain. That leaves just one more walk for the year, and he is considering Oconomowoc, DeForest and Mazomanie.

**Publicity Chair:** Karen Reger said there was no new information to be presented.

**Volunteer Coordinator:** Tricia Gundlach said she will submit an article for the next newsletter encouraging new members to volunteer. She will make a list of relatively easy tasks for which volunteers are needed.

Tricia mentioned the Awards committee is looking for a volunteer for planning events to recognize volunteers. The time commitment would be a one hour meeting 4 times a year.

To recognize the restaurants that house the walk boxes, Tricia said there is going to be a two week period where members should patronize these establishments. The plan is June minutes, p. 3 for walkers to bring pre-printed thank you cards to the restaurants, leaving them for the managers. This will be presented in greater detail at the next meeting.

**Newsletter Editor:** No report was submitted.

**Website Administrator:** No report was submitted.

**AVA Electronic Sanctioning Volunteer:** Tom Gundlach indicated there is nothing new to report; all is current.

**Unfinished Business:** No topics were discussed.

**New Business:** Joanne said the club has a history of recognizing walkers who have completed walks in all 50 states by presenting them with a cake at an event. Lately, the cakes have been purchased by individuals. The most recent personalized sheet cake cost about \$70.

Discussion then ensued about whether the cakes could be purchased for less money. Bruce recommended that people be recognized at membership meetings instead, not only the 50 state walkers but also volunteers, allowing the club to budget for a set number of cakes per year. It was pointed out that turn out for meetings is not so high in general, with the annual picnic and holiday party being the most attended meetings.

Joanne moved that the club absorb the cost of purchasing the cake, size dependent upon attendance. The motion was seconded and passed unanimously. The details about when and where to present the cakes will be discussed at a future date.

**Speaker:** Mr. Tom Gross, a member and volunteer for the Dane County chapter of the Ice Age Trail Alliance, then spoke about this distinctive landmark present only in Wisconsin. He said the trail is intended for foot travel and extends over 1100 miles. It is not completed in terms of being entirely off road. Currently there are about 650 miles of trail and 470 miles of road connecting the trail sections. The trail is the combined responsibility of the National Park Service, the Wisconsin Department of Natural Resources, and the Ice Age Trail Alliance (IATA), centered in Cross Plains. Most of the work on the trails is done by volunteers for IATA.

There are 21 separate chapter IATA organizations in WI. Dane County has the largest chapter, and alone has hundreds of volunteers. One focus of this chapter's work has been to restore the appearance of the landscape to what it was before the first European settlers, eliminating pest species and trees that would not have survived fire.

The trail basically follows the terminal moraine of the last glacier, named the Wisconsin Glacier. Special geological features are present along the trail and interpretive signs are present. The trail itself is marked with a yellow blaze sign, and is on a mixture of federal, state, county and village lands, as well as private land to which easement has been granted. IATA is always attempting to acquire more land for off road trails.

**Adjournment:** The meeting was adjourned at 7:57 by President Wiest.

Next Board Meeting: 13 July 2016, 1800 hours (6 pm), Lakeview Library

Next General Membership Meeting and picnic: 10 August 2016, 1830 hours (6:30 pm), Lakeview Park, Middleton.

Next Saturday Walk and Eat programs:

Picnic Point, June 11

Madison East Side, July 9

Next special event walks:

Three Walk Weekend: (Wautoma Walk, Saturday, 25 June, 2016, Roche-a-Cri State Park Walk, Friendship, and Westfield Walk, Westfield, Sunday, 26 June, 2016)

Civil War walk with Tricia Gundlach, Friday, June 10 Middleton walk with Barb Lund, Thursday, July 14

Devil's Lake walk with Tricia Gundlach, Friday, July 22

Lodi walk, in honor of Tom Doyle, Saturday, July 23

Respectfully submitted, Susan Wester Secretary

## Attachment C July Event



» [Walking Events](#) » **Event Details**

[Other Clubs in this State](#)

<b>Dates:</b>	<b>7/23/2016 - 7/23/2016</b>
<b>City / State:</b>	Lodi, WI
<b>Event Name:</b>	Lodi Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	104388
<b>Distance - Trail Ratings:</b>	10K & 5K - 3B
<b>Description:</b>	GPS: N43.31692 W 89.52772. This walk passes the historic buildings of Lodi, follows two sections of the Ice Age Trail, and passes through a beautiful city park.
<b>Amenities:</b>	<b>Strollers:</b> NO   <b>Wheelchairs:</b> NO   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Animal Safari, Bridges - Spanning the USA, Make a Wish at a Water Fountain, 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
<b>Start Times:</b>	8:00 am to 12:00 noon, finish by 3:00 pm
<b>Location:</b>	Habermann Park Shelter
<b>Start Point / Driving Directions:</b>	180 Fair St, Lodi, WI. From Madison, take Hwy 12 north towards Sauk City for 7.5 miles past Middleton. Turn right on Cty Rd P and drive north for 5.5 miles to Hwy 113. Turn left (north) on Hwy 113 for 4.5 miles through Lodi to Fair St. Turn right on Fair St. to the start point. Ample parking across street from park shelter.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	SPECIAL PROGRAMS: Animal Safari, Bridges, City Park, Post Office, Water Fountains, Trekking With the Trees, Water Towers, Walk the USA A-Z, Walking <a href="#">Wisconsin</a> Counties - Columbia, Points of Reference - Madison "Area" Volkssport Assn.
<b>Host Club:</b>	Madison Area Volkssport Assn.
<b>Contact:</b>	Don Suloff (608) 821-0263
<b>Website:</b>	<a href="http://www.dairylandwalkers.com/walks/event-walks/lo-di-walk/">www.dairylandwalkers.com/walks/event-walks/lo-di-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

## Attachment C August Event

<b>Dates:</b>	<b>8/27/2016 - 8/27/2016</b>
<b>City / State:</b>	Jefferson, WI
<b>Event Name:</b>	Jefferson Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	104464
<b>Distance - Trail Ratings:</b>	10K & 5K - 1B
<b>Description:</b>	GPS: N 42.99879 W 88.81626. Enjoy walking this small <a href="#">Wisconsin</a> city, walking along the Rock River, small city parks and past lovely homes.
<b>Amenities:</b>	<b>Strollers:</b> NO   <b>Wheelchairs:</b> NO   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z
<b>Start Times:</b>	8:00 am to 12:00 noon, finish by 3:00 pm
<b>Location:</b>	Riverside Park
<b>Start Point / Driving Directions:</b>	601 S. Wisconsin Drive, Jefferson, WI 53549. From the west (Madison), take I-94 east to exit 267 at Johnson Creek. Turn right (south) on WI Hwy 26 to Jefferson. In Jefferson, turn right on W. Racine St, then left on S. Wisconsin Dr. Follow S. Wisconsin Dr for 0.4 miles to Riverside Park parking entrance. From the east (Milwaukee), take I-94 west to exit 267 at Johnson Creek. Turn left (south) on WI Hwy 26 and follow it to Jefferson, where you will turn right on W. Racine St, then left on S. Wisconsin Dr, following it 0.4 miles to Riverside Park parking area.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	SPECIAL PROGRAMS: Bridges, City Parks, Walk the USA Street by Street, Walk the USA A-Z; letter J, Walking Wisconsin Counties - Jefferson, Points of Reference - Madison "Area" Volkssport Assn
<b>Host Club:</b>	Madison Area Volkssport Assn.
<b>Contact:</b>	Jerry Wilson (608) 695-6449
<b>Website:</b>	<a href="http://www.dairylandwalkers.com/walks/event-walks/jefferson-walk/">www.dairylandwalkers.com/walks/event-walks/jefferson-walk/</a>
<b>E-Mail Contact:</b>	<a href="mailto:jpatw4@gmail.com">jpatw4@gmail.com</a>

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