



# Madison Area Volkssport Association Newsletter

March - April 2021

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

Vol 2021-02

## March - April Events

### March

- March 13 Saturday  
Pie Walk - Middleton  
See article on page 3
- March 16 Tuesday  
AVA Board Meets  
See article on page 2
- March 17 Wednesday  
Local Board Meeting - Zoom  
See article on page 3

### April

- April 14 Wednesday  
Membership Meeting - Zoom  
See article on page 5
- April 24 Saturday  
Hwy Cleanup - 10:00am  
See article on page 4

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## Dates of Interest

### March

- American Red Cross Month  
National Eye Donor Month
- 1 World Compliment Day
- 9 Organize Your Home  
Office Day
- 11 Johnny Appleseed Day
- 12 Girl Scout Birthday
- 13 Daylight Savings (DST)  
Starts
17. St. Patrick's Day
- 22 Tuskegee Airmen Day
- 28 Barnum and Bailey Day
- 28 Full Moon - 1:50am CDT

### April

- Int. Customer Loyalty Month  
Physical Wellness Month

### National Walking Week 1 - 7

- 1 April Fool's Day
- 2 Good Friday
- 4 Easter Sunday
- 7 National Walking Day
- 19 Bicycle Day
- 25 Red Hat Society Day
- 26 Alien Day
- 26 Full Moon - 10:33pm CDT
- 26 Pretzel Day



22<sup>ND</sup> AVA BIENNIAL CONVENTION  
MADISON, WI | JUNE 26 - JULY 3, 2021

## NEWSLETTER ARTICLE SUBMITTAL DEADLINE

for  
May - June  
2021

Deadline: April 20

Put an **Article Specific Title**  
on the subject line, **not**  
merely "Sept.-October"  
Newsletter Article" or  
"Next Newsletter",  
and send articles to the  
DW Newsletter email  
address:  
[dairylandnews@gmail.com](mailto:dairylandnews@gmail.com)

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



## April 14 Membership Meeting via Zoom For Terry Wendt, Vice-President

See article on page 5 where the April 14 meeting will be held via Zoom, and a by-laws change will be addressed and put to vote.

## **AVA National Office is Relocated - New Address! - Reminder**

American Volkssport Association  
1008 S. Alamo Street  
San Antonio, TX 78210

### **2021 Convention Survey - Sent in February AVA Checkpoint By Jerry Wilson**

Following is a survey published in the February Checkpoint asking for input to holding the 2021 AVA Biennial Convention considering the Covid-19 pandemic and local jurisdiction health orders. If you did not send a reaction/response to [Convention@AVA.org](mailto:Convention@AVA.org) please do so now, by March 10 for consideration as part of a summary report for the AVA Board to consider on their March on-line Board Meeting.

If you did not see the following article authored by Henry Rosales before now, and would like to receive the monthly AVA Checkpoint email directly please send a one sentence request to Hector at [hector@ava.org](mailto:hector@ava.org). President Doug Wiest monthly shares a copy of the Checkpoint email.

### **2021 CONVENTION UPDATE**

The AVA is closely monitoring the impact of COVID-19 in Madison, WI, site of our 2021 Convention. The AVA Board of Directors in consultation with the Convention Committee, the National Office, and the Madison Sports Commission will meet in March to evaluate the situation and determine how to move forward with the planning or cancellation of the convention. Part of this evaluation will include the number of registered attendees. In the event the convention is cancelled all preregistrants will receive a full refund. At this time we are exploring the following 4 options:

1. Host the Convention in June as scheduled
2. Postpone the Convention to a later date this year
3. Cancel the Convention
4. Host a Virtual Convention and Membership Meeting

We would like to know what your thoughts are! Please send comments to Jerry Wilson, Convention Committee Chair, at [convention@ava.org](mailto:convention@ava.org). NOTE: Correct email address is: [convention@ava.org](mailto:convention@ava.org)

### **2021 Convention Survey - Via Survey Monkey By Jerry Wilson**

Your thoughts related to convening an in-person 2021 AVA Biennial Convention were requested on February 24th via Survey Monkey. Please access and enter your replies by March 10.

### **AVA Board to Discuss Plans for the 2021 National Convention By Jerry Wilson**

The AVA Board meets monthly on-line via Teams. One agenda item on the March slate is to discuss plans for holding a 2021 National Convention in Madison. Information that will be supplied to the Board members includes results of responses to the question in last month's Checkpoint. (See question above on page 2.) Other information to be shared will be results of the Survey Monkey questions sent out in late February, and a summary of the March 10 Dane County Health Order restrictions related to Covid-19. This health order (#14) will only cover the time until approximately April 8, but it will be the best information available for the March 16 meeting to look ahead to forecast June and August 2021 health restrictions. Stay tuned.

## **Dairyland Walkers March Board Meeting Moved One Week**

**By Jerry Wilson**

Normally the Dairyland Walkers Board meets the second Wednesday of the month during months alternating with the Dairyland Walkers bi-monthly Membership Meetings. The March meeting was originally scheduled for the second week will now be convened on Wednesday, March 17, one week later, to allow the local Board to include the results of the previous day's AVA Board discussion about the 2021 AVA Biennial Convention plans. Currently D W Board meetings are held via Zoom

## **Middleton Walk Box - Update**

**By Don Suloff**

After almost a year hiding in Don's house, the Middleton walk box is happily back home at the Hubbard Avenue Diner waiting for you to come check out the Middleton route. Please respect the staff and diners at the Diner when you check in and respect mask and social distancing rules.

## **Time to Think Pie**

**By Don Suloff**

A year ago one of our last scheduled walks before making major modifications to our walking schedule was our annual pie walk in Middleton which always ends with a delicious slice of Hubbard Avenue Pie. With ongoing concerns over the COVID pandemic, we had serious questions regarding this year's walk. But . . . we are on for the walk on Saturday, March 13<sup>th</sup> with modifications!

This year all registration and book stamping will occur outside in the St. Luke's Lutheran Church parking lot located at 7337 Hubbard Avenue in Middleton. We will have tables set up outside and a canopy if required by the weather. All walkers must have completed their registration and had their books stamped prior to starting the guided walk which departs promptly at 2 pm. This 5k route will be selected to best accommodate the day's weather. On completing the walk we will have slices of pie set out for your enjoyment. Hubbard Avenue will slice our purchased pies and place them in individual plastic containers in order to minimize health concerns. You will then be able to eat in the parking lot, in your car, or later at home. We will try to have utensils available, but you may want to bring your own.

Note that registration for ALL walkers will be \$5 and no frequent walker coupons will be accepted. The stamp used will be that associated with the Middleton walk.

In order for us to order the correct number of pies, it is very important for you to make reservations for this event and then commit to honoring your reservation. Reservations are to be made with Linda Abegglen at (608) 238-8891 or [linda.abegglen@gmail.com](mailto:linda.abegglen@gmail.com) no later than Wednesday, March 10. Remember that this walk will be held without regard to the weather, so please plan accordingly.

## **Help Keep Dairyland Walking - Repost With A Few Additions for Volunteer Leaders Needed in 2022**

**By Irene Irwin**

2021 will be the last year for some Dairyland Walkers volunteers who have performed critical functions for many years. Can you help us keep Dairyland Walking?

Volunteers are needed to serve as: Vice President, Volunteer Coordinator, Sanction Event Coordinator and Director-at-Large. Some positions take only 10-20 hours per year, possibly during a predictable season. Others are more time consuming.

Stores manager is active during the entire walking season. Most current volunteers are willing to stay on during 2021 to train new volunteers, and there will be other members who can assist in the future.

Volunteering is a great way to meet members & to learn more about how Dairyland Walkers & American Volkssport work. To have a no-pressure conversation about what any position entails, contact Irene Erwin at 608-246-8086 or [irene.erwin@gmail.com](mailto:irene.erwin@gmail.com).

## **Publicity Chairperson Needed - Repost**

### **By Karen Reger**

After I-don't-know-how-many years, I have decided to resign my position as Publicity Chair. With the advent of the 2021 convention in Madison, I decided that someone who is more tech savvy than me should be in charge of publicity for the club.

This position should be able to write articles for various publications, enter information about our walks on various website calendars, and in some cases, design posters to be put out in various places in Madison or given to POCs for them to distribute. In many cases, in order to input information, you have to set up accounts on websites.

Places to be contacted could be TV stations, radio stations, magazines, newspapers, stores such as sporting goods stores, etc. If anyone is interested in this position, I'm certainly willing to show them what I have done in the past (or what various POCs have done in the past) regarding conveying information about various walks.

## **Element 3 Program**

### **By Kristi Kenyon**

Maybe you've seen Element3 Health mentioned in the club meeting minutes. Maybe you've seen "E3H" as a new checkbox on the walk box sign-in sheets. But what is it?

Element3 Health (E3H) is a wellness program provided as a benefit by some health care plans. E3H is targeted at seniors 65 and older and provides social activity opportunities to keep seniors active and engaged and ward off social isolation. E3H has partnered with different groups to offer a variety of activities, such as gardening or sewing classes. They are also partnering with AVA to provide walking and other volkssporting activities as well.

E3H offers a structured calendar of events. Our year-round and seasonal walks are already on their web site, listed on different days and different times. For example, instead of listing the Middleton year-round walk on every day of their calendar 7:30 AM – 9 PM, E3H might list it one week on Tuesday at 9 AM and the next week on Thursday at 2 PM. This helps keep the calendar manageable and attracting different people on the days and times that work for them. The description of the walk indicates that it can be done on any day during the start point's normal hours. Our club has some control over the walk descriptions, but no control over the dates and times the year-round and seasonal walks are shown in the E3H system calendar.

Our club's traditional events will also be listed closer to their actual date and we will be adding our group walks and social activities, like our Walk & Eats, to their calendar as we plan more in the upcoming months.

When you do a year-round or seasonal walk, you will notice there is now a checkbox for E3H in the area where you check if you are walking for credit. The E3H walkers will sign the log and check the E3H box. They will not pay at the events, but they are not "free walkers". Their walks are paid for by E3H directly to AVA which then credits our club.

If you are at an event and notice a walker checks the E3H box, welcome them to the walk and our club. Encourage them to join us frequently and even become members of our club. We all benefit from gaining new members and making new friends.

If you have any questions about E3H, contact Kristi Kenyon at [kensinginn@tds.net](mailto:kensinginn@tds.net) or 608-798-3006.

## **Talk'n Trash**

### **By Joanne Reuter**

Saturday, April 24th, 2021 will be the date for our club's Spring Highway Trash Pick Up.

We'll meet at 10am at Nora's II, 1843 Hwy 12, Deerfield. Safety jackets and garbage bags will be provided. Bring safety gloves to protect your hands, and a mask for COVID-19 precautions. Each team picks up litter along a one mile stretch of highway, which takes about one hour to complete.

I hope we can have a much better turnout this time so we can clean up our entire two mile section of highway. Earth Day this year is on April 22nd. Please help our planet by supporting this endeavor. Hope to see you soon!

## Proposal to Update The Dairyland Walkers ByLaws By Doug Wiest

The Board of the Dairyland Walkers wishes to update the Bylaws to include the ability to vote on issues via e-mail when desired before the next meeting date. There have been instances where an issue has come up which needed immediate attention, such as board approval to pay an invoice for a new requirement before the next meeting date.

The proposal is to add Section 5 to Article IV with the following sentence:

**“In unusual circumstances, such as when approval of an issue is desired before the next meeting date, a vote may be conducted via e-mail.”**

In accordance with Article XIII (Amendments), “Any amendment of these bylaws may be adopted by two-thirds (2/3) vote of the active members present at any regular meeting, provided written notice of the proposed amendment shall have been given to the members at least two (2) weeks prior to the meeting. The members in attendance shall constitute a quorum. There shall be no voting by proxy or absentee ballot.”

This article constitutes written notice of the proposed amendment to members of the Dairyland Walkers. Everyone is welcome to participate in the next membership meeting, which shall be held via ZOOM on Wednesday, 14 April 2021 at 6:30 PM. If you are interested in attending this ZOOM meeting, please contact me at [douglaswiest@yahoo.com](mailto:douglaswiest@yahoo.com) at least a few days before the meeting, and I will send the ZOOM invitation instructions to you on Sunday, 11 April 2021.

## Crestwood Project By Gary Kenyon

For anyone doing the West Side Parks walk over the next year, you may notice something a little unusual during the walk. An Ice Age Trail volunteer friend, who lives near Crestwood School, shared this video with us about a project going on in the woods behind the school. This is the school on Old Sauk Road across the street from the Owen Conservancy. Our walk goes through the school parking lot and through these woods, so you may enjoy learning about this project to address their problem with Buckthorn. What's Buckthorn? Well, it's one of our more significant invasive species in Wisconsin. Because the plant is hearty and animals don't like it's berries, it spreads very easily and it's thick canopy chokes out native trees and plants and can completely take over an area. On the Ice Age Trail, we are constantly removing this (along with other invasive species) and typically will treat the stumps with herbicide – cutting the tree along won't do it as it will just re-sprout from the roots that remain. Some teachers at Crestwood are trying a different approach to avoid the use of herbicide. Instead, they are covering the stumps with thick, black plastic bags. There will be hundreds of them throughout this small wooded area we pass through, that I'm sure you'll notice when doing the walk. Will it work? My Ice Age friends aren't sure, but we're eager to see how it goes. Any decrease in the buckthorn population is fine by us! I pretty well covered what's going on, but you may still enjoy the video: <https://www.yout-ube.com/watch?v=rdtLkLGpKWQ>

## Capitol Year Round Walk Box By Jerry Wilson

The Capitol Walk Box still is homeless. Contact Jerry Wilson in advance to do this walk at [jpatw4@gmail.com](mailto:jpatw4@gmail.com). We can meet with the box or we can handle the transaction through email and USPS.

Stay Healthy! Keep Walking! Walk Safely!



## Excerpt from Madison.com Article - January 10, 2021

### “Walking groups try to spark interest in a physical activity most people can enjoy

Samara Kalk Derby, Wi State Journal

Mary Liebig has taken walks in every county in Wisconsin with **Dairyland Walkers**.

“I can say I’ve walked in all 72 counties,” says Liebig, noting that the club has saved all its maps and directions so that future members can access those materials. The Madison-area group is part of the nonprofit **American Volkssport Association**, and the only affiliate club in Wisconsin. Liebig, 60, joined almost 20 years ago. Because of the club, which organizes a monthly 10K or 5K walk, Liebig said she’s gotten to meet others who also enjoy a good walk. The routes are well thought out, she said, and usually involve history or have another theme, so walkers see interesting sights.

One year, the group did a Frank Lloyd Wright walk in Madison that passed buildings designed by the famous Wisconsin-born architect. The group has also incorporated other Wright sites in Wisconsin into its walks over the years.

Dairyland Walkers has about 220 members, most over 50. Liebig, the group’s membership coordinator, said she wishes the club had more younger members.

The group’s goal is to hold a walk every month. For its year-round, seasonal walks, people can walk on their own by picking up a map and directions. The club also promotes small group walks for members twice a month, Liebig said.

In January and February, club members typically meet to walk at East Towne and West Towne Malls, but those events have been canceled this year due to the pandemic. The next walk is March 13 in Middleton. All walks are open to the public and have a \$3 fee.

The group has explored state parks and hiking trails in communities around Dane County. Liebig lives near DeForest and said the group has walked along the paved trail there next to the Yahara River. The group has also gone to Lake Farm Park to walk along part of the Lower Yahara River Trail. Middleton is also a popular destination.

“We’ve been able to get out and see a lot of things that I probably wouldn’t have seen otherwise,” Liebig said.

Volkssport

It helps to be part of a network of clubs throughout the United States, said Liebig, who has participated in an American Volkssport program to walk in all 50 states. She and her husband, Tony, have done 42.

“I would have never been able to, or would have thought of, seeing so many different sites in the United States,” Liebig said.

The organization originated in Germany in 1968 and was brought to the United States in 1976, she said. The local club celebrated its 25th anniversary in July.

Every other year American Volkssport holds a national convention in a different area of the country, and the next one is scheduled in Madison in late June, with walks planned all over the state. “I’m a little less optimistic than some of our other members that we’ll be able to pull this off” because of COVID-19, Liebig said.

The Mayo Clinic says that because walking is possible for most people and doesn’t require special skills or equipment, it has become the most popular form of physical activity in the United States.

The clinic, headquartered in Rochester, Minnesota, **advises people to make walking enjoyable**. “If you don’t like walking alone, ask a friend or neighbor to join you. If you’re energized by groups, join a health club or walking group.”

**A study published in 2015 in the British Journal of Sports Medicine** found outdoor walking group participants saw significant improvements in blood pressure, resting heart rate, body fat, lung function and mood...”

**Club Milestones  
By Doug Wiest**

The following are the milestones of club members as reported by the March 2021 issue of The American Wanderer:

Events		Kilometers	
100	Irene Erwin	40,000	Bonita Johnson
250	Billy Levers		
350	Rosemary Sprenger		
650	Jill Ruef		
800	June Quesnell		
900	Susan McMahon		

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.

**Membership Update  
By Mary Liebig, Membership Coordinator**

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

- Shirley Crocker, Madison, WI
- David Jepson, Cedarburg, WI

**2021 Dairyland Walkers Meeting Dates - Updated  
By Jerry Wilson**

Club membership meetings are held every other month, with Board meetings held the alternative months. All meetings are on the 2nd Wednesday of the month, except in December when a Holiday Party normally replaces the membership meeting on the 1st Sunday. Meeting locations vary, and Board Meetings are held via Zoom on-line when necessary. Following is the schedule for 2021. Pay attention to future newsletters and the monthly email message to confirm times and locations. If planning to attend, feel free to contact club officers to verify times and locations.

Membership Meetings are open to anyone. Non-members and interested parties are encouraged to attend.

Board meetings are open to all members and invited guests.

All Wednesdays \*

March <del>10</del> 17	Changed date: Board Meeting-Via Zoom Contact Doug Wiest, President for invite. Contact: <a href="mailto:douglaswiest@yahoo.com">douglaswiest@yahoo.com</a>
April 14	Membership Meeting - Via Zoom Contact Doug Wiest, President for invite. Contact: <a href="mailto:douglaswiest@yahoo.com">douglaswiest@yahoo.com</a>
May 12	Board Meeting
June 9	Membership Meeting (Possible Convention Registration Package Assembly, Preparing Hundreds of Start Cards, and Final Planning Meeting.)
July 14	Board Meeting
August 11	Membership Meeting and Summer Picnic
September 8	Board Meeting
October 13	Annual Membership Meeting
November 10	Board Meeting
December 5 *	* Sunday - Holiday Party, 5 km Walk and Brief Meeting

**2021 Dairyland Walkers Calendar at a Glance**

When in doubt, verify on [AVA.org](http://AVA.org) or [dairylandwalkers.com](http://dairylandwalkers.com) The Membership Chairperson sends out an informative email each month, check it out!

Saturday, January 9 Saturday, February 6	East Towne Walk - <b>Cancelled</b> West Towne Walk - <b>Cancelled</b>	Mall COVID-19 Hour Restrictions Mall COVID-19 Hour Restrictions
Saturday, March 13 Wednesday, March 17 Wednesday, April 14	Pie Walk - Middleton, WI Board Meeting - Zoom Meeting Membership Meeting - ZOOM Meeting	Start Location: <b>See article on page 3</b> Managed by Doug Wiest, 6:00pm Start Time Managed by Doug Wiest, 6:30pm Start Time Contact: <a href="mailto:douglaswiest@yahoo.com">douglaswiest@yahoo.com</a> Contact Don Suloff for draft walk directions to test Pre-Convention and Convention walk routes, contact: Don Suloff: <a href="mailto:suloff@tds.net">suloff@tds.net</a>
April	No Traditional Walk (If working the Convention, maybe do one or more Pre-walks of Pre-convention or Convention walks to review the routes and to be more available to volunteer June 26 - July 3 (see below) Or walk a D W Seasonal or YR route!	
Saturday, April 24 Saturday, May 15 Saturday, June 26 Sunday, June 27 Monday, June 28 Tuesday, June 29 Wednesday, June 30	Highway Cleanup - Many Hands Needed Belleville Walk Pre-Convention Walk - Galena IL Pre-Convention Walk - Oconomowoc WI Pre-Convention Walk - Green Bay, WI Pre-Convention Walk - Sparta, WI Convention Walk - Pheasant Branch Conservancy, Middleton, WI	10:00am Meet at Nora's II, 1843 Hwy 12  Busing To and From Walk
Wednesday, June 30	Optional Convention Walk - Evening - Food and Beverage Forage	5:45pm or on your own - Concourse Hotel Start and Finish
Thursday, July 1 Friday, July 2	Convention Walk - Monona Bay, Madison Convention Walk - Olbrich Gardens. - Madison, WI	Concourse Hotel Start and Finish Busing to Start, Walk Return to Concourse Hotel via Walk Route
Saturday, July 3	Post-Convention Walk - UW Campus - Madison, WI	Concourse Hotel Start and Finish
August	No Traditional Walk - A Great Month to do Several Club Seasonal Walks	
Saturday, Sept. 18 Saturday, October 9 Saturday, November 6 Sunday, December 5	Green Co. Cheese Days W. - Monroe, WI Westport Walk - Westport, WI Veteran's Weekend Walk - Madison, WI Holiday Party, 5 Km Walk & Meet	Walk at 9:00am, Finish After 11:00am, Before 1:00pm Goodman Center, Madison WI



Attachment A

Minutes Pending Approval

**Dairyland Walkers Board Meeting  
Convened Via Zoom  
January 13, 2021**

--- AGENDA ---

Location: At everyone's home **Via ZOOM**

Call to Order 1800 hours (6 P.M.)

Approve/amend agenda

Approval of the minutes of the 11 November 2020 Board meeting.

Officer Reports

1. President – Doug: Appointment of Article IX Appointed Positions: Membership Chair, Sanctioned Event Coordinator, Trailmaster, Publicity Chair, Volunteer Coordinator, Newsletter Editor, Website Administrator, Store

Appointment of others:

Doug appointed to the board as (non-officer) positions for 2021.

AVA Electronic Sanctioning Volunteer

2. Vice President – Terry: To clarify that there will be no membership meeting in February

3. Secretary - Jill: None

4. Treasurer – Kristy:

**Balance 22 October 2020** \$1,866.99

**TOTAL INCOME** \$124.00

**TOTAL EXPENSES** \$90.00

**Balance 13 January 2021** \$2,894.74

5. Director at Large – Diane: None

6. Other Reports

--Membership Chair – Mary: The new membership dues are coming in at a good clip.

--**Sanctioned Event Coordinator** – Joanne: The AVA has changed the registration forms, and she will put the new forms in the start boxes. Based upon everyone agreement, she will delete the "Award" line and leave only the "Credit/non-credit" line and the "E3H" line

--**Trailmaster** – Don: All Year-Round stamps have been placed in boxes. Window/door sticker for business to put walk window. Convention: Checking with Hubbard diner if we can return the year-round box. Reserving some facilities with the option to cancel reservations. Galena Oconomowoc and Sparta; verifying they have us and when payment due.

Jerry March 16<sup>th</sup> as requirements for health and safety. Pie Walk start point; Don will check if the church will allow us to gather in the parking lot to start the walk. Possible having Hubbard pack individual pie?

--Publicity Chair- Karen

--Volunteer Coordinator - empty

--**Newsletter Editor** – Jerry: Received all expected articles/items. Adding Mary’s article from WI State Journal. (just Mary’s part)

--**Website Administrator** – Kevin Website entries done.

--**AVA Electronic Sanctioning Volunteer** – Irene: ESR caught up waiting on numbers from Jerry

--**Stores Manager** – Russ: N/A

7. Unfinished Business:

--**Newsletter Articles for March-April 2021** Articles are due February 20<sup>th</sup>. Kristi - Pie walk & Middleton walk box availability. Terry email meeting for board member

--**2021 AVA Biennial Convention Updates**

Jerry, waiting on responses for location. May arrange more tours of convention center. Was contacted about possibly adding a walk in the Town of Perry - concern trails are limited. National is asking for report on AVA approved bid for Olympiad in 2023. Suggested: 1- Proposing Not to have an AVA convention in 2023. 2- Combine with membership meeting. 3- Switch future conventions in the even years. Looking to get some history workshop.

Doug suggested Henry be the speaker for at the General Meeting in April.

--**Voting by e-mail - modify DLW by-laws to permit?**

Section 5 Article - 4 vote to be conducted by email. Suggested desired to vote by

Article 13 - Provide a 2-week notification prior to the membership meeting and approved vote by 2/3. Doug will write an article.

8. New Business:

--**February Membership meeting** - Cancelled

--**Draft of new AVA Bylaws (copy attached)** - Board Approved

-- **Element 3H** – Kristi has offered to be the POC – This is part of a Health Plan for 65 and older seniors. They have a calendar with all activities for their members. They will list our walks and we are able to add additional walks (group evening). She will update the income report to handle the walkers. If there is no cost to us Kristi will go ahead with joining otherwise, she will come back. Voted to approve joining.

Irene concerned for on-line start boxes. She has volunteered to be the point person to research to set up.

9. Adjourn: 8:09 pm

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Next Board meeting – Wednesday, 10 March 2021 via ZOOM (**NOTE: Changed to March 17**)

Next General Membership Meeting - TBD

Next Special Event Walks:

--Pie walk, Saturday, 13 March 2021

--Belleville walk, Saturday, 15 May 2021

Next Saturday "Walk & Eat" group walks:

## Attachment B

### Dairyland Walkers General Membership Meeting, Walk and Holiday Party 10 February 2021

Meeting Cancelled due to COVID-19 precautions.

## Attachment C March 2021 Traditional Event - Middleton Pie Walk April 2021 - No Walk Scheduled

<b>Dates:</b>	March 13, 2021 - March 13, 2021
<b>Start Location:</b>	St. Luke's Lutheran Church
<b>Location:</b>	7337 Hubbard Avenue, Middleton, WI N43.09496 W089.50806
<b>Hours:</b>	This walk will be a guided walk beginning at precisely 2:00 pm. Registration must be complete prior to that time.
<b>Distance:</b>	5K
<b>Rating:</b>	1A The walk will not be suitable for strollers and wheelchairs.
<b>Special Programs:</b>	Rockin' Around the Clock and Walk the USA A-Z
<b>Directions:</b>	From I-39/90 take US 12/18 (Beltline) west. Take University Ave. (exit 251A) east, turning left on University Ave. Proceed to first stoplight, turn right on Parmenter St. Turn at the second left on Hubbard Ave. The church is on the right, just past the library.
<b>Parking:</b>	Ample parking is available in the church parking lot.
<b>Description:</b>	This will be a guided group walk. It will be a modified version of the Middleton year-round walk. Following the walk, participants are invited to enjoy a piece of pie at the church to be provided by the club.
<b>Awards &amp; Fees:</b>	There will be no pre-registration or award for this walk, but walkers intending to participate are asked to notify the walk contact no less than two days prior to the walk estimate the number of pies required. The fee for all participants will be \$5.00. The Dairyland Walkers Frequent Walker Coupons may not be used for this walk. There will not be a separate sanction number for this walk. The stamp for the Middleton year-round walk will be used.
<b>Pets:</b>	Pets will not be permitted.
<b>Amenities:</b>	Restrooms are available at the start point and along the walk route.
<b>Contact:</b>	Linda Abegglen, (608) 238-8891
<b>Disclaimers:</b>	Madison Area Volkssport Association, the AVA, and starting point businesses are not liable for accidents, thefts, personal injury and/or material damage. All attempts will be made to create a safe and enjoyable event. Participants accept the guidelines of AVA Volkssport events and agree to observe the principles of good sportsmanship. Each participant is asked to sign a waiver from liability before the walk.

**Attachment D Official Event Start Card (Waiver)**

Below is the waiver referred to in the article on page 2 for the Capitol and Middleton walks. If you would like to do these YRE Dairyland Walkers events and want to receive the walk directions and map via email see the following steps:

1. E-mail Jerry Wilson at [jpatw4@gmail.com](mailto:jpatw4@gmail.com) as many days as possible before planning to walk a specific route:
  - a. Identifying which walk you wish to walk, and the distance desired (medium or short, or both).
  - b. Attach a completed and signed (Waiver) Official Event Start Card form: See Newsletter **Attachment D**.
2. A list will be compiled of walkers and shared with each POC. An email will be return to you with an attached copy of the walk directions and map to be completed when convenient for you. Either print the directions in advance or access directions on a smart phone when you begin to walk.
3. Once completed Jerry can send you a PDF of the stamp to print, cut, and paste in your achievement books. Or when walk boxes are again accessible, stop in, stamp your books, complete the registration log, an envelope, include payment and a copy of the submitted (waiver) Official Event Start Card. Payment can also be mailed now to:  
 Jerry Wilson, 1827 E. Washington Avenue #210, Madison WI 53704-5247

<b>AVA OFFICIAL EVENT START CARD</b>		Start No.  												
Name _____														
Address _____														
City _____	State _____	Zip _____												
E-Mail _____														
Distance _____ km	Paid \$ _____													
<p style="text-align: center;"><b>DISCLAIMER OF LIABILITY</b></p> <p>In consideration of being allowed to participate in any way in AVA volkssporting programs and related events and activities, the undersigned:</p> <ol style="list-style-type: none"> <li>1. Agrees that before or during my participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the volkssporting program and the related events and activities of such conditions and refuse to participate;</li> <li>2. Acknowledges and fully understands that each participant will be engaging in activities that involve the risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from my own actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.</li> <li>3. Assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death;</li> <li>4. Release, waive, discharge and promise not to sue the American Volkssport Association, its affiliated clubs, their respective administrators, directors, agents, or other volunteers and employees of the organization, other participants, sponsoring agencies, sponsors, advertisers and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.</li> </ol>		STAMP # _____ <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><td style="width: 50px; height: 20px;"></td><td>NEW WALKER</td></tr> <tr><td style="width: 50px; height: 20px;"></td><td>COUPON USED</td></tr> <tr><td style="width: 50px; height: 20px;"></td><td>AWARD W/ IVV CREDIT</td></tr> <tr><td style="width: 50px; height: 20px;"></td><td>IVV CREDIT ONLY</td></tr> <tr><td style="width: 50px; height: 20px;"></td><td>NON-IVV PARTICIPANT</td></tr> <tr><td style="width: 50px; height: 20px;"></td><td>FREE</td></tr> </table>		NEW WALKER		COUPON USED		AWARD W/ IVV CREDIT		IVV CREDIT ONLY		NON-IVV PARTICIPANT		FREE
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Signature _____		Date _____												
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