



# Madison Area Volkssport Association Newsletter

July-August 2015

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

Vol 2015-04

## July – August Events

July 8 Board Meeting –  
Lakeview Branch Library  
– 6:00 pm

Menominee R. Club Walks:  
July 18 Oconto Walk,  
11:00-2:00 Start, Saturday  
July 19 Green Bay Walk,  
8:00-11:00 Start, Sunday

August 12 Membership  
Walk 5:00pm, Meeting &  
Picnic 6:30pm: Lakeview  
Park, Middleton

August 15 Verona Walk,  
8:00-12:00 Start

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## Tread the Frozen Tundra (or at Least Close!) – Saturday, July 18 By Diane Thornburg

Our first weekend of walks is just around the corner as we head to the northeastern part of the state. On Saturday, July 18, 2015, we will walk through the historic areas of Oconto, and pass through Copper Culture State Park including a former Wisconsin Governor's home and an historic church. This walk permits registration between 11 a.m. and 2 p.m. with a required finish no later than 4 p.m. The later than normal start time is planned in order to permit walkers to drive up to the walk on Saturday morning without undue stress.

The evening of July 18<sup>th</sup> we will move to Green Bay to prepare for another walk on Sunday. A block of rooms was reserved at the Quality Inn and Suites, 321 South Washington Street, Green Bay, but that reservation will have expired by the time you read this. If you still want to stay with us, you might try the Quality Inn and Suites at [\(920\) 437-8771](tel:9204378771) or [\(920\) 437-3839](tel:9204373839) or attempt to find accommodations nearby. That evening we plan to eat at a nearby restaurant which will be announced during Saturday's walk.

On Sunday we will follow part of the Packer Heritage Trail, a small portion of the Fox River Trail, and a part of the commercial district. The registration period will be from 8 a.m. to 11 a.m., with a required finish by 1 p.m.

After completing these two walk, we will have added Oconto and Brown Counties to those we have walked!

## V Is For Verona – Saturday, August 15 By Kristi Kenyon and Gary Wensing

On August 15, come out to Verona to get your V walk! Start at Badger Prairie Park on Verona's east side. Start anytime 8 AM – 12 PM, ending by 3 PM. We have two 5K loops on this walk. Both loops will feature time on the Ice Age National Scenic Trail (IAT). For those unfamiliar, the IAT is a 1200 mile trail that follows the end of the glacier that covered much of Wisconsin over 10,000 years ago. It is a National Trail, but completely within Wisconsin's borders.

The City Loop takes you into the city of Verona and includes the Ice Age Trail, the Military Ridge Trail, Main Street, residential areas, the Verona Public Library, and Badger Prairie park trails. The walk is mostly flat with some gentle hills at the start and end.

The Prairie Loop is a more serene walk featuring rolling hills. The first half takes the Ice Age Trail through Badger Prairie Park, past Redden Soccer Field, through prairie and woods to the Ice Age Junction Trailhead, and then takes a paved bike path back to Badger Prairie Park. You will have some great views from high spots during this walk. Count how many Water Towers you can spot!

Special Programs offered include Animal Safari, Cities in Song, Food For Thought, Honoring Our Flag, Water Towers, Struttin' Down Main Street, Walking the USA A-Z, and Wisconsin Counties.

## Dates of Interest?

### Date

**July** National Ice Cream Month  
National Grilling Month

- 1 Full Moon – 10:20 pm
- 2 Made in USA Day
- 4 Independence Day
- 7 Father-Daughter Take a Walk Day
- 30 National Chili Dog Day
- 31 2<sup>nd</sup> Full Moon – 6:43 am

**August** Nat. Water Quality Month  
Nat. Happiness Happens Month

- 1 US Air Force Day
- 7 Purple Heart Day
- 10 S'mores Day
- 21 Senior Citizen's Day
- 29 Full Moon – 2:35 pm

## NEWSLETTER ARTICLE SUBMITTAL DEADLINE

for  
September – October  
2015

Due: August 20

Send articles to the  
DW Newsletter email  
address:

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

## Saturday Walk & Eat Group By Mary Liebig

### Saturday Walk & Eat Group Eastside Walk – July 11, Monona – August 8

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

On Saturday, July 11, 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>

Saturday morning, August 8 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. We'll plan to eat at a nearby restaurant after the Monona walk, the Cranberry Creek Restaurant at 1501 Lake Point Drive (Corner of Broadway and Bridge Road in Madison) Menu link: <http://www.cranberrycreek-cafe.com/Menu.htm>

## August 12 Membership Meeting By Terry Wendt

The August Dairyland Walkers meeting will be August 12, 2015 at Lakeview Park, west shelter, Middleton on Allen Blvd. There will be a 5K walk beginning at 5PM followed by a pot luck supper & meeting. Please bring a dish to pass & your own drinks.

## Volunteer Opportunity: Dairyland Walker Membership Coordinator By Tricia Gundlach

The Membership Coordinator maintains an accurate list of current members and dues paid on an Excel Spreadsheet. He/she serves as a point of contact for new members who many have questions about joining Dairyland Walkers and sends new walker packets to new members. The Membership Coordinator keeps board members up to date on the status of membership and collects dues and forwards checks to the treasurer. The Membership Coordinator collaborates regularly with the Treasurer and other key board members to insure accuracy. He/she should submit information in the newsletter welcoming new members and keeping members up to date on the status of membership. In some cases the Membership Coordinator may need to print mailing labels. Training is available.

### Important Skills:

Membership Coordinator needs to be proficient at Excel spreadsheets to the level of maintaining a membership roster and printing reports and labels. He/she should be able to attend monthly board meetings.

Anyone interested in more information or in applying should contact Tricia Gundlach at [tnt84@chorus.net](mailto:tnt84@chorus.net) or 608-222-4200 or Cell: 608-358-6961

## **Jerry Wilson Elected North Central Regional Director** **By Mary Liebig**

Our very own Dairyland Walker and Newsletter Editor, Jerry Wilson, has been elected North Central Regional Director for the American Volkssport Association (AVA), effective July 1. The North Central Region, consisting of the states of North Dakota, South Dakota, Nebraska, Iowa, Minnesota and Wisconsin, is one of ten regions in the AVA. Jerry will serve as the liaison between the clubs in the North Central Region and the AVA Headquarters for a two year term.

Walking has been a family event for Jerry and his family, consisting of wife Pam, and children Aaron and Tracy. In their early days as club members, the four of them did many volkssporting events together. Later, Jerry and Pam served as Co-Presidents of the Dairyland Walkers for a three year stint. Be sure to wish Jerry well in his new role as Regional Director!



Phyllis Olson, outgoing North Central AVA Regional Director and Jerry Wilson incoming NC AVA RD enjoying the AVA Convention walk in Portland Oregon and the rose garden.

## **One of the Highlights of 19<sup>th</sup> Biennial AVA Convention in Salem, Oregon, June 13 – 21 2015** **By Jerry Wilson**

The Dairyland Walkers represented by Russ Crane and Karen Reger accepted the national first place ribbon under the category of The Best Event Brochure. Congratulations to Mary Liebig for her DeForest Trail Walk brochure!

More convention details will be available under the "Conventions" link at the top of the AVA homepage ([www.AVA.org](http://www.AVA.org)).

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

Many thanks to the volunteers that showed up on Sunday, April 26th to pick up trash along highway 12. Pictured from left to right are: Tom McCrill, Barb Carson, Terry Wendt, Gary Wensing, myself and Kristi Kenyon. Due to the smaller group of volunteers, we were able to complete a 1 mile stretch of highway (rather than the normal 2 mile length). But hey! At least part of it was clean!

The next highway trash pickup will be in the fall. I'll announce the date closer to that time.



## Historic Evansville Walk

By Diane Thornbery

On an “iffy” day, May 16, fifty walkers dodged the rain to walk in Historic Evansville. Truly a gem, we were treated to many historic buildings both from an architectural viewpoint and also their relevance to the history of the city itself. From a Sears catalog home to the library which granted “naming rights” to its donor, to classic Queen Annes, we saw it all. As an extra tidbit, we were on the hunt for barn quilts in the area (see picture below). One walker described it as trying to find Waldo as we crossed paths with 15 plus of these examples of rural art. Unfortunately, we did NOT stroll past Tom Gundlach’s childhood home, but we did hit a few other highlights of his childhood. Thanks to all who pre-walked and help revise the directions and to Joanne Reuter for the fantastic chocolate chip and chocolate-chocolate chip cookies.



## Additional Evansville Walk Pictures

By Jerry Wilson



The Evansville railroad depot and the dam near the start point.

## Stevens Point Walk Recap

By Tom Doyle

20 Dairyland Walkers participated in the Portage County walking event. A total of 1500 walkers completed the event. 650 walkers completed the full marathon. Kathy Schultz of Janesville was our club member who completed the full marathon. Congrats to Kathy!

The rest of our club members walked the 1/2 or 1/4 marathon distances with three exceptions. Beth, Billy and Ben Levers thought they were driving to the start of the 1/4 marathon distance, only to find out when they came to the 11 mile marker that they were 2 miles past the half marathon start point. So they were already 15 miles further out from the start point, plus the distance they had already walked! (Ben is 10 years old and he has already walked at least 500 km.) Billy and Ben continued with Beth another 3.5 miles then turned around and walked back to their car for a total of 8 miles. Beth continued on. So much for a 1/4 marathon for Beth. She ended up walking the 1/2 marathon plus 3 miles for a total of over 15 miles! Thank goodness it was a beautiful walking day.

Kudos to all our Dairyland Walkers and our priceless volunteers!!!



## **Dairyland Walkers Spirit Wear** **By Joanne Reuter**

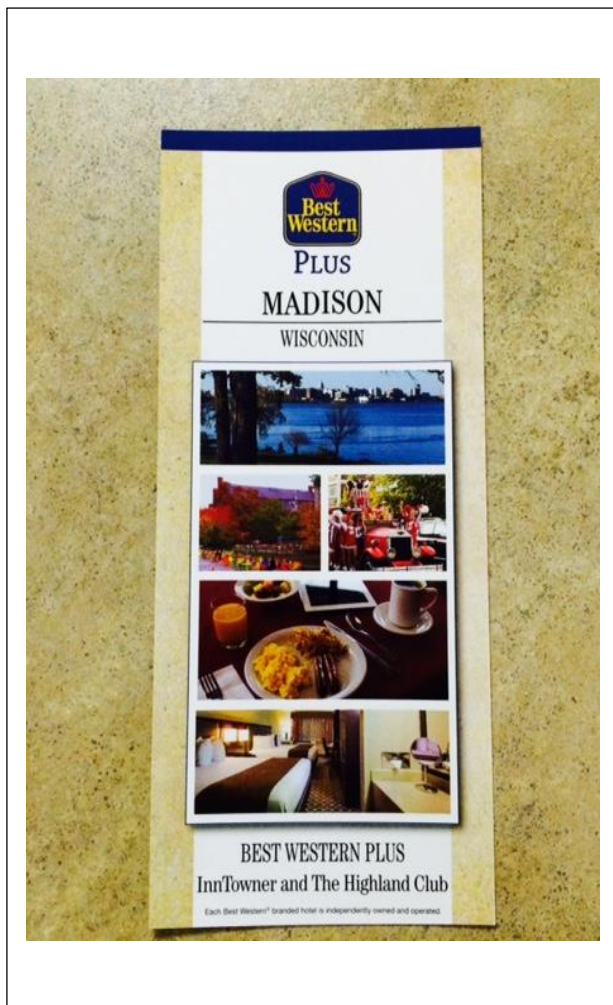
Just wanted to remind members that the club has it's own apparel for you to wear proudly when you're out and about. There are t-shirts (cotton or dri-fit material), jackets, polo shirts, baseball caps, and sweatshirts. All items can be ordered in an assortment of colors and sizes.

Also there are a limited number of t-shirts and a polo shirt that are on sale to reduce the stock that I currently carry.

To check out the sale items, and peruse the order form to see all current styles and designs, stop in at the registration table at any of the special events walks this season.

## **Support Our Walk Box Hosts - One of Our Walk Box Sponsors is the InnTowner** **By Jerry Wilson**

The InnTowner, by Best Western, at 2424 University Avenue, Madison hosts the Dairyland Walkers' walk box for two seasonal walks, Madison's Civil War Walk and Picnic Point Walk. When out for food, and drink, anytime, but especially after completing a walk event consider dining at our walk box hosts. At this site the Highland Corner Grill is open for dining Monday – Saturday 5:00 – 10:00pm and Sundays 5:00 – 9:00pm, the bar/lounge is open 4:00pm – close. See a list of specials pictured below.



## **How To Add “Fun” Into Your Walk**

### **By Diane Thornbery**

As the point-of-contact for the West Towne Mall Walk, I believe it's OK for me to say mall walks, in general, are the least favorite ones of any hard-core walkers. They substitute as a gathering place when the weather outside is “frightful” and it can be mind-numbing just trying to remember the number of times you've actually returned to that Food Court. But walkers, in general, have an intrepid spirit and can find fun in the most unusual places. I want to share with you the note I received from Jane Clark, of Seattle, WA:

Hello from Washington to Wisconsin! Thank you for creating the Volkssport walk at West Towne Mall. I was in town for business, just 24 hours, and located this walk on your website. It was perfect! (Indoors, easy to find, etc.) I wasn't clear if I was to locate checkpoints on the walk, so I made up a few of my own:

Name all the stores named after a Wild Animal:

- American Eagle
- Build a Bear
- Tiger Lily

Name all the stores named after fruit:

- Apricot Lane
- Banana Republic
- Apple

Where are there gumball dispensers:

- In front of Lens Crafters
- In front of Victoria's Secret

Locate stores that spell Wisconsin

- W = Walking Co.
- I = Icing
- S = Sears
- C = Champs
- O = On the Boards
- N = New York & Co.
- S = Soma
- I = Icing (repeat)
- N = Name of the Game

Thanks again!

I wish I could bottle her spirit, but short of that, I'll share it with you and maybe look at my next mall walk or out-and-back with new eyes. Happy Trails!

## **Freedom Walk Festival: October 16, 2015**

### **By Tom Doyle**

Speaking of marathon volksmarches, next is the Freedom Walk Festival starting in Arlington, VA. In addition to the full marathon they are offering a 5K, 10K and 1/2 marathon. I was able to complete the full marathon a few years back. From Arlington I believe we walked toward some of the monuments in Washington, DC. I believe we walked past EVERY monument in Washington! Great walk. See this Newsletter - Attachment E: October Events for the email I received from the Freedom Festival volksmarch folks.

## **Clarification: Youth Credit Walking Fee**

### **By Doug Wiest**

For Dairyland Walker Youth walking credit the age limit is under 18 years old to qualify for the \$1.00 reduced cost.

## Membership Update

### By Tom Doyle, Membership Chair

No new members have joined since our last newsletter.

#### Membership and Club Costs:

- Annual dues are \$12, payable on honor system, no invoices
- Envelopes mailed to you inside of Blue Books
- Thank you to everyone who has paid for 2015
  
- National – Annual Club dues.....\$50.00
- All walks cost \$30.00 annually plus \$1.25 per walker

**First time ever:** St Croix Falls (Polk County) and Sarona Hunt Hill Audubon Sanctuary (Washburn County) paid the registration fee of \$30 as they love having Dairyland Walkers visit. Special thanks to the Polk County Visitors Bureau and the Friends of Hunt Hill!

## Club Milestones

### By Doug Wiest

The following are the milestones of club members as reported by the June/July 2015 issue of The American Wanderer:

<u>Events</u>		<u>Kilometers</u>	
200	Curtis Armstrong	2,000	Curtis Armstrong
225	Curtis Armstrong	5,500	Susan McMahon
250	Joanne Reuter	5,500	Jill Ruef
350	Gilbert Engel	6,500	Lee Moisant
400	LaVonne McCrill	9,000	Janice Jerabek
500	Jill Ruef		
525	Susan McMahon		
525	Jill Ruef		
550	Susan McMahon		
850	Janice Jerabek		
900	Janice Jerabek		
1,050	Bruce Dewey		
1,050	Phyllis Olson		
1,100	Bruce Dewey		
3,100	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. Be sure to check out our web site: [www.dairylandwalkers.com](http://www.dairylandwalkers.com)

## 2015 Dairyland Walkers Calendar

Saturday, January 17	West Towne Walk – Register @ Firestone Store	Results: 37 Adult, 1 Youth, 1 Non-Credit =39
Saturday, February 21	East Towne Walk – Register @ Firestone Store	Results: 28 Adult, 0 Youth, 0 Non-Credit =28
Saturday, March 14	Middleton Pie Walk	Results: 65 Adult, 0 Youth, 0 Non-Credit =65
Saturday, April 18	Whitewater Walk – Walworth County	Results: 47 Adult, 0 Youth, 3 Non-Credit =50
Saturday, May 16	Evansville Walk	Results: 42 Adult, 0 Youth, 7 Non-Credit =49
Saturday, June 6	Walk Wisconsin – Stevens Point	Results: 20 Adult, 0 Youth, 0 Non-Credit =20
Wednesday, July 8	Board Meeting – Lakeview Branch Library	6:00pm
Saturday, July 18	Oconto Walk– Oconto County	Start: 11:00am-2:00pm; Finish by 4:00pm
Sunday, July 19	Green Bay Walk – Brown County	Start: 8:00-11:00am; Finish by 1:00pm
Wednesday, August 12	Membership Meeting & Picnic – Lakeview Park, Middleton, Preceded by a 5 K Walk at 5:00pm	6:30pm Meeting Time; 5:00pm 5K Walk and Potluck
Saturday, August 15	Verona Walk	Start: 8:00am-12:00pm; Finish by 3:00pm
Saturday, September 19	Lake Wissota State Park Walk –Chippewa County	
Sunday, September 20	Durand Walk – Pepin County	
Sunday, September 20	Menominee Walk – Dunn County	
Saturday, October 10	Madison Westside Parks Walk	
Saturday, October 24	Governor Nelson State Park – Moonlight Walk	
Saturday, November 14	Veteran's Week Walk – Downtown Madison	

FYI: **Some** Non-Dairyland Walker events that may affect your driving, getting to a start point and walking in Dane and Sauk Counties, but, also can add to your adventure:

Wednesday Evenings June 24-July 29    Concerts on The Square

July 11-12    Art Fair On The Square    and    La Fete de Marquette

July 17-19    Maxwell Street Days on State Street, July 18 Portage and Paddle across Isthmus at Capital Square

July 25-26    Atwood Summer Fest

August 22-23    Orton Park Fest

Sept. 5-6    Taste of Madison

Sept. 19-20    Willy St. Fair    and    Devil's Lake Triathlon

Let's face it, every good weather weekend has multiple events planned, many fund raisers, please plan accordingly!

### A Few AVA Convention Pictures By Jerry Wilson



Left to right: Color Guard preparing to post the colors (Russ Crane can be seen as a delegate to the right of the Color Guard; "Keep Moving Forward" convention message, bubbly entertainment on the Pacific coast beach during the Lincoln City Conv. Walk.



**Attachment A**

Minutes Pending Approval

**Dairyland Walkers Board Meeting  
Sequoia Branch Library  
May 13, 2015 (Revised Version)**

**Board Members Present**

Doug Wiest (President)  
Terry Wendt (Vice President)  
Mary Liebig (Secretary)  
Diane Thornbery (Treasurer)  
Joanne Reuter (Board Member at Large)  
Don Suloff (Trailmaster)  
Tom Doyle (Membership Chair)  
Karen Reger (Publicity Chair)  
Tricia Gundlach (Volunteer Coordinator)  
Tom Gundlach (AVA Electronic Sanctioning Volunteer)

**Welcome** (Doug)

The meeting was called to order at 6:05PM by President Doug Wiest and the agenda was adopted. Also in attendance at the meeting was Russ Crane.

**Meeting Minutes** (Mary)

The minutes of the last Board Meeting held on March 11<sup>th</sup> 2015 had been previously emailed to the Board. There were no corrections or additions to the minutes, and they were approved as distributed.

**Treasurer's Report** (Diane)

Diane had emailed the Treasurer's Report to the Board. The balance on April 8, 2015 was \$3,642.43. Since that time, income totaled \$629.00 and there were no expenses. The current balance on May 13, 2015 is \$4,271.43. Of that balance, \$1,000 is restricted for large, up-front charges for club events. The Treasurer's report was accepted and filed for audit.

**Vice President Report** (Terry)

Terry reminded us that the next membership meeting will be on Wednesday, June 10 in the lower level of Hody's Bar & Grill in Middleton. Kaili Richey, a chiropractor, will speak. The August membership meeting will be a potluck picnic at Lakeview Park in Middleton. Terry plans to contact The Walking Company at the West Towne Mall to see if they can send someone to speak at our October membership meeting.

**Director at Large Report** (Joanne)

Joanne had nothing to report.

**Membership Report** (Tom Doyle)

Tom reported that three new members have joined in the last week: Diane & Howard Schuck, and Maureen Engelberger. Tom also had emailed the Board the updated Membership Roster as of May 13, 2015. Russ Crane then gave Tom more copies of the new walker packets.

### **Trailmaster Report** (Don)

Don had some more information on the Veteran's Walk on November 14: It has already been sanctioned and starts at the Inn on the Park, with a checkpoint inside the Wisconsin Veterans Museum. Arrangements have been made to eat lunch following the walk at the Plaza Tavern.

Don then distributed a draft of the 2016 Walk Schedule. Here is a tentative schedule:

January – East Towne Mall Walk  
February -West Towne Mall Walk  
March – Pie 5K Walk in Middleton  
April – Possibly Indian Lake County Park  
May - Jefferson  
June – County Walking Weekend with walks in:  
Waushara County  
Adams County – Roche-A-Cri State Park  
Marquette County  
July – Lodi  
August - Dorothy Carnes Park in Jefferson County  
September McKenzie Environmental Center in Poynette  
October - Westport  
November-Veterans Walk in Downtown Madison

In addition, there will be seasonal county walks in these new counties in 2016:

Sawyer County – Hayward  
Price County – Phillips  
Iron County – Mercer  
Vilas County- Manitowish Waters at the site of a former youth conservation camp

### **Publicity Chair** (Karen)

Karen told us that a few publications that she used to publicize our walks are no longer available. The Madison Times no longer has a calendar of events and the Madison Area Neighbors section of the Wisconsin State Journal is no longer being published. In addition, Isthmus lists events on their website, but not all of them make it into the paper publication. Isthmus did however, list the Evansville walk in their latest printed copy.

### **Volunteer Coordinator** (Tricia)

The Volunteer Awards Committee has been contacting local businesses for donations of volunteer award gifts. Tricia reminded us to nominate volunteers for recognition by August 1.

### **AVA Electronic Sanctioning Volunteer** (Tom Gundlach)

All 2015 events have been sanctioned, including the Veterans Walk on November 14.

### **Unfinished Business**

#### **Walking Vacation to Great Britain September-October 2015**

As of today only ten people have made a deposit for the Great Britain trip, short of the minimum of 15 people needed. The deadline for deposits and reservations is Friday, May 15.

### **Newsletter Articles for July/August Edition**

The Board suggested the following Newsletter articles for the July/August edition. The submission deadline is Saturday, June 20.

- 1) Verona Walk August 15 – Don will ask Kristi to write
- 2) Oconto/Green Bay Walks July 18-19 – Don to write
- 3) Saturday Group Walks July and August 20 – Mary to write
- 4) Trash Pickup in April – Joanne to write
- 5) Membership Meeting/Potluck Picnic in August – Terry to write
- 6) Inviting Volunteers to August Picnic – Tricia to write
- 7) Post Evansville Walk – Diane to write
- 8) Post Walk Wisconsin – Tom Doyle and Bruce to write
- 9) Membership Dues and Snail Mail – Tom Doyle will write this article after the Membership Meeting on June 10.  
We will ask the members for comments about “snail mailing” of the Newsletter at the June meeting
- 10) Jerry Wilson elected North Central Regional Director – Mary to write

### **New Business**

#### **IVV Americas – Need Club’s Position**

After some discussion the Board voted to recommend that the AVA join the IVV-Americas organization. Doug will mail in our club’s ballot.

### **Distribution of Duties**

Some of Tom Doyle’s Membership Chair duties have been distributed to others on a temporary basis. We talked about recruiting a new Membership Chair. Tricia will schedule another meeting outside of a Board Meeting to discuss this further.

### **Resumption of Weekly Email Updates to Club Members**

Tricia told us that she already spoke to Bonnie Hammer about sending club members weekly emails. Bonnie would like to continue to do this, but she is traveling in Europe. Tricia will contact Bonnie when she returns to see if Bonnie is still interesting in resuming weekly email updates.

### **Tuesday Evening Walks- Continue Next Year?**

It’s been noted that participation at the Tuesday evening weekly walks has been declining over the past few years. The Board wondered if perhaps Tuesday evening was no longer a good time for members to walk and perhaps a morning or early afternoon time would be better for most people. Mary will work with Tricia to develop a short survey on “Walk a Week” options using Survey Monkey. We will try to send out the survey to members in a weekly email update.

### **Proposed Amendments to AVA Bylaws**

Russ asked the Board for some guidance on voting on proposed amendments at the AVA convention in June. Specifically, he questioned the motion to Amend Article XIII “Modify Vote Required for Amendment of the AVA Bylaws”. Presently the AVA Bylaws may be amended at any regular or special meeting of the AVA by a majority (51%) of the eligible delegates. The amendment proposes that majority be changed to two-thirds vote of the eligible delegates. Terry made a motion, seconded by Diane, to vote in favor of Amend Article XIII. The motion carried. Then Terry made a motion, also seconded by Diane, to vote in favor of the other proposed amendments at the June convention. That motion carried as well.

### **Walk Wisconsin in Stevens Point**

Russ and Karen will be able to bring all necessary equipment to Stevens Point. Russ suggested that Mary bring our portable shelter if she can, just in case Walk Wisconsin does not have a tent for us. Tom and June Doyle, as well as Bruce Dewey and Kathleen Larson plan to work at our Start/Finish table.

## **Madison Area Volkssport Association**

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The next Board Meeting will be July 8, 2015 at the Lakeview Branch Library. The Next General Membership Meeting will be on Wednesday June 10, 2015 at the lower level of Hody's Bar & Grill. The speaker will be Kaili Richey on wellness topics. The next walking events will be the Evansville Walk on Saturday, May 16 and the Stevens Point Walk on Saturday, June 6. The next Saturday "Walk & Eat" group walk is the Picnic Point walk on Saturday, June 20.

Meeting adjourned at 8:05PM

Submitted by: Mary B. Liebig, Secretary



**Attachment B**

Minutes Pending Approval

**Dairyland Walkers Bimonthly Meeting  
Hody's Bar & Grill-Lower Level, Middleton, WI  
June 8th 2015**

**Officers Present:** Doug Wiest (President), Terry Wendt (Vice President), Mary Liebig (Secretary), Diane Thornbery (Treasurer)

**Board Members Present:** Joanne Reuter (Board Member at Large), Don Suloff (Trailmaster), Tom McCrill (Website Administrator)

In Attendance: 18

**Meeting**

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

**Meeting Minutes** (Mary)

There being no additions or corrections to the minutes of the membership meeting held on April 8<sup>th</sup> 2015, they stand approved as previously emailed to the Board.

**Treasurer's Report** (Diane)

The report was previously emailed to the Board. The report noted income of \$493.00 and expenses of \$1,247.96 since the previous report. The largest expense was \$780.00, the annual fee for the club's storage facility. Current balance is \$3,516.47, and \$1,000.00 of this balance is restricted for pre-payment of large, up-front charges for club events. The report was accepted and filed for audit.

**Officer Reports**

**Vice President** (Terry)

The next Membership Meeting is a potluck picnic on Wednesday, August 12 at Lakeview Park in Middleton. There is an optional 5K walk that will start at 5PM. The meeting and potluck will follow the walk at around 6PM.

Terry plans to contact The Walking Company at the West Towne Mall to see if they could speak at the October Membership Meeting.

**Secretary** (Mary)

Mary had nothing to report.

**Board Member at Large** (Joanne)

Joanne had nothing to report.

**Trailmaster** (Don)

Don had a number of items to tell us:

1. There are still 8 hotel rooms available (\$84 per night) at the Quality Inn & Suites in Green Bay for the July 18-19 walking weekend in Green Bay and Oconto. The rooms will only be held until June 27, so reservations need to be made by that date. Call 920-437-8771 and ask for a room held under "AVA Walking Club".

2. The Friends of Pheasant Branch Conservancy in Middleton are celebrating 20 years as a non-profit on Saturday, June 27. Don passed around a flyer listing the events planned and open to the public on that date.
3. The Wandering Wheels Volkssport Club from Fairborn, OH <http://www.avaclubs.org/wanderingwheels> plans to visit Wisconsin in late August and do many of our year round/seasonal walks. They are staying at the Best Western West Towne Suites in Madison. We will discuss planning a reception for them at our Board Meeting on July 8. Here is their tentative schedule of walks for those members interested in walking with this group:
  - Monday August 24- Janesville Walk starting around 2-3PM
  - Tuesday August 25- Capitol Walk starting at 8AM
  - Wednesday August 26 – Milwaukee Walk starting at 9:30AM
  - Thursday August 27 – Middleton Walk starting in the afternoon
  - Friday, August 28 - Monona Walk starting at 8:30AM
  - Saturday August 29- Devil's Lake State Park Walk starting at 9:30AM
4. We need to let the AVA know the year round and seasonal events that we plan to sanction for 2016. This will be an agenda item for our July 8 Board Meeting.

**Website Administrator (Tom McCrill)**

Tom had nothing to report.

**New Business**

**Hard Copy Newsletters – Continue?**

Diane told us that it costs about \$70 in printing and postage to snail mail the newsletter to those members that ask for it in hard copy. Since the newsletter is mailed six times a year, the annual cost is around \$420. Curt Armstrong suggested that we look into a third party service, click2mail.com. He said another club that he belongs to, Madison Skilaufers, uses it and found it to be very cost effective. Diane said that she would research click2mail.com and report her findings at the next Board Meeting on July 8.

**Tuesday Evening Walk – a- Week, Continue Next year?**

Attendance at the weekly Tuesday evening walks has been down the last couple of years. Mary asked for a show of hands of those members that would still be interested in walking weekly, similar to the Tuesday evening “Walk a Week”, but during the daytime hours instead. About half of those in attendance raised their hands. The club hopes to develop a survey using “Survey Monkey” to gauge member’s interest in a weekly walking program for next year.

**Speaker: Kaili Richey Wellness**

Thanks to Heide Peickert, who arranged for Dr. Kaili Richey to speak to our group. Kaili Richey, DC is a Board Eligible Chiropractic Neurologist as well as the founder and developer of Arc of Life Chiropractic, LLC. She talked to us about the 100-Year Lifestyle, those people that live to 100 years or more, and what sets them apart from those that don't. Some of the advice she offered involved nutrition, exercise, and stress management. The three principles of the 100 Year Lifestyle are:

1. Change in easy- thinking about change is hard
2. Change happens one choice at a time
3. One needs to have a mission, or purpose in life

The next Board Meeting will be July 8, 2015 at the Lakeview Branch Library. The next General Membership Meeting and Picnic will be on August 12, 2015 at Lakeview Park in Middleton. The next walking events are the Oconto Walk on Saturday, July 18 and the Green Bay Walk on Sunday, July 19. The next Saturday “Walk & Eat” is the Picnic Point Walk on Saturday, June 20.

Meeting adjourned at 7:40 pm

Mary Liebig, Secretary

Attachment C



MADISON AREA VOLKSSPORT ASSOCIATION  
MEMBERSHIP APPLICATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Phone: (        ) \_\_\_\_\_

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

\_\_\_\_\_

<input type="checkbox"/>	One-Year Membership		\$12.00
<input type="checkbox"/>	Extra New Walker Packets	_____ x \$5.00	_____
<input type="checkbox"/>	Donation *		_____
	Total Enclosed:		_____

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

Send completed Membership Application and payment to the Membership Chair:

Tom Doyle  
5824 Lochinvars Trail  
Marshall, WI 53559-9720

## Attachment D July and August Events

<b>Dates:</b>	<b>7/18/2015 - 7/18/2015</b>
<b>City / State:</b>	Oconto, WI
<b>Event Name:</b>	Oconto, WI Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	101456
<b>Distance - Trail Ratings:</b>	10K & 5K - 1B
<b>Description:</b>	The walk includes historic areas in Oconto and the Copper Culture State Park.
<b>Amenities:</b>	<b>Strollers:</b> medium   <b>Wheelchairs:</b> NO   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special <a href="#">Programs:</a></b>	Fraternal Organization, Honoring Our Flag, Walking the USA A - Z, Water Towers
<b><a href="#">Start</a> Times:</b>	11 am to 2 pm, finish by 4 pm
<b><a href="#">Location:</a></b>	Holtwood Park
<b>Start Point / Driving <a href="#">Directions:</a></b>	Holtwood Way. From US41, bear right on US41 Business Route toward Oconto for about 1 mile. Turn left on McDonald St, then turn right on Holtwood Way and the park. GPS: N44.88690 W87.88762
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	SPECIAL PROGRAMS: Fraternal Organizations, Honoring Our Flag, Water Towers, Walk the USA A-Z, Wisconsin Counties - Oconto
<b>Host Club:</b>	Menominee River Volkssport Club
<b>Contact:</b>	Gilbert Engel (715) 251-3300
<b>Website:</b>	<a href="http://dairylandwalkers.com/walks/event-walks/oconto-walk/">dairylandwalkers.com/walks/event-walks/oconto-walk/</a>
<b>E-Mail Contact:</b>	<a href="mailto:gilengel@hotmail.com">gilengel@hotmail.com</a>



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<b>Dates:</b>	<b>7/19/2015 - 7/19/2015</b>
<b>City / State:</b>	Green Bay, WI
<b>Event Name:</b>	Packer Heritage Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	101457
<b>Distance - Trail Ratings:</b>	10K & 5K - 1B
<b>Description:</b>	The walk includes a portion of the Packer Heritage Trail, a small portion of the Fox River Trail, and a small commercial area.
<b>Amenities:</b>	<b>Strollers:</b> medium   <b>Wheelchairs:</b> NO   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	Fraternal Organization, Honoring Our Flag, Walking the USA A - Z
<b>Start Times:</b>	8 am to 11 am, finish by 1 pm
<b>Location:</b>	Neville Public Museum
<b>Start Point / Driving Directions:</b>	210 Museum Place. From US41, take exit 171 to I-43 S towards Milwaukee. From I-43 take exit 189, taking the right ramp and turning right onto Atkinson Dr. Turn left onto US141 S, which is first Velp, then Mather. From US141, turn right on Broadway, then turn left on Main. From Main, take the first right onto Museum Place to the start point.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	SPECIAL PROGRAMS: Fraternal Organizations, Honoring Our Flag, Nat'l <a href="#">Register</a> of Hist. Places, Walk the USA A-Z, Wisconsin Counties - Brown
<b>Host Club:</b>	Menominee River Volkssport Club
<b>Contact:</b>	Gilbert Engel (715) 251-3300
<b>Website:</b>	<a href="http://dairylandwalkers.com/walks/event-walks/packer-heritage-green-bay-walk/">dairylandwalkers.com/walks/event-walks/packer-heritage-green-bay-walk/</a>
<b>E-Mail Contact:</b>	<a href="mailto:gilengel@hotmail.com">gilengel@hotmail.com</a>

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<b>Dates:</b>	<b>8/15/2015 - 8/15/2015</b>
<b>City / State:</b>	Verona, WI
<b>Event Name:</b>	Verona, WI Walk
<b>Event Type:</b>	Walk
<b>Event ID:</b>	101458
<b>Distance - Trail Ratings:</b>	12K & 6K - 2B
<b>Description:</b>	The Prairie Loop includes a section of the Ice Age National Scenic Trail, bike path and Badger Prairie Park. The City Loop includes the Military Ridge Trail, Main Street, residential areas and Badger Prairie Park. Prairie Loop rating is 2C, NOT SUITABLE for wheelchairs or strollers. City Loop rating is 2A, suitable for wheelchairs and strollers.
<b>Amenities:</b>	<b>Strollers:</b>   <b>Wheelchairs:</b>   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special <a href="#">Programs:</a></b>	Animal Safari, Cities in Song, Main Street, Strolling Somewhere Over the Rainbow, Walking the USA A - Z, Water Towers
<b><a href="#">Start</a> Times:</b>	<b>8:00am – 12:00 Noon, finish by 3:00</b>
<b><a href="#">Location:</a></b>	Badger Prairie County Park
<b>Start Point / <a href="#">Driving Directions:</a></b>	6720 Business US151. From Madison take US151 (Verona Rd) south towards Verona. Exit onto Business 151. Turn right into Badger Prairie County Park at sign. Follow park road to parking lot near shelter and restrooms. GPS: N42.99800 W8.51865
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	SPECIAL PROGRAMS: Prairie Loop - Animal Safari, Cities in Song, Walk the USA A-Z, Wisconsin Counties - Dane. City Loop - Animal Safari, Cities in Song, Strolling Somewhere Over the Rainbow, Struttin' Down Main Street, Walk the USA A-Z, Water Towers, Wisconsin Counties - Dane
<b>Host Club:</b>	Madison Area Volkssport Assn.
<b>Contact:</b>	Kristi Kenyon (608) 789-3006
<b>Website:</b>	<a href="http://dairylandwalkers.com/walks/event-walks/verona-walk-2/">dairylandwalkers.com/walks/event-walks/verona-walk-2/</a>
<b>E-Mail Contact:</b>	<a href="mailto:kensinginn@tds.net">kensinginn@tds.net</a>

## Attachment E October Event

Hello!



**14th Annual International US FreedomWalk  
Festival (5K, 10K, 21K, Marathon Walks)**

10/16/2015

Holiday Inn - Rosslyn at Key Bridge

Arlington, Virginia

Registration for the 14th Annual  
International US FreedomWalk Festival  
is OPEN! Please join us on October 16,  
2015 for three days of walking in  
Arlington, Virginia, USA.

To register, click on this  
link [USFREEDOMWALK](http://USFREEDOMWALK). We look  
forward to seeing you again!

Thank you,  
US FreedomWalk Festival  
[info@usfreedomwalk.org](mailto:info@usfreedomwalk.org)