



Madison Area Volkssport Association Newsletter

March - April 2023

www.dairylandwalkers.com

Vol 2023-02

March Events

March 8, Wednesday,
6:00pm DW Board Meeting
- Zoom (See Article P. 1)

March 18, Saturday
Middleton Pi Walk.
Register Before 2:00pm,
Guided Walk: 2:00pm
(See article Page 2)

March 25 Saturday Walk &
Eat, Capitol Walk
8:45am Register;
9:00am Walk:

April Events

April 1-7 AVA Walking Week
Walk daily with the
Dairyland Walkers Utilizing
The Traveling Event
Stamp:
Dates, Times & Locations:
To Be Determined

April 12, Wednesday,
6:30pm Membership Meet.
- Zoom or In-Person
(See Article Page 2)

April 22 Saturday Walk &
Eat, 8:45am Register and
9:00am Walk:

June 14 Advance Info.

AVA General Membership
Meeting Via Zoom.
Club Delegates Will Vote
On-Line
Time: TBD

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(See Article Page 3) and
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Dates of Interest

March

- American Red Cross Month
- Women's History Month
- 1 Share a Smile Day
- 7 Full Moon - 6:40pm CST
- Full Worm Moon
- 8 National Proofreading Day
- 9 Popcorn Lover's Day
- 12 Daylight Savings Starts
- 15 Ides of March
- 17 St. Patrick's Day

April

- Jazz Appreciation Month
- National Stress Awareness
Month
- 1 April Fool's Day
- 5 National Walking Day
- 6 Full Moon - 11:34pm CDT
- Full Pink Moon
- 7 Good Friday
- 9 Easter
- 16 Good Deeds Day
- 22 Earth Day
- 28 Arbor Day

NEWSLETTER

ARTICLE SUBMITTAL DEADLINE

for
May - June 2023
Newsletter
Deadline: April 20

Put an Article Specific Title
on the subject line, **not**
merely "Jan.-February"
Newsletter Article" or
"Next Newsletter",
and send articles to the
DW Newsletter email
address:

dairylandnews@gmail.com

Please send photos
separately.

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



March 8 Board Meeting Via Zoom By Barb Lund

The board meeting will be held on March 8, 2023 at 6:00pm via zoom. Contact Douglaswiest@yahoo.com if you would like to join us.

April 12 Membership Meeting Via Zoom, or In-Person**By Barb Lund**

The membership meeting will be held on April 12, 2023 at 6:30pm either by zoom or at a location that has yet to be decided. Mary Liebig's April event email will have the specifics of the membership meeting.

It's Pi Time!! - March 18**By Don Suloff**

Our annual Pie Walk is just around the corner and you'll want to make your reservations now. This is one of few walks that we conduct where we request reservations. This is necessary in order to properly order the pies for the post-walk indulgence! On Saturday, March 18th (note that the date has been moved a week due to conflict with our start place!), we will meet at the Middleton Public Library in Middleton for a guided 5K walk, followed by a slice of Hubbard Avenue Diner pie for each participant. The walk will depart the library at precisely 2:00 pm with all registration completed prior to that time. To reserve your piece of pie please contact Linda Abegglen by email or phone at least two days prior to the walk. Linda may be reached at 238-8891 or linda.abegglen@gmail.com. The fee for all participants will be \$5.00. Dairyland Walker 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. Our start/finish point will be in the meeting room of the library which is downstairs from the entrance lobby. The library requests that the parking lot behind the library (on the other side of the railroad tracks) be used for our meeting.

Saturday Walk & Eat Group Walks**By Mary Liebig****Madison Capitol March 25, Civil War – April 22**

Saturday Group Walk and Eat opportunities are coming up in March and April. If any Wednesday morning walks are scheduled in those months, they'll be included in a future email.

March 25 Madison Capitol Walk

On Saturday, March 25, we'll meet at the start point of the Madison Capitol Walk, inside the lobby of the Concourse Hotel at 1 W. Dayton St. Those wishing to walk 10k should meet at 8:45 a.m. to register for the walk and plan to start walking at 9 a.m. A parking option is the State Street Public Parking Ramp <https://www.cityofmadison.com/parking-utility/garages-lots/state-street-capitol-garage>. The Dane County Farmers Market on the Square does not start until April 15, so hopefully we'll find plenty of parking. We'll go with what the group decides for lunch following the walk.

April 22 Madison Civil War Walk

Saturday morning, April 22, will find us walking the Civil War Walk on the near west side of Madison. We'll meet at the start point of the Civil War Walk, inside the lobby of the Best Western InnTowner, located at 2424 University Ave. at 8:45 a.m. to register for the walk and start walking at 9 a.m. A parking option is our lunch location, the Blue Moon Bar & Grill at 2535 University Ave. The Blue Moon opens at 11 a.m. and should be able to accommodate our group.

If anyone would like to volunteer to lead the 5k routes of either the Madison Capitol or Civil War walk, let me know and I will add that information in an email update.

A Quote of Note

“There's only one thing more precious than our time and that's who we spend it with.”

Leo Christopher

National Walking Week **By Don Suloff, Amended for 2023 by Jerry Wilson**

The Board of Directors of the American Volkssport Association has proclaimed the first seven days of April as National Walking Week. With the uncertainty of Wisconsin's weather in early April, the Dairyland Walkers have chosen to make it a special week!

We will again use the Traveling Guided Event stamp which enables us to hold impromptu walks and stamp books with this stamp for any number of walks. The Dairyland Walkers will hold walks during as many of the days of the first seven days of April as the weather permits. Since we will not know which days will be conducive to walking, we will have to depend on our monthly emails from Mary Liebig for notification of specific times, dates and places of these walks. Please be flexible and be ready to walk!

Word From Your Walk Box POCs (Point of Contacts), For POCs by Chris Flessert and Patrick Jones **Compiled By Jerry Wilson**

Seasonal Walk POCs - A Message From Chris Flessert to POCs

April 1 starts our club's seasonal walks in Janesville, Lake Geneva, Milwaukee, Port Washington, Cedarburg, Fond du Lac, Oshkosh, Neenah, Appleton, Eau Claire, LaCrosse, and Devil's Lake. Grab your walking shoes and enjoy these seasonal walks.

Arboretum Walk - New POC

Cathy Hazard is the new POC for the Arboretum walk.

Madison - Eastside Walk - Comment Received

Susan Molloy from New Jersey had emailed Karen Reger about doing the East Side walk, and she later sent me a letter: "Thank you for putting together such a beautiful and delightful walk. I don't know when I have enjoyed a walk as much. You give the walker a great variety: community garden and rain garden, terrific neighborhoods and neighborhood feel, Lake Monona – whoa.

I appreciated reading the small signs asking people to respect the mounds; I take it that they were burial or another type of sacred ground of those Native Americans here before we pushed them away. The Mills House? How could I not laugh? Park Avenue/Place...? So huge, so out of the neighborhood. And ah – A vast array of my favorite architectural styles. The Craftsman. Simple yet classically elegant in a quiet, understated way. Excellent directions bringing one to end their walk at Monty's. A simple grilled cheese and perfect iced tea."

Madison Capitol Walk - WI Historical Society Relocation

The Wisconsin Historical Society is excited to share that we have secured a temporary home to continue hosting school groups from across the state and offering public programs during the design and construction of the new history center. The pop-up space will be located in the US Bank Plaza at 1 S. Pinckney Street, just across the Capitol Square from the former Wisconsin Historical Museum, which closed its exhibits late last year. We'll begin welcoming school groups to the new space in March and a full opening will follow this fall. Get ready for pop-up exhibits, author talks, sneak peeks of the new history center, a fresh new retail shop and more!

The Dane County Farmers Market will begin Saturdays on April 15 and run through Saturday, November 11. Wednesday Farmers Markets on Martin Luther King Jr. Blvd. begin April 19 and run through Wednesday, November 1.

Middleton 10K Walk Alert

Revitalization work is being conducted on sections of the Pheasant Branch Conservancy which we use on the Middleton 10K walk. This work will affect the use of trail for an indeterminate period of time. At times the trail is closed while heavy equipment is being used; additionally, three of the bridges have been removed as new foundations are being prepared. The stream can still be crossed, but only by using the stepping stones. We will keep you updated as the work progresses and is completed. The Middleton 5K walk is not affected by this construction.

Walks That Now Have Both OSB (On-line Stat Box) and Physical Start Box Registration

Walks that now have both OSB and PSB are: Arboretum, Civil War, Eastside, Picnic Point, and West Side Parks.

Other Walks (Hikes) in Wisconsin - April 1, 2023:

All 16 AVA WI IAT (Ice Age Trail) Events are seasonal events and will be available on the OSB starting April 1st.

2022 VIP Finishers

By Kristi Kenyon

Congratulations to 11 walkers that completed our Volkssport Incentive Program (VIP) for 2022!

The 2022 VIP goal was to complete any 12 of our 22 Year-Round/Seasonal walks. The reward for completion was any IVV/AVA achievement book of their choice (a \$6 value). As an added incentive, participants could choose to complete the program a second time to earn a second IVV/AVA achievement book. However, the second time had to be the 10 walks not completed the first time, making it a *Clean Sweep* of all of our Year-Round/Seasonal walks. Six walkers completed all 22 of our Year-Round/Seasonal Walks.

Completed all 22 walks

- Patrick Jones
- Chris Flessert
- June Quesnell
- Jerry Wilson
- Pam Wilson

Completed 12 walks

- Mary Liebig
- Curt Armstrong
- Cindy Haagensen
- Ellen Twing
- Beth Halverson
- Jackie Kittel

Great job everyone and thank you for supporting the Dairyland Walkers!

New for 2023 – you may participate in the VIP program unlimited times. You would need to complete all 22 walks for the first two books, then all 22 walks again for the second two books, etc. Eager to earn your VIP in 2023? Pick up a bright green 2023 VIP book at most Traditional events, in the back of the walk boxes, or find me at an upcoming event. Consider buying 2023 Frequent Walker Coupons for \$20 per 8 walks, saving \$0.50 per walk. These coupons can only be used for Year-Round/Seasonal walks during the 2023 calendar year. This is a great way to save money as you earn a free IVV/AVA Event or Distance book!

Let me know of any questions you have about our Frequent Walker Coupons or our VIP program.

Club Milestones

By Doug Wiest

The following are the milestones of club members as reported by the March 2023 issue of The American Wanderer and others:

Events	Kilometers
300 Kathleen Schultz	No milestones to report.
1,000 Patricia Brinker	
1,050 Peggy Watts	

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.

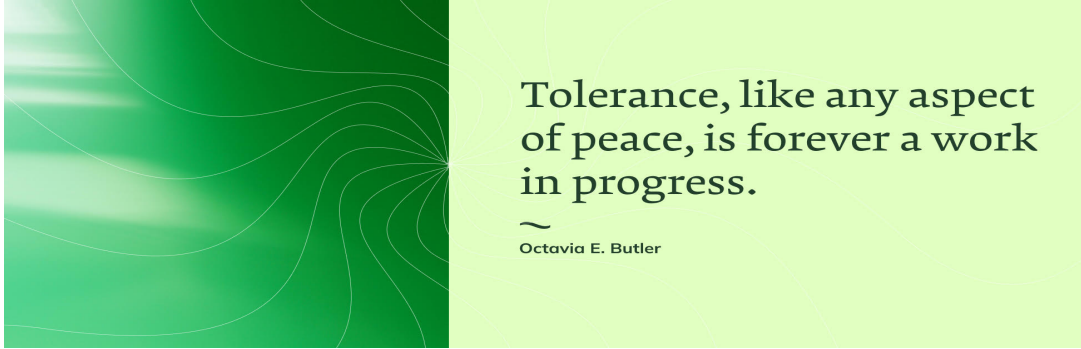
Membership Update

By Mary Liebig, Membership Coordinator

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

- Bonnie Allard - Madison, WI
- Beverly Kissel – Madison, WI

A Quote of Note



2023 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! Group Walk opportunities are listed on page no. 1 and in more detail on pages no. 2, 3 and 4.

Saturday, January 14 Wednesday, February 8	West Towne Walk East Towne Walk	24 Walkers - Credit: 24 22 Walkers - Credit: 22
Wednesday, March 8 (See Article page 1)	Board Meeting Via Zoom (Article page 1)	6:00pm - <u>Request Zoom Invite in Advance</u>
Saturday, March 18 (See Article page 2)	Middleton Pi Walk Middleton Public Library	Register Before 2:00pm 2:00pm Guided Walk Hubbard Ave. Diner Pie Following Order Pie Prior to March 16 at 608-238-8891 or via Email to: Linda Abegglen linda.abegglen@gmail.com
Saturday, March 25 (See Article page 2)	Saturday Walk & Eat Group Walk - Capitol Walk Concourse Hotel, 1 W. Dayton St. Mad.	8:45am Register; 9:00am Walk Lunch: TBD
Saturday, April 1st thru Friday, April 7th (See Article page 3)	Potential Daily Walks for National Walking Week	Dates, Times and Locations: To Be Announced via Email
Wednesday, April 12 (See Article page 2)	Membership Meeting Via Zoom or In-Person	6:30pm - Watch for Mary Liebig Email; May Need to Request Zoom Invite in Advance
Saturday, April 22 (See Article page 2)	Saturday Walk & Eat Group Walk - Civil War Walk Best Western Inntowner 2424 University Avenue, Madison	8:45am Register; 9:00am Walk Lunch: Blue Moon Bar & Grill

Attachment A

Minutes Pending Approval

Dairyland Walkers Board Meeting
11 January 2022

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

Call to Order 1800 hours (6:03 P.M.)

Approve/amend agenda – Adopted one addition

Approval of the minutes of the 9 November 2022 Board meeting. Approved

Officer Reports

1. President: Doug - Appointment of Article IX Appointed Positions:
Membership Chair- Mary, Sanctioned Event Coordinator - Chris, Trailmaster - Don, Publicity Chair
-Jerry, Newsletter Editor - Jerry, Website Administrator - Kevin

Appointment of others:

AVA Electronic Sanctioning Volunteer Patrick
Stores Manager Kristi

2. Vice President: Barb – None

3. Secretary: Jill - None

4. Treasurer: Kristi -

Balance 4 December 2022: \$5,601.63

Income: \$1,496.00

Expense: \$33.15

Balance 11 January 2023: \$7,064.48

5. Director at Large: Kathy - None

6. Other Reports

--Membership Chair: Mary – West Towne today had six walkers. Waiting on the Deforest stamp. Looking for start/finish location for the Sun Prairie walk in June.

--Sanctioned Event Coordinator: Chris – Year rounds in Madison have been updated. Kathy Hazard will be the new POC for the Arboretum Walk.

--Trailmaster: Don – Working on a new Middleton walk. Pie Walk date has changed from March 11 to the 18th to accommodate the library as the start point.

--Publicity Chair: Jerry - Absent

--Newsletter Editor: Jerry - Absent

--Website Administrator: Kevin – All updates for 2023 are completed.

--AVA Electronic Sanctioning Volunteer: Patrick – updating special events day walks.

--Stores Manager: Kristi – None

7. Unfinished Business:

--Newsletter Articles for March-April 2023 issue

Doug - Accomplishments

Mary -Membership update

Kristi -Complete VIP book from last year

Don – Pie Walk

Mary – April Walking Week

8. New Business:

Barb has request to reserve rooms A and B at the Goodman Center for the annual Holiday party on December 3rd 2023 – Approved.

VIP books: To encourage on-going local and distant walking. The VIP Program may be completed an unlimited number of times throughout the calendar year.

9. Adjourn 6:49 P.M.

Next Board meeting – Wednesday, 8 March 2023 via ZOOM (T)

Next General Membership Meeting - Wednesday, 8 February 2023 via ZOOM.

Next Special Event Walks:

--West Towne Mall walk, Saturday, 14 January 2023

--East Towne Mall walk, Saturday, 11 February 2023

Wednesday Mall group walks (Each start 10:00AM at the Food Court):

--East Towne: 4 and 18 January; 1 February 2022

--West Towne: 11 and 25 January; 8 February 2022

Attachment B

Minutes Pending Approval

**Dairyland Walkers General Membership Meeting
8 February 2023 (6:30pm)**

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

Call to Order 1830 hours CST (6:30 PM CST)

Approve/amend agenda - Adopted

Approval of the minutes of the 4 December 2022 Board Membership meeting. Approved.

Officer Reports

1. President: Doug - None
2. Vice President: Barb – Reservation payment made to Goodman's for the December Holiday Party.
3. Secretary: Jill - None
4. Treasurer: Kristi –
Balance 11 January 2023: \$7,064.48
Income: \$620
Expense: \$805
Balance 12 February 2023: \$6,879.48
5. Director at Large: Kathy - Absent
6. Other Reports
 - Membership Chair: Mary - None
 - Sanctioned Event Coordinator: Chris - None
 - Trailmaster: Don – Pie walk scheduled for March 18 th with a new start point Middleton Library. Other walks to come; first week of April National Walking Week, Evansville in May and Sun Prairie in June.
 - Publicity Chair: Jerry -
 - Newsletter Editor: Jerry - Articles due February 20 th . Email goes out the 1s week of March.
 - Website Administrator: Kevin - None
 - AVA Electronic Sanctioning Volunteer: Patrick – Five Madison area walks have been added to the on online start box. More to come.
 - Stores Manager: Kristi - None
7. Unfinished Business:
8. New Business:
Location of the Membership meeting in April will be discussed at the March Board Meeting
9. Special guest speaker: Dr. Franklin Stein. Topic: Self-Regulation and Healthy Aging – How covid has impacted the people over 65.
10. Adjourn

Next Board meeting – Wednesday, 8 March 2023, 1800 hours (6:00 PM) via ZOOM.

Next General Membership Meeting – Wednesday, 12 April 2023, 1830 hours (6:30 PM), location/format TBD.

Next Special Event Walks:

--East Towne Mall walk, Saturday, 11 February 2023

--Pie walk, Saturday, 18 March 2023; start: Middleton Library

Next morning walking group walks:

--East Towne Mall walk, Wednesday, 15 February 2023

--West Towne Mall walk, Wednesday, 22 February 2023

Attachment C January 2023 Traditional Event - Saturday, March 18 Middleton Pi Walk

WHAT IS THE EVENT

Middleton Pie Walk (Using Middleton YR Event Stamp)

the box to send an email to the

Host Club:



Dairyland Walkers

- Dates:** March 18, 2023 - March 18, 2023
- Start Location:** Middleton Public Library Community Room
- Location:** 7425 Hubbard Avenue, Middleton, WI N43.09496 W089.50806
- Hours:** This walk will be a guided walk beginning at precisely 2:00 pm. Registration must be complete prior to that time.
- Distance:** 5K
- Rating:** 1A The walk will not be suitable for strollers and wheelchairs.
- Special Programs:** Little Free Libraries, City Halls, Rockin' Around the Clock, and Walk the USA A-Z
- Directions:** 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 library is on the right, just past the Hubbard Avenue Diner.
- Parking:** Ample parking is available in the city parking lot. Please use the lot behind the library across the railroad tracks.
- Description:** 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 library to be provided by the club.
- Awards & Fees:** 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 four days prior to the walk in order to 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.
- Pets:** Pets will not be permitted.

Per DairylandWalkers.com

**Attachment C National Walking Week: April 1 - 7 - Various Walks
Dates, Times and Locations To Be Determined**

Dairyland Walkers

Dates:	April 1, 2023 - April 8, 2023
Start Location:	Various Points
Location:	To be determined
Hours:	To be determined
Distance:	10K or 5K
Rating:	To be determined
Special Programs:	Various
Directions:	Various
Parking:	Various
Description:	We will do a series of guided walks throughout the week, with specific information provided through the weekly club email. A new special Traveling Guided Event stamp will be used for these walks which will include many area walks done in the recent past.
Awards & Fees:	There will be no pre-registration or award for this walk. All walkers: \$3.00
Pets:	To be determined.
Amenities:	Various
Contact:	To be determined.
Disclaimers:	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.

[Per DairylandWalkers.com](http://DairylandWalkers.com)