



# Madison Area Volkssport Association Newsletter

September-October 2016

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

Vol 2016-05

## Sept. - Oct. Events

- Sept. 3 Sat. Walk & Eat -  
Madison Civil War Walk  
- Register 8:45am
- Sept. 14 Board Meeting -  
Lakeview Br. Library-6pm
- Sept. 24 Westport Walk,  
8:00am-Noon Finish 3:00p
- Oct. 8 McKenzie Center  
Walk Start: 8:00am-Noon  
Finish by 3:00pm
- Oct. 12 Membership Meet.,  
Hody Bar & Grill -6:30pm
- Oct. 22 Sat. Walk & Eat -  
Devils Lake-Reg. 8:45am
- Oct. 29 HwyPickup10:00am

## Newsletter Contents

### Page

- 1 Arboretum Walk - New  
Walk Box Location
- 1 Westport Walk
- 1 Ice Age Trail Opportunity
- 1 Membership Meeting
- 2 McKenzie Center Walk
- 2 Sat. Walk and Eat Group
- 2 Changing Seasons
- 3 Talk'n Trash
- 3 Unsung Heroes
- 3 Tom Doyle Memorial  
Donation
- 3 Health Benefits of  
Walking Part 4
- 4 Walking in England
- 4 Members as Trailmasters
- 5 Groups Walking in Sept.
- 5 Jefferson Walk Photos
- 5 Walking EPIC
- 6 Oktoberfests and Walking
- 6 Membership Update
- 6 Club Milestones
- 7 2016 D W Calendar
- 
- 8 Attachment A July 13  
Board Meeting Minutes
- 10 Attachment B Aug. 10  
Club Meeting Minutes
- 12 Attachment C Sept. 24  
Westport Walk Flyer
- 13 Attachment C Oct. 8  
McKenzie Center Walk  
Flyer

## Madison - Arboretum Walk - New Walk Box Location

By Joanne Reuter

Due to the closing of Victor Allen Coffee on Monroe St, the walk box for the Madison-Arboretum walk has been relocated once again. The new location of the walk box is at Colectivo Coffee, 2530 Monroe Street. The walk box is stored behind the service counter.

Colectivo Coffee offers beverages, bakery and light food. It opens at 6am Mon-Fri, and at 6:30am Sat-Sun. You will need to park on the street. It is a thriving coffee house, and I'm very optimistic that this can be a permanent location for our box.

## Why Walk in Westport - Saturday, September 24

By Don Suloff

Located on the northwest corner of Lake Mendota, you probably wouldn't notice this small community midway between Middleton and Waunakee unless you were familiar with the historic St. Mary of the Lake Catholic Church. Those who join our walk in Westport on September 24, 2016, will be surprised at the trails hidden in this small community. After leaving the Jackson Landing Shelter located at 5485 Willow Drive, Waunakee, between 8am and noon, walkers will follow much of the Six Mile Creek Trail as it wanders through prairie grass, wetlands, and hardwoods, even passing a horse stable and riding area. The walk will continue through an upscale development and pass St. Mary of the Lake Church. The last portion of the walk follows trails through Jackson Landing Park with great views of Lake Mendota and three boardwalks.

To reach the start point, follow County M north of Middleton, passing County Q (just past Family Video). Continue past County Q for about 4 ½ miles to the start point on your right, shortly before reaching Hwy 113.

## Special Ice Age Trail Opportunity - October 2 - 6, 2016

By Don Suloff

The Ice Age Trail Alliance is inviting Dairyland Walkers to join them in a special walking program to occur this fall. The four-day program, beginning on October 2 and continuing through October 6, will include 2-mile to 7-mile walks along IAT segments each day. Accommodations will be at Elkhart Lake and registration deadline is September 17, 2016. More information is available at the IAT website: <http://www.iceagetrail.org>. On the site, click "Explore the Trail" and drop down to the Trail Expedition: A Journey through Glacial Time.

## October Club Meeting - October 12, 2016

By Terry Wendt

The October 2016 Dairyland Walkers meeting will be on Wednesday October 12, 2016, 6:30 PM, at Hodys Bar & Grill 1914 Aurora St., Middleton Wi. The speaker will be Jan Primus, who is the Treasure of the Friends of Wisconsin State Parks.

## Dates of Interest?

### Date

**Sept.** Nat. Be Kind to Editors Mon.

- 1 Random Act of Kindness Day
- 2 Hug Your Boss Day
- 3 Bacon Day
- 5 Labor Day
- 13 International Chocolate Day
- 18 Air Force Birthday
- 18 Full Moon – 2:05 pm CDT
- 21 World Alzheimer's Day

**October** National Protect Your Hearing Month

- 2 Guardian Angel Day
- 2 Nat. Custodial Workers Day
- 6 American Libraries Day
- 10 Columbus Day
- 16 Full Moon – 11:23 am CDT
- 30 Mischief Night
- 31 Halloween

## NEWSLETTER ARTICLE SUBMITTAL DEADLINE

for  
November – December  
2016

Due: October 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 days after a newsletter edition  
is published.

## McKenzie Center Walk – Saturday, October 8 By Chris Flessert

Come and enjoy the splendor and beautiful Fall colors at the best kept secret in our area at the McKenzie Center. We will hold a special event walk at the McKenzie Center on Saturday, October 8, 2016. A lot has changed since our last walk in 2006.

From 2006 to 2013 the McKenzie Center was jointly managed as a partnership between the DNA, Wisconsin Wildlife Federation, and Friends of McKenzie. The DNR is grateful to have worked with the Wildlife Federation and Friends to maintain and operate the center over that time span. In 2014, the Department of Natural Resources assumed full operation of the McKenzie Center. The department continues to offer environmental education programs and is developing McKenzie as an innovative outdoor skills center.

Just a short drive north of Madison, the event will start with registration at the picnic area from 8 am to 12 noon, and walkers should finish by 3 pm.

Our 5k and 10k walks will include the Conifer trail, ecology trail, hardwood trail, and wildlife trail along with walking through the prairie. We will walk by the McKenzie Lodge and dorms into the wildlife area where several species of wild animals including Great Horned owl, linx, wolves, deer, and buffalo live. There is a maple syrup building and a Conservation Museum.

Mark your calendars for this educational walk!

## Saturday Walk & Eat Group By Mary Liebig

### Saturday Walk & Eat Group Civil War Walk – Sept. 3, Devil's Lake – October 22

More Saturday Group Walk and Eat opportunities are coming up in September & Oct.

On Saturday, September 3 we'll meet at the start point of the Civil War Walk, the Best Western Inn Towner, located at 2424 University Ave. at 8:45AM to register for the walk. Both 10k and 5K walking routes will be offered. 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 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

Saturday morning, October 22 will find us walking at Devil's Lake State Park in Baraboo. Hopefully we'll see some fall colors on the bluffs then. We'll meet at the Visitor's Center on the North Shore, the start point, at 8:45AM to register for the walk. There are four walking options at Devil's Lake: a 10K and 6K on the East Bluff, a 6K on the West Bluff, and a fairly flat 5K along the west side of the lake. We'll plan to eat at the Farm Kitchen just outside the park, after our hike. The Farm Kitchen has a back room that will accommodate our group.

## Changing Seasons – Seasonal Walks End Dates By Jerry Wilson

Some 2016 Seasonal Walk End Dates Are Approaching:  
September 30: Hayward, Manitowish Waters, Mercer and Phillips  
October 31: Lake Geneva

## Talk'n Trash By Joanne Reuter

Fall is approaching, which means it will soon be time to pickup trash along Hwy 12 & 18. We will meet as a group at Nora's II, 1843 US 12, Deerfield, WI on Saturday, Oct 29 at 10am. Safety jackets and garbage bags will be provided. Bring work gloves to wear. The last few events have been poorly attended and limited how much of our assigned highway stretch we were able to cover. Please help our club to honor our commitment to this project by showing up to help. It really doesn't take long, you feel good about helping your community, AND there's camaraderie and laughs back at the bar when we're done! See you there!

## Unsung Heroes By Tricia Gundlach

The Dairyland Walkers Club has so many wonderful volunteers who pitch-in and help whenever they are needed! You may see their smiling faces at the registration table at a walk. They may prepare treats for an event, or they may help out behind the scenes. We recognized several of these "unsung heroes" at our annual picnic with a token of our appreciation. Please thank them when you see them! They are the following volunteers:

Russ Crane    Karen Reger    Ruth Vanderploeg    Jhing Wiest    Ronni Guski    June Quesnell    Tricia & Tom Gundlach

## Tom Doyle Memorial Donation By Don Suloff

At our recent walk in Lodi the Dairyland Walkers accepted donations for walking in the name of Tom Doyle. At the request of the Doyle family, the \$213 collected will all be contributed to the Dairyland Walkers general fund. In reflection, this donation, generous as it is, pales when one considers the thousands of hours spent, miles driven, and ideas proposed by Tom. Our club is what it has become in large part through Tom's efforts.

## The Health Benefits of Walking (Part 4) By Don Suloff

In the past three issues of this newsletter I have addressed the general and weight-control benefit of walking, the cardiac benefits, and the value of walking to our joints and bones. In this issue the focus will be on the benefits of walking to those with diabetes and how walking can improve our mental health. I also again 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.

As we discussed earlier, regular walking can lead to weight control or loss. This in turn can control, reduce the risk of, or prevent diabetes. A Nurse's Health study found that women breaking a sweat (or glistening for you more refined!) more than once a week had a 30% reduction in their risk of contracting diabetes. Walking also increases the insulin receptors on the cells, helping blood sugar move into the cells where it needs to go. A Beth Israel Medical Center/NYC study found that walking 30 minutes three times a week enhances the body's use of insulin. If one is already diabetic, walking regularly can control the progression of the disease and can help keep the brain sharp. Individuals with type 2 diabetes should exercise prior to meals to help control the appetite and promote weight loss. Individuals with type 1 diabetes should NOT exercise on an empty stomach – they should walk about an hour after meals.

Regular walking can help improve mental alertness and memory functions. A University of California study of 6000 women over 65 years of age found that age-related memory decline is lowered as walking is increased. Similarly a University of Virginia study of men between 71 and 93 found that walking as little as one-quarter mile daily resulted in half the incidence of dementia and Alzheimers.

Clearly walking helps us either improve or maintain our health . . . SO LET'S WALK!

## Walking in England – British Walking Federation

By Mary Liebig

One of the advantages of belonging to the Dairyland Walkers is that it is part of a network of walking clubs throughout the United States sponsored by the American Volkssport Association (AVA). The AVA- America's Walking Club in turn is a member of the International Federation of Popular Sports, or IVV.

I got my first chance to walk an IVV event internationally when I traveled to England in May. Their clubs and events are sponsored by the British Walking Federation. I participated in a "Permanent Walk" or what we would call a "Year-Round" event. I located their permanent trails from their website at <http://www.bwf-ivv.org.uk/Permanent%20trails/Permanent%20Trails.html>. I knew the area that I would be visiting, and then searched for walks there. I chose to walk in Saffron Walden, about 60 miles northeast of London. It was a small town walk, and included a tour of the English countryside; total distance 13K.

The British Walking Federation does not use "walk boxes"; all their walking directions are online. However, they don't use maps, only written instructions, and I was a bit nervous about not having a map in a foreign country! The written instructions were great though, and we didn't need a map to complete the walk.

After finishing the walk, I filled out a Permanent Trail Registration Form and mailed that along with my fee (in British Pounds) to the trail organizer. I also included a stamped, self-addressed envelope. The Trail Organizer, or Point of Contact, mailed me stamped insert cards. All and all, it worked very similar to what we would call a remote start.

Here is a picture near the start of the walk, traveling on a public footpath in Saffron Walden.



## Every Member a Trailmaster?

By Don Suloff

The Dairyland Walkers have been blessed with over 30 members having developed at least one walk for the club, and I am always looking to recruit (and assist) new volunteers. However, there is another equally important role that each of you can play as you participate in our walks, particularly those walks some distance away from Madison. As much as we try to keep our directions and maps up-to-date, they may become inaccurate. Many walk-box points-of-contact live considerable distances from the boxes and may not be aware of any problems. I challenge each of you to become proactive and bring changes (including out-of-date special programs) to the attention of the walk-box coordinator so we can continue to provide quality directions and maps to club walkers and visitors alike.



## Groups Coming to Walk in Wisconsin

By Jerry Wilson

We have two groups coming to Wisconsin to walk in September that are affording our club members the opportunity to walk with them. This is a good chance to get out and do one of our club's walks and to meet visiting fellow AVA walkers. See dates, times and starting points below:

### September 9, Friday, approximately 10:00am, at the Park Hotel, Madison

Tator Tours will be bringing a busload to walk the 10 km version of the Madison Capitol Walk.

They will also be walking the Milwaukee route, but they are doing this walk on their own schedules September 8 and/or 9.

### September 23, Friday, approximately 3:00pm at Riverside Park, LaCrosse

Twenty-seven Black Hills Volkssport Assoc. members will be walking the 5 km version of the LaCrosse Walk. They will start this walk after their paddle wheeler docks alongside Riverside Park. **Note:** These walkers will begin walking along the established route and not at the starting point. Dairyland Walkers coming to LaCrosse may want to arrive early enough to register at the start point at 500 Cass Street before meeting the visitors at Riverside Park. Visitors will stamp their books mid-walk.

## Jefferson WI Walk Photos – Walked August 2016

By Jerry Wilson



From left to right: River Front Park Start/Finish Table, and the Bumby House

## Walking at EPIC?

By Don Suloff

It has long been a desire to replace one of our winter mall walks with a guided walk at Epic in Verona. After investigating existing self-guided routes through this incredible facility and working with Epic's point-of-contact, I thought we had things set up for this coming winter. Unfortunately, Epic has reconsidered and would rather not have 40 or 50 walkers coming through on a given weekend day. Although I suggested that we limit the number of walkers to 20 or 25 walkers and visit on two separate days, this suggestion was also denied so we will not be having a walk at Epic. However, I would recommend that anyone interested in a fascinating walk go to Epic on a Saturday or Sunday between 10am and 3pm on their own. From Hwy 18/151, take Exit 76 to Epic Lane. At the first intersection (rock wall), turn left to stay on Epic Lane. Drive about one-half mile then turn right onto Milky Way (Epic's driveway). Continue about a half-mile to the Campus. Continue to the Zodiac surface parking lot (past the Tin Man) and park under the solar panels. Walk the trellis-covered sidewalk up to the main entrance in the Andromeda building. At the visitor's desk ask for the self-guided tours for the Prairie Campus, the Farm Campus, and the Central Park Campus. Following these directions will take you on a loop of the Prairie Campus (with a spur to the Farm Campus which returns back to the Prairie Campus), ending at the same point which you began. This would be close to a 5K walk. By then taking the Central Park Campus route to its end (where it would have you go back to the start point outside) and then retracing your steps to the start point you would come just a little short of a 10K walk, all of which would be inside! It would have been great to have done this walk together, but I would still encourage you to walk at Epic on a sloppy-weather weekend!

**Manitowoc Walk Discontinued**

**By Jerry Wilson**

The Manitowoc City Center Association (AVA Club) has disbanded as of August 19, 2016. The Manitowoc Walk, YR1694, #104193, is no longer offered. The September 17 Manitowalker city event will be held, however, it will not be an AVA event.

**Oktoberfest Celebrations in Wisconsin**

**By Jerry Wilson**

I ran across a website that listed many Oktoberfest (Oktoberfest) events across Wisconsin, some of which are located near an existing AVA year round or seasonal event, or could be included on the return trip from a nice autumn walk. Go to [Funtober.com](http://Funtober.com) for the entire list, last updated July 9, they should update in September. Following are excerpts, some have entry fees:

September 9 - October 1 (Fridays and Saturdays) Milwaukee Oktoberfest – Bavarian Soccer Club, Heidelberg Park

Sept. 16 - 18 Chippewa Falls Oktoberfest – Leinenkugel Brewery

Sept. 24 Madison – Essen Haus Oktoberfest – Essen Haus 514 E. Wilson St.

Sept. 24 Madison – Wurst OctobeBEERfest – Breese Stevens Field

Sept. 24 - 25 Appleton – College Avenue – “a mile of fun!”

Sept. 29 - October 2 LaCrosse Oktoberfest– South Side Festival Grounds – “Over fifty years...”

October 8 Lake Geneva Oktoberfest – Downtown

October 8 - 9 Cedarburg Oktoberfest – Community Center Parking Lot and Festival Grounds

**Membership Update**

**By Mary Liebig, Membership Coordinator**

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

- Gene Rice, Middleton
- Jim McMillan, Cottage Grove

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.

**Club Milestones**

**By Doug Wiest**

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

Events		Kilometers	
30	Susan Wester	3,000	Cindy Haagensen
300	Cindy Haagensen	4,500	Joan Miller
325	Cindy Haagensen	4,500	Phillip Ringhand
425	Nancy Spaeni	4,500	Diane Thornbery
450	Joan Miller	5,500	Nancy Spaeni
450	Nancy Spaeni	6,000	Ann Misener
450	Diane Thornbery	7,500	Lee Moisant
1,600	Margery Oehlke	11,000	Donald Suloff
2,800	Jane Legaard		
2,800	Kenneth Legaard		
3,300	Bonita Johnson		

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**

<p>Wednesday, January 6                  Saturday, January 16                  Saturday, February 20                  Saturday, March 12                  Saturday, April 9                  Sunday, April 24                  Saturday, May 21                  Saturday, June 25                  Sunday, June 26                  Sunday, June 26                  Saturday, July 23                  Saturday, August 27</p> <hr/> <p>Saturday, Sept. 3</p> <p>Wednesday, Sept. 14</p> <p>Saturday, Sept. 24</p> <p>Saturday, October 8</p> <p>Wednesday, October 12</p> <p>Saturday, October 22</p> <p>Saturday, October 29</p> <hr/> <p>Saturday, November 19</p> <p>Sunday, December 4</p>	<p>D W Volunteers Prepare Blue Books for Mailing                  East Towne Walk                  West Towne Walk                  Middleton Pie Walk                  Indian Lake County Park Walk                  Trash Pick-up – Nora’s II, 1843 US Hwy 12                  Fort Atkinson Walk                  Wautoma Walk – Boarders Inn &amp; Suites                  Roche-a-Cri State Park - Shelter                  Westfield Walk – Pioneer Park Shelter                  Lodi Walk – Habermann Park Shelter                  Jefferson W. – River Front Park – North Shelter</p> <hr/> <p>Saturday Walk and Eat – Madison Civil War Walk                  Board Meeting – Lakeview Branch Library                  2845 N. Sherman Ave., Madison                  Westport Walk – Jackson Landing Shelter                  McKenzie Environmental Education Center – Picnic Shelter                  Membership Meeting – Hody Bar and Grill,                  1914 Aurora St., Middleton                  Saturday Walk and Eat – Devil’s Lake Walk                  Highway 12 &amp; 18 Trash Pickup</p> <hr/> <p>Veteran’s Week Walk – Downtown Madison</p> <p>Membership Meeting &amp; Annual Holiday Party</p>	<p>Thank you volunteers!                  Results: Total 37; Adults: 36; Non-Credit: 1                  Results: Not Provided                  Results: Total 59; Adults: 59; Non-Credit: 0                  Results: Total 57; Adults: 42; Youth:2; Non-Crd.: 13                  Five Volunteers Participated                  Results: Total 61; Adults: 47; Non-Credit: 14                  Results: Total 55; Adults: 50; Youth:1; Non-Crd.: 4                  Results: Total 56; Adults: 51; Youth:1; Non-Crd.: 4                  Results: Total 51; Adults: 46; Youth:1; Non-Crd.: 4                  Results: Total 48; Adults: 40; Non-Credit: 8                  Results: Total 28; Adults: 23; Non-Credit: 5</p> <hr/> <p>8:45am Registration at the Best Western Inn Towner                  6:00pm Meeting</p> <p>Start: 8:00am – Noon Finish by 3:00pm                  Start: 8:00am – Noon Finish by 3:00pm</p> <p>6:30pm Meeting</p> <p>8:45am Registration – North Shore Visitor’s Center                  Start Nora’s II, 1843 US 12, 10:00am</p> <hr/> <p>Start: 9:30 – 11:00am Start: Park Hotel                  Finish: Plaza Tavern                  Goodman Community Center. Details later.</p>
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**Attachment A**

Minutes Pending Approval

**Dairyland Walkers Board Meeting  
Lakeview Branch Library  
July 13, 2016**

**Board Members Present:**

Terry Wendt (Vice President)  
Susan Wester (Secretary)  
Cindy Haagensen (Board Member at Large)  
Mary Liebig (Membership Coordinator)  
Karen Reger (Publicity Chair)  
Don Suloff (Trailmaster)  
Tricia Gundlach (Volunteer Coordinator)  
Tom Gundlach (AVA Electronic Sanctioning Volunteer)

Also present: Russ Crane, Curt Armstrong

The meeting was called to order at 5:59 by Vice President Wendt and the agenda was adopted with some added items, included in the minutes below. The minutes of the previous board meeting (5-11) were accepted as posted.

**Officer Reports:**

**President:** There was no report, as President Wiest was on vacation.

**Vice President:** Terry said arrangements are taken care of for the August 10 picnic. Karen Reger has arranged a speaker for the October membership meeting, a person from the Friends of Wisconsin State Parks.

**Secretary:** Susan Wester has uploaded the 2016 minutes to the Zoho Docs website as a means to test online storage of documents. Zoho Docs allows a group up to 25 users, each with an allowance of 5 GB of data, at no cost. Upgrades are available with paid subscriptions. The Board then entertained questions and comments, the latter pertaining to the site's ability to meet possible future needs. It was agreed she would provide other board members with the means to access the site.

**Treasurer:** Diane Thornberry had previously emailed the Treasurer's report to Board members. This was reviewed, approved and filed for audit as submitted.

In summary, there was a net gain for the month of \$234.99, bringing the current balance to \$4,923.68. The \$551.00 of total income included a \$200 anonymous donation and \$264.00 from events, with the remainder mainly from coupon and book sales. The \$316.01 in expenses was due to administrative supplies of \$216.01 and a \$100 speaker's honorarium for the June membership meeting. A letter from the Ice Age Trail Alliance was then circulated, thanking the club for this \$100 donation.

**Director At Large:** There was no report.

**Membership Chair:** Mary Liebig said there have been no new members since the June 8 membership meeting. She indicated she had received some reports about people not receiving the latest newsletter. Jerry was contacted about this; hopefully the matter is resolved.

Mary also said she was notified by another member who reported the latest newsletter was not available on the Dairyland Walkers' website. Although the issue is now online, the incident occurred because Jerry Wilson had no access to the website. The Board agreed Jerry should be added to list of website users; this had been previously overlooked when the list was updated.

Another membership concern occurred when a walker reported to Mary she was able to walk only 5K, and felt uncomfortable showing up at an event where everyone else seemed to be walking 10K. Mary referred this person to another member she knew who mostly walked 5K, and those two walked together. There was some discussion then on ways to arrange for compatible walking partners to find each other.

**Sanctioned Event Coordinator:** There was no report.



**Trailmaster:** Don Suloff said he is finalizing plans for 2017. Last week he completed 3 self-guided walks at Epic in Verona, and together they amounted to just about 10K. He said the walks are almost entirely inside and are very well done. The Epic walk will be in January or February of 2017, depending on Epic's calendar. The West Towne walk will be the other month.

Other plans for 2017 include the Pie Walk in March, the kick-off for the northern county seasonal walks (Medford, Merrill and Rhinelander) in mid-May, the Pheasant Branch Moonlight walk in October, the Veterans walk in November, and the Christmas party walk in December.

2017 events with dates yet to be determined include Delavan, Madison College/Eastside parks, Pope Farm Conservancy, Plain and either Oconomowoc or Mazomanie.

As for 2018, ideas from people include Cottage Grove, Belleville and Milwaukee. The 2018 seasonal walks will be Crandon, Shawano and Antigo. Whichever of the Oconomowoc or Mazomanie walks is not done in 2017, will be done in 2018.

Don also mentioned that Roman Candle is moving into Victor Allen Coffee on Monroe St., where the Arboretum walk box is located. Joanne will be notified of this.

**Publicity Chair:** Karen Reger made a poster for the July 23 Lodi walk, which has been put up around Lodi by a member there.

**Volunteer Coordinator:** Tricia Gundlach has the framed certificates completed for businesses hosting walk boxes. They will be available for pick-up at the August 10 picnic, to be presented to the businesses by walk box volunteers. Gifts have been purchased for the "unsung heroes" awards and also will be given out at the picnic. A volunteer is still needed for the Awards committee.

**Newsletter Editor:** There was no report.

**Website Administrator:** There was no report.

**AVA Electronic Sanctioning Volunteer:** As the quarter is not yet over, Tom Gundlach had no new information to report at this time.

#### **Unfinished Business:**

Newsletter articles for September/October issue: Don will deliver the final installment on his health benefits of walking report, and also write about the Westport walk. He may put in a short, advance notice of the winter Epic walk, and will see that something is written regarding the October Poynette walk. Mary said she will contribute something on the Saturday Walk and Eat events, as well as on her recent walking trip in Britain. Terry will write an item about the December party.

#### **New Business:**

Ice Trail exploration for possible AVA walking trails: Susan said Susan Medlin will be in Oshkosh the week of July 25. The AVA Southwest Regional Director, Susan Medlin wishes to develop sanctioned walks along Wisconsin's Ice Age Trail. Susan Medlin will be walking each day that week, and has invited Board members to join her. Some of the walks will be on the Ice Age Trail in the Oshkosh area. Susan will keep Board members current on Susan M.'s plans as she learns them. She will also notify the Board when she herself is driving to Oshkosh, in case anyone wishes to come along too.

Discussion regarding adding a walk day POC to walk directions: The recent Westfield walk inadvertently had no club contact phone number listed. As a result, some walkers with questions about the directions were unable to have their concerns addressed. Having a point of contact listed for each walk, with phone number included, has been club policy. In reviewing previous records, contact information with phone number was included for all walks except Westfield. This appears to be a simple one-time error of omission.

Walks to add/drop for 2017: Walks to be sanctioned in 2017 have to be added or renewed by the end of August. After Tricia made a motion to add the Westside park walk, and with Don's concurrence, the Board voted unanimously to add this walk for 2017. Diane had previously emailed members that another walk box could be placed at the West Towne Firestone if we added this walk. The walk would be a remote start, with ample parking at Garner Park. Since much of the walk is trail, it would need to be a seasonal walk. Other walks to be added for 2017 are Merrill, Rhinelander and Medford.

Don said there are 3 seasonal walks (Fond du lac, Oshkosh, Neenah) which could be dropped, as the numbers of walkers don't support continuing them. Don will continue to review the records and will consult with Joanne on this. The walks which will be dropped in 2017 are Hayward, Mercer, Phillips, and Manitowish Waters.

There also had been some pre-meeting email discussion about dropping the La Crosse walk, but Jerry Wilson felt strongly about keeping it and Susan Wester said she could take over the box if necessary.

Convention bus trip: If enough people are interested, the Des Moines club will charter a bus to go to the June 2017 AVA Convention in Montana. Mary had recently emailed the brochure/sign up form to members.

**Future Dates:**

Next Board Meeting: 14 September 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 Special Event Walks:

--Lodi Walk, Saturday, 23 July, 2016

--Jefferson, Saturday, 27 August, 2016

--Saturday Walk & Eat, Monona YRE, Saturday, 6 August, 2016

The meeting was adjourned at 7:06 p.m. by Vice President Wendt.

Respectfully submitted, Susan Wester, Secretary

**Attachment B**

Minutes Pending Approval

**Dairyland Walkers Bimonthly Meeting  
Lakeview Community Park, Allen Blvd., Middleton, WI  
August 10, 2016**

Members present: 30

The meeting was called to order at 6:15 p.m. by President Wiest. Both the meeting's agenda, as well as the minutes from the previous membership meeting' (6-8-16), were adopted without discussion.

**Officer Reports:**

President: Doug Wiest extended condolences to Tom and Tricia Gundlach on the recent passing of Tom's brother.

Vice President: Terry Wendt has arranged for a speaker on the state park system for the October general membership meeting. This will be held at Hody's in Middleton. The following general membership meeting will be held in conjunction with the annual Christmas party at the Goodman Community Center.

Secretary: No items were presented.

Treasurer: Diane Thornberry reported the 8-10-16 balance is \$6,087.08, up from last month's balance by \$1,163.40. Total income for the month was \$1,473.50, largely due to event income (\$819.00) and book and coupon sales (\$400.00). Other income included donations (\$242.50), county make-up (\$26.00), and new member dues (\$12.00). Total monthly expenses were \$310.00, and composed of \$211.56 in administrative supplies and \$98.54 in event costs.

Diane also indicated she just received a major bill of \$1,100.00 from the AVA. She has also had some problem receiving bills lately. For some reason, they are being sent to Don Suloff instead. Tom Gundlach will look into this matter. The Treasurer's report was accepted and filed for audit.

Director At Large: Cindy Haagenen is leading the Picnic Point walk tomorrow at 9:00 a.m.

**Other Reports:**

Membership Chair: Mary Liebig reported that 2 members have joined since the last meeting. One is a new member from Middleton, and the other is a returning member from Cottage Grove.

Sanctioned Event Coordinator: Joanne Reuter said the Arboretum walk box has been moved once again. It is currently at the Collectivo coffee shop on Monroe St., only one block away from its previous locations. One advantage of Collectivo, compared to the former sites, is that it opens early.

Trail Master: Don Suloff said the Arboretum walk box change has been made on both the AVA and Dairyland Walkers websites. The Jefferson walk will be next month. Neither the Pope Farm nor the Epic walk will occur in 2017. The large size of the group was the reason for the change in Epic plans. Don instead plans to provide information in the newsletter to allow people to do the walk themselves in small numbers. Either a 5K or 10K can be done completely indoors there.

Publicity Chair: No items were presented.

Volunteer Coordinator: Tricia Gundlach introduced Ellen Twing as the newest member of the Volunteer committee.

Newsletter Editor: No items were presented.

Website Administrator: No items were presented.

AVA Electronic Sanctioning Volunteer: Tom confirmed the Hayward, Phillips and Mercer/Manitowish Waters walks will be dropped in 2017. New walks in Rhinelander, Medford and Merrill will be added. He is in the process of re-sanctioning and has sent a list of special programs and starting points to the points of contact. The Neenah, Fond du lac and Oshkosh walks will be included in the re-sanctioned walks.

**Old Business:** No items were presented.

**New Business:**

**Board Officer Nominations:** Doug said it is time to start considering board officers for next year. Diane nominated Tom McCrill to be in charge of nominations. The motion carried unanimously.

**Awards Committee Activity:** Tricia Gundlach had certificates available for the points of contact to pick up and present to the businesses hosting walk boxes. She said that cakes also had been delivered to the Monona Police Department and Firestone Stores.

Starting 8-10-16, appreciation of restaurants hosting walk boxes is to be carried out by members for a two week period. Kathleen Larson gave each attendee an envelope containing a letter and 4 thank you cards. The enclosed letter lists the restaurants which are to be patronized. The enclosed cards are to be given to the restaurant managers.

Six unsung heroes were recognized and presented with gifts for continually offering their assistance: Russ Crane, Ronnie Gusky, June Quesnell, Karen Reger, Ruth Vanderploeg, and Jhing Wiest.

**Future Dates:**

Next Board Meeting: 14 September 2016, Lakeview Library, 1800 hours (6 pm)

Next General Membership Meeting: 12 October 2016, Hody's Bar and Grill, Middleton.

Next special Event Walks:

--Jefferson Walk, Saturday 27 August 2016

--Manitowalker Walk, Saturday, 17 September 2016

Next Saturday "Walk & Eat" group walk - Civil War YRE walk, Saturday, 3 September 2016

Next Group Walks:

--Picnic Point YRE, Thursday, 11 August 2016, 9AM

--Eastside YRE, Thursday, 18 August 2016, 9AM

The meeting was adjourned at 6:38 p.m. by President Wiest.

Respectfully submitted, Susan Wester, Secretary

**Attachment C**    **September Event**

<b>Dates:</b>	<b>9/24/2016 - 9/24/2016</b>
<b>City / State:</b>	Waunakee, WI
<b>Event Name:</b>	Westport Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	104389
<b>Distance - Trail Ratings:</b>	10K & 5K - 1B
<b>Description:</b>	<a href="#">GPS:</a> N 43.15010 W 89.41821. The walk will follow the Six Mile Creek Trail and the Jackson Landing Trail, passing through scenic woods and prairies, with great views of Lake Mendota.
<b>Amenities:</b>	<b>Strollers:</b> medium   <b>Wheelchairs:</b> NO   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Lakes and Reservoirs, Points of Reference, Walking the USA A - Z
<b>Start Times:</b>	8:00 am to 12:00 noon, finish by 3:00 pm
<b>Location:</b>	Jackson Landing Shelter
<b>Start Point / <a href="#">Driving Directions:</a></b>	5485 Willow Rd, Waunakee, WI. From US 12 on the west side of Madison, take exit 250 to the right (east) on Cty Hwy M, which becomes Century Blvd, for 6.5 miles, passing Governor Nelson State Park, to the start point on the right. From Madison's east side take I-39/90/94 to Exit 131 and take Hwy 19 west. Turn left on Hwy 113 and follow it to Cty M where you will turn right. Follow Cty M for about one mile to the start point on the left. Ample parking at start point.
<b>Awards &amp; Fees:</b>	IVV <a href="#">Credit</a> Only
<b>Comments:</b>	SPECIAL PROGRAMS: Lakes and Reservoirs - Lake Mendota, Walk the USA A-Z, Walking Wisconsin Counties - Dane, Points of Reference - Madison "Area" Volkssport <a href="#">Assn</a> , "West"port Walk
<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/westport-walk/">www.dairylandwalkers.com/walks/event-walks/westport-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**    **October Event**

<b>Dates:</b>	<b>10/8/2016 - 10/8/2016</b>
<b>City / State:</b>	Poynette, WI
<b>Event Name:</b>	McKenzie <a href="#">Environmental Education</a> Center Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	104391
<b>Distance - Trail Ratings:</b>	10K & 5K - 2B
<b>Description:</b>	GPS: N 43.40397 W 89.36467. Utilizing self-guided nature trails and exhibits of native Wisconsin wildlife including deer, bison, wolf and eagle, this walk passes over 100 kinds of <a href="#">trees and shrubs</a> and includes a logging history exhibit and a nature pond study.
<b>Amenities:</b>	<b>Strollers:</b> NO   <b>Wheelchairs:</b> NO   <b>Pets:</b> No   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Amphitheaters, Animal Safari, Boardwalks, Honoring Our Flag, National <a href="#">Register</a> of Historic Places, Points of Reference, Walking the USA A - Z, You'll Never Walk Alone
<b>Start Times:</b>	8:00 am to 12:00 noon, finish by 3:00 pm
<b>Location:</b>	McKenzie Environmental Education Center Picnic Shelter
<b>Start Point / Driving Directions:</b>	W7303 Cty Rd CS/Q, Poynette, WI. From I-39/90/94 north of Madison, take exit 115 and travel east on Cty Rd CS, to Poynette. Cross US 51 in Poynette and continue on Cty CS/Q for 2 miles to the Environmental Center on the right. After turning onto the Environmental road, follow it for 0.6 miles, then turn right by the picnic shelter sign and follow it to picnic area, turning left on the second road into the picnic area. Ample parking available.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	SPECIAL PROGRAMS: Amphitheater, Animal Safari, Boardwalks, Honoring Our Flag, National Register of Historic Places, You'll Never Walk Alone, Walk the USA A-Z, Walking Wisconsin Counties - Columbia, Points of Reference - Madison "Area" Volkssport Assn, McKenzie Environmental Education "Center"
<b>Host Club:</b>	Madison Area Volkssport Assn.
<b>Contact:</b>	Chris Flessert (920) 397-7518
<b>Website:</b>	<a href="http://www.dairylandwalkers.com/walks/event-walks/mckenzie-environmental-center-walk/">www.dairylandwalkers.com/walks/event-walks/mckenzie-environmental-center-walk/</a>
<b>E-Mail Contact:</b>	<a href="mailto:c.flessert@reagan.com">c.flessert@reagan.com</a>

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