



Madison Area Volkssport Association Newsletter

January-February 2022

www.dairylandwalkers.com

Vol 2022-01

January-February Events

January

January 5 First of Eight
Wednesday Morning Walks
Utilizing a Traveling AVA
Stamp See article Page 2

January 12 Wednesday -
Zoom Board Meeting
See article on Page 1

January 15 Saturday
West Towne Walk
Start 9:45am - 12:00 Noon
Finish by 2:00pm
See article Page 2

February

February 9 Wednesday
Membership Meeting
Details Pending per Board
Decision on January 12

February 12 Saturday
East Towne Walk
Start 9:45am - 12:00 Noon
Finish by 2:00pm
See article Page 2

Other: March and April

March 12 Pie Walk -
Middleton, WI

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East Towne Walk Event
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Dates of Interest

January

- National Sunday Supper Mo.
- Get a Balanced Life Month
- 1 New Year's Day
- 2 Nat. Cheese Lovers Day
- 8 Eagle Day
- 15 National Bagel Day
- 17 MLK Jr Day
- 17 Full Moon - 5:51pm CST
- 19 Popcorn Day
- 31 Inspire Your Heart with Art Day

February

- National Snack Food Month
- American Heart Month
- 1 Chinese New Years 2022
- 2 Groundhog Day
- 9 National Pizza Day
- 12 Lincoln's Birthday
- 14 Valentine's Day
- 16 Full Moon - 10:59am CST
- 20 Daytona 500 Day
- 24 Nat. Chili Day
- 28 National Cupcake Day



NEWSLETTER ARTICLE SUBMITTAL DEADLINE

for
March - April 2022
Newsletter

Deadline: February 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

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



January 12 Board Meeting - Via Zoom Detail Provided by Doug Wiest, President

The January Board Meeting will be held via ZOOM on Wednesday 12 January at 6PM. If not on the current Board and you want to look into the Zoom meeting please contact Doug Wiest for a Zoom invite. Doug Wiest, President at: douglaswiest@yahoo.com

West Towne (January 15, 2022) and East Towne (February 12, 2022) Mall Walks

By Terry Wendt

The West Towne walk will be held on Saturday January 15, 2022. The start point will be the Firestone Tire Store at 7105 Mineral Point Rd. Because the mall doesn't open until 10:00 AM we will start the walk at 9:45am until noon with all walkers finished by 2:00pm.

The East Towne walk will be held on Saturday February 12, 2022. The start point will be the Firestone Tire store at 4601 East Towne Blvd. Because the mall doesn't open until 10:00 AM we will start the walk at 9:45am until noon with all walkers finished by 2:00pm.

Wednesday Morning Group Walks at West & East Towne Malls January/February

By Mary Liebig

A new year brings a new walking program. Some of our members are available to walk on a weekday, so weekly group walks are scheduled at the East and West Towne Malls on Wednesday mornings in January and February. Both malls open at 9:45 a.m. now and allow walkers; masks are required inside the mall.

There is not much traffic inside the malls on weekday mornings, so I did not find it difficult to walk on a recent Wednesday morning between 9:45 a.m. and noon. There are lockers to leave coats in at both malls for a cost of .50 (two quarters) but not all of them are working properly.

Here is the schedule of weekly walks below on Wednesday mornings alternating between the West and East Towne malls each week. We'll meet inside at the Food Court of each mall at 9:45 a.m. to register and start walking. There is a \$3 fee for all participants, and both mall walks will count for AVA credit. A 5k (3 mile) walk is 4.5 laps around the mall, 10k (6 miles) is 9 laps around the mall.

| Date | Event | Meeting Place |
|-------------|-----------------|----------------------|
| January 5 | West Towne Mall | Food Court 9:45 a.m. |
| January 12 | East Towne Mall | Food Court 9:45 a.m. |
| January 19 | West Towne Mall | Food Court 9:45 a.m. |
| January 26 | East Towne Mall | Food Court 9:45 a.m. |
| February 2 | West Towne Mall | Food Court 9:45 a.m. |
| February 9 | East Towne Mall | Food Court 9:45 a.m. |
| February 16 | West Towne Mall | Food Court 9:45 a.m. |
| February 23 | East Towne Mall | Food Court 9:45 a.m. |

Capital Year Round Walk Box

By Jerry Wilson

The Capitol Walk Box remains homeless, but we are awaiting approval to locate the box at a location just off the Madison Capital Square. Details will be published in Mary Liebig's monthly email, and in the March - April D W Newsletter when available. In the meantime contact Jerry Wilson in advance to do this walk at jpatw4@gmail.com. We can meet with the box or we can handle the transaction through email and USPS, Attachment D of this newsletter provides a printable start card and waiver.

Point of Contact (POC) Needed for the Madison - Arboretum Walk**Joanne Rueter**

Starting January 1, 2022, Diane Thornbery will be stepping down from being the Point of Contact (POC) for 3 of our walks. Thank you, Diane, for your help all these years!

Patrick Jones has volunteered to be the POC for the West Towne Mall (available starting January 1st) and West Side Parks (starting April 1st) walks.

We are looking for a volunteer to be the POC for the Madison-Arboretum walk. You would need to be able to check the walk box, housed at Colectivo Coffee 2530 Monroe St in Madison, a minimum of every three months to check supplies, pick up walk payments, and collect data for the AVA. If interested, please contact Chris Flessert at (608) 208-5014 or c.flessert@reagan.com

2022 Membership Dues - \$15.00 Annually per Household**By Mary Liebig**

Membership dues are payable on a calendar year basis, in January of each year. If you'd like to continue your membership in the Dairyland Walkers in 2022, please remit a check for \$15.00 payable to the Madison Area Volkssport Association and return it to me at the following address:

Madison Area Volkssport Association
c/o Mary B. Liebig
6809 Bootmaker Way
Windsor, WI 53598

If you'd like, you can also pay your dues in person at the Saturday, January 15 West Towne Mall walk. Some of you have already paid your 2022 membership dues, if so you can disregard this message.

Thank you for supporting our mission to provide "Fun, Fitness & Friendship" through non-competitive walking in Wisconsin!

Retiring Board Members Recognized at December 5 Membership Meeting**By Mary Liebig**

Board members and volunteers are the lifeblood of the Dairyland Walkers; at the December 5 membership meeting, we recognized and thanked the following individuals who stepped down from the board in 2021:

Russ Crane

Russ joined the Dairyland Walkers in April 1996 and served the club in many capacities over that time. He served as Treasurer from 2001-2008, was the club Webmaster from 2003-2013, and managed the club's inventory of supplies as Stores Manager for the last twenty years.

Name the task, and Russ has probably done it for our club! He knows a lot about our parent organization AVA – America's Walking Club and has attended 10 AVA national conventions, serving as our club delegate at least 5 times. Recently Russ was integral in holding the 2021 AVA Convention in Madison, planning three walking routes for it. Russ was also the driving force in holding the 2014 North Central Regional Rendezvous at the John Wall Pavilion at Madison's Tenney Park, planning three walking routes for that event. Since the first walking route he planned at Devil's Lake State Park in 1999, Russ estimates that he has designed or completely modified 40 to 80 walks.

Russ was awarded a Lifetime Membership in the Dairyland Walkers, an honor reserved for only a handful of members for his 25 years of outstanding contributions.

Retiring Board Members Recognized at December 5 Membership Meeting (continued)**Karen Reger**

Karen also joined the Dairyland Walkers in April 1996, and has devoted countless volunteer hours to the club as well. She served as Secretary from 2001- 2009 and Publicity Director from 2007-2020.

Karen used her expertise in Microsoft Word to develop the gold standard of walking directions. If Russ has mapped routes for 40 to 80 walks, that means that Karen has written directions in Microsoft Word for that many walks! She has also served as the Point of Contact for the Madison Eastside year-round walk for the last 12 years.

Like Russ, Karen was also integral in holding the 2021 AVA convention in Madison, writing directions for three different convention walks. She served as project manager for the 2014 North Central Regional Rendezvous.

Karen was awarded a Lifetime Membership in the Dairyland Walkers for her 25 years of outstanding contributions.

Diane Thornbery

Diane first joined the Dairyland Walkers 24 years ago, and stepped down as Board Member at Large at the end of 2021, a position she held for the last three years. From 2014 – 2016, Diane served as the club Treasurer, during Kristi Kenyon's leave of absence.

Diane also planned walking routes for the club, one in the Nakoma neighborhood of Madison and another in Evansville. In 2017 she developed online storage of club documents like walking directions using Google Suites. Diane has served as the Point of Contact for the West Towne Mall, West Side Parks, and Arboretum walks.

Many members enjoyed the wine and cheese parties hosted by Diane and Joanne Reuter as we finished the county walking weekends.

Most recently Diane served as Silent Auction Co-Chair for the 2021 AVA National Convention.

Joanne Reuter

Joanne joined the club in June 2009, and finished her stint as the Sanctioned Walk Box Coordinator at the end of the year, a position she's held for the last six years. In 2015 Joanne served as Board Member at Large.

Joanne is known for Talk'n Trash, that is for the last 8 years she's coordinated trash pick-up twice a year for the 2-mile segment of US Highway 12/18 near Nora's II that the Dairyland Walkers adopted.

Over the years she's served as the Point of Contact for the Cedarburg, Port Washington, and Fond du Lac walks, and currently serves as the POC for the Devil's Lake State Park walk.

Teaming up with Diane, she hosted wine and cheese parties for a number of the WI county walking weekends and recently served as Silent Auction Co-Chair for the 2021 AVA National Convention.

Terry Wendt

Terry joined the Dairyland Walkers in 2004 and has served as the club's Vice President since 2014, a role he relinquished at the end of 2021. Prior to Joanne handling the Trash Pick-up, Terry coordinated this task for around five years. He developed a Waunakee walking route for the club near his home in 2013.

Since 2013, Terry has coordinated the annual winter walks at the East and West Towne Malls which will return in 2022, after a one-year absence due to Covid-19.

Retiring Board Members Recognized at December 5 Membership Meeting (continued)

Irene Erwin

Irene joined the Dairyland Walkers in February 2017, and recently finished her service as the AVA Electronic Sanctioning Volunteer after a two-year stint. In 2018 and 2019 she served as Co-Volunteer Coordinator with Maureen Engelberger.

Irene revamped the Port Washington seasonal walk in 2021, and serves as the Point of Contact for both the Port Washington and Cedarburg walks.

Thank you to all of our volunteers, we greatly appreciate your service!

Sharing A Quote

"Life is what happens when you're busy making other plans."

- John Lennon

Save the Date in 2023

Club Milestones

By Doug Wiest

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

| Events | | Kilometers | |
|--------|------------------|------------|------------------|
| 75 | Ellen Twing | 3,000 | Kathleen Schultz |
| 275 | Kathleen Schultz | 8,000 | Ann Misener |
| 800 | Ann Misener | 9,000 | June Quesnell |
| 850 | Joan Miller | 10,000 | Peggy Watts |
| 900 | Peggy Watts | 13,000 | Donald Suloff |
| 950 | Susan McMahon | | |
| 1,200 | Donald Suloff | | |
| 2,700 | Dannie Peters | | |
| 2,700 | Ellen Peters | | |

Congratulations to all on your accomplishments!

If I, or The American Wanderer, overlooked your accomplishments, send me an email at 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 new member who joined our group since our last newsletter:

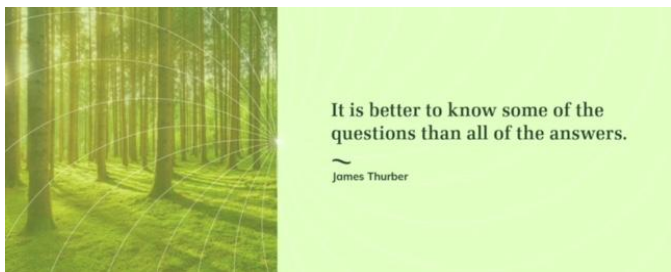
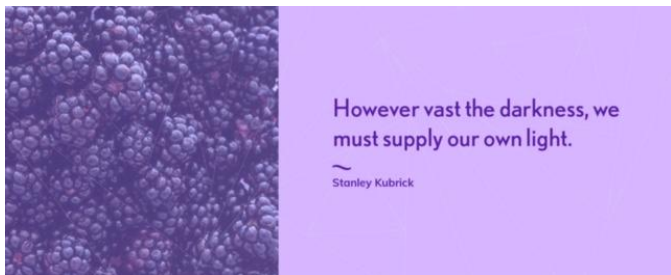
- Patrick Jones, Madison, WI

2022 Dairyland Walkers Calendar at a Glance

When in doubt, verify on AVA.org or dairylandwalkers.com The Membership Chairperson sends out an informative email each month, check it out!

| | | |
|---|---|--|
| <p>Wednesday, January 5 Wednesday, January 12 Wednesday, January 12</p> <p>Saturday, January 15 Wednesday, January 19 Wednesday, January 26</p> <p>Wednesday, February 2 Wednesday, February 9 Wednesday, February 9 Saturday, February 12 Wednesday, February 16 Wednesday, February 23</p> <p>Saturday, March 12 April 1 - 8 Saturday, May 21 Saturday, June 25 Saturday, July 23 Wednesday, August 10 Saturday, September 17 Saturday, October 8 Saturday, November 12 Saturday, December 4</p> <p>-----</p> | <p>Wednesday Morning Walk - West Towne Wednesday Morning Walk - East Towne D W Board Meeting Via Zoom</p> <p>West Towne Walk; Register at Firestone Wednesday Morning Walk - West Towne Wednesday Morning Walk - East Towne</p> <p>Wednesday Morning Walk - West Towne Wednesday Morning Walk - East Towne D W Membership Meeting East Towne Walk; Register at Firestone Wednesday Morning Walk - West Towne Wednesday Morning Walk - East Towne</p> <p>Middleton Pie (PI) Walk AVA National Walking Week Verona Walk Waunakee Walk New Glarus Walk D W Annual Picnic and Guided Walk Green Co. Cheese Days Walk-Monroe Starkweather Creek Walk - Madison Veterans Walk - Madison Holiday Party, 5 km Walk & Meeting</p> <p>-----</p> | <p>West Towne Food Court, Gather at 9:45am East Towne Food Court, Gather at 9:45am 6:00pm Listeners welcome, contact Doug Wiest for a Zoom Invite Start: 9:45am - 12:00 Noon; Finish by 2:00pm West Towne Food Court, Gather at 9:45am East Towne Food Court, Gather at 9:45am</p> <p>West Towne Food Court, Gather at 9:45am East Towne Food Court, Gather at 9:45am Details Pending - Board Will Discuss on January 12 Start: 9:45am - 12:00 Noon; Finish by 2:00pm West Towne Food Court, Gather at 9:45am East Towne Food Court, Gather at 9:45am</p> <p>Daily Guided Walks</p> <p>Lakeside Park, Middleton</p> <p>-----</p> |
|---|---|--|

A Shared Quote



Attachment A

Minutes Pending Approval

**Dairyland Walkers Board Meeting
Via Zoom
10 November 2021**

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

Approve/amend agenda - Adopted

Approval of the minutes of the 8 September 2021 Board meeting. - Approved

Officer Reports

1. President: Doug – None

2. Vice President: Terry – Holiday Party is set with a pre 5k walk

3. Secretary: Jill - None

4. Treasurer: Kristi –

Balance 23 October 2021 \$4,893.91

TOTAL INCOME \$678.00

TOTAL EXPENSES \$710.00

Balance 10 November 2021 \$4,861.98

5. Director at Large: Diane - None

6. Other Reports

--Membership Chair: Mary – New members name given to the board. New Member application now includes a volunteer column.

Has filled out the Traveling Guided Stamp request. Cost of \$75 for the year. These walks may be sanctioned in short order throughout the year.

Note: start times for Mall walks is 10:00 am to Noon, completing by 1:00 pm.

--Sanctioned Event Coordinator: Joanne - Absent

--Trailmaster: Don - None

--Publicity Chair: Karen - Absent

--Volunteer Coordinator: Vacant

--Newsletter Editor: Jerry – January and February articles due December 20th

--Website Administrator: Kevin - None

--AVA Electronic Sanctioning Volunteer: Irene - Absent

--Stores Manager: Kristi – Books have been ordered and will print Frequent Walker Coupons. Stepping up to help with Electronic Sanctioning (Mary and Chris will assist).

7. Unfinished Business:

--Newsletter Articles: Doug - Accomplishments, Mary - Membership Dues for Jan 2022 (dues may be dropped at Holiday party)
Terry - Two Mall walks,

8. New Business:

Doug – Presented Barb Lund to be the next Vice President – Board voted Unanimous

--Corona requirements for December meeting inside Goodman's :

After the walk and membership meeting the room will be open for socializing WITHOUT FOOD. We will follow current mask mandates at that time. Motion passed.

9. Adjourn 7:02pm

Next Board meeting – Wednesday, 12 January 2022, format TBD.

Next Membership Meeting & Christmas Party – Sunday, 5 December 2021, Goodman Community Center, 149 Waubesa St., Madison, WI.

Next Special Event Walks:

--West Towne Mall walk, Saturday, 15 January 2022

--East Towne Mall walk, Saturday, 12 February 2022

Next morning walking group walks:

--Madison Arboretum YRE, Friday, 26 November 2021

Attachment B

Minutes Pending Approval

**Dairyland Walkers General Membership Meeting
December 5, 2021
Goodman Community Center**

Call to Order 1800 hours (4:16 P.M.)

Approve/amend agenda -

Approval of the minutes of the 10 November 2021 Board meeting. -

Officer Reports

1. President: Doug – Absent

2. Vice President: Terry – January & February walks at East Towne & West Towne starting at Firestone store. There will be a later starting time. Barb Lund will be taking over for Terry in January.

3. Secretary: Jill - None

4. Treasurer: Kristi –

Balance 10 November 2021 \$4,861.98

TOTAL INCOME \$174.00

TOTAL EXPENSES \$625.65

Balance 5 December 2021 \$4,410.26

5. Director at Large: Diane - Absent

6. Other Reports

--Membership Chair: Mary – Reminder to pay dues. In 2022, week day walks begin. Starting with East Towne and West Towne alternating mornings.

--Sanctioned Event Coordinator: Joanne – Chris Flessert will be taking over for Joanne. Will need two POC's as of January for the Arboretum and West Towne Mall/West Side Park walks.

--Trailmaster: Don – 2022 schedule is set – First three walks, East Towne, West Towne and Pie walk. April - walking week (walks TBD) using Guided Walk stamp. Expect to have 5-7 walks during the week. May - Verona Rail to Trail; June - Waunakee, July – New Glarus, August - Club Picnic, September – Monroe, October - Madison, November – Veterans, December – Holiday Party.

--Publicity Chair: Karen - Absent

--Volunteer Coordinator: Vacant

--Newsletter Editor: Jerry Absent

--Website Administrator: Kevin - None

--AVA Electronic Sanctioning Volunteer: Kristi – Traditional walks are approved. Guided walk ok'd. Learning about Electronic Sanctioning.

--Stores Manager: Kristi – Has Frequent walker Coupons and VIP books for 2022

7. Unfinished Business:

--Newsletter Articles: Doug - Accomplishments, Mary - Membership Dues for Jan 2022 (dues may be dropped at Holiday party)
Terry - Two Mall walks,

8. New Business:

Recognition of six exiting Board Members:

In appreciation of service each received 1 card of Frequent Walker Coupons

Joanne Reuter

Diane Thornbery

Terry Wendt

Irene Erwin

Russ Crane & Karen Reger have received Lifetime memberships to Dairyland Walkers for 25 plus years of service.

9. Adjourn 4:47pm

Next Board meeting – Wednesday, 12 January 2022, format TBD.

Next Special Event Walks:

--West Towne Mall walk, Saturday, 15 January 2022

--East Towne Mall walk, Saturday, 12 February 2022

Attachment C January 2022 Traditional Event - Saturday, January 15

WHAT IS THE EVENT

West Towne Walk

Traditional Walk, but using the existing event stamp - Masks Required in the Mall

Attachment C February 2022 Traditional Event - Saturday, February 12

WHAT IS THE EVENT

East Towne Indoor Mall Walk

Traveling Guided Walk - Masks Required in the Mall

SN: 121086 - 2022

WHEN IS THE EVENT

Saturday, Jan 12th, 2022 for 1 day

Start table open: 9:45AM

WHERE IS THE EVENT

Madison, Wisconsin

Start Table: Firestone Tire, 4601 East Towne Blvd., Madison, WI

Walk Start Point: East Towne Mall Food Court, 89 E Towne Way, Madison, WI

REASONS TO DO THE EVENT

Special Programs

None

CONDITIONS FOR THE EVENT

Rating: 1A, Distance: 5, 10km

Restrooms: Yes

Pets: No

Strollers: Easy

Wheelchairs: Easy

Event information

Walk inside in the climate-controlled East Towne Mall on Madison's east side. Meet inside near the Food Court at 9:45 a.m.

Awards: IVV CREDIT ONLY

EVENT SPONSOR

Madison Area Volkssport Assn. (AVA-0835)

Event website: www.dairylandwalkers.com

POINT OF CONTACT

American Volkssport Association © 2022

Mary Liebig, Mbliebig@TDS.net, (608) 846-2299

Attachment D Official Event Start Card (Waiver)

Below is the required waiver / start card. If you would like to do the Capitol YRE Dairyland Walkers that want to receive the walk directions and map via email see the following steps:

1. E-mail Jerry Wilson at jpatw4@gmail.com as many days as possible before planning to walk a specific route:
 - a. Identifying the 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 the walk box is 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

| | | |
|--|---------------|-------------------|
| AVA OFFICIAL EVENT START CARD | | Start No. |
| Name _____ | | |
| Address _____ | | |
| City _____ | State _____ | Zip _____ |
| E-Mail _____ | | |
| Distance _____ km | Paid \$ _____ | |
| DISCLAIMER OF LIABILITY | | |
| In consideration of being allowed to participate in any way in AVA volkssporting programs and related events and activities, the undersigned: | | |
| 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. | | |
| 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. | | |
| 3. Assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death. | | |
| 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. | | |
| Signature _____ | | Date _____ |
| CK PT #1 _____ | | CK PT #2 _____ |
| CK PT | 1 | 2 |
| | 3 | 4 |
| | 5 | 6 |
| | 7 | 8 |