



Madison Area Volkssport Association Newsletter



January-February 2024 www.dairylandwalkers.com Vol 2024-01

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Club Events

[On-line Calendar](#)

January

- 3 (Weds) E. Towne Mall Walk
- 4 (Thurs) W. Towne Mall Walk
- 10 (Weds) E. Towne Mall Walk
- 10 (Weds), 6:00pm: Board Meeting
(via Microsoft Teams)
- 11 (Thurs) W. Towne Mall Walk
- 17 (Weds) E. Towne Mall Walk
- 18 (Thurs) W. Towne Mall Walk
- 20 East Towne Club Walk
(see article for details)
- 24 (Weds) E. Towne Mall Walk
- 25 (Thurs) W. Towne Mall Walk
- 31 (Weds) E. Towne Mall Walk

February

- 1 (Thurs) W. Towne Mall Walk
- 7 (Weds) E. Towne Mall Walk
- 8 (Thurs) W. Towne Mall Walk
- 14 (Weds) E. Towne Mall Walk
- 14 General Membership Meeting
Time/Place TBA
- 15 (Thurs) W. Towne Mall Walk
- 22 (Thurs) W. Towne Mall Walk
- 28 (Weds) E. Towne Mall Walk
- 29 (Thurs) W. Towne Mall Walk

When your day is full of meetings, make sure one is with yourself. Take a moment to breathe and take care of YOU.

Specialty Days

January

- 1: **New Year's Day**
World Day of Peace
Polar Bear Plunge Day
- 2: World Introvert Day
- 4: National Trivia Day
- 5: National Bird Day
- 9: National Law Enforcement
Appreciation Day
- 10: National Houseplant Appreciation
Day
- 12: National Pharmacist Day
- 13: National Rubber Ducky Day
- 15: **MLK, Jr. Day**
- 20: International Day of Acceptance
- 21: International Sweatpants Day
- 24: Global Belly Laugh Day
- 27: Holocaust Remembrance Day

February

- 2: Optimist Day
Groundhog Day
- 4: Ice Cream for Breakfast Day
National Thank a Mail Carrier Day
- 7: National Send a Card to a Friend Day
- 9: National Pizza Day
- 14: **Valentine's Day**
- 15: National Wisconsin Day
- 17: National Random Acts of Kindness
Day
- 20: **Presidents Day**
- 29: **Leap Day**

Updates from POC's (Points of Contact)

Year-Round Walks:

- [DeForest](#): No update
- [Madison - Arboretum](#): No update
- [Madison - Capitol](#): No update
- [Madison - Eastside](#): No update
- [Madison - Monona Bay](#): See [article below](#)
- [Madison - West Towne Mall](#): No update
- [Middleton](#): No update
- [Monona](#): No update
- [Verona Walk](#): No update

Seasonal Walks—see you April 1:

- [Appleton](#): No update
- [Baraboo - Devils Lake State Park](#): No update
- [Cedarburg](#): No update
- [Eau Claire](#): No update
- [Fond Du Lac](#): No update
- [Janesville](#): No update
- [La Crosse](#): **Thank you, Paul Beck, New POC!**
- [Lake Geneva](#): No update
- [Madison - Civil War](#): No update
- [Madison - Picnic Point](#): No update
- [Madison - West Side Parks](#): No update
- [Milwaukee](#): No update
- [Neenah](#): No update
- [Oshkosh](#): No update
- [Port Washington](#): No update
- [Quincy Walk](#): No update



New Newsletter Editor/Publisher

By Pam Wilson

I volunteered to take something off former Editor/Publisher, Jerry Wilson's, plate and this newsletter is it! You will notice slight changes to the format/layout, but nothing major yet. I will now be the recipient for dairylandnews@gmail.com so, in addition to articles and pictures, please send any feedback you have for the newsletter: what do you need continued, what might you like added, what could you live without if I stopped including it. Thanks!

And...please join me in a hearty thank you to Jerry for all his hard work publishing this newsletter for the past several years! Believe me, I know how hard he has worked to provide such an informative and fun publication!

Mark Your Calendars for our 2024 Walk Weekend - September 21 and 22

By Chris Flessert

The 2024 Dairyland Walkers walk weekend will be held on September 21 and 22 in Manitowoc County Wisconsin. On Saturday, September 21 in the afternoon, we have 6k and 10k walks in the city of Manitowoc. These walks pass long Lake Michigan through the historic downtown area and follow parts of the Ice Age Trail.

On the morning on Sunday, September 22, there will be a 5k and 10k walks in the city of Two Rivers, just a few miles north of Manitowoc. These walks pass along Lake Michigan, exploring historic points of interest as well as walk on a segment of the Ice Age Trail. Since the weather is unpredictable in this area, you are advised to bring a light jacket as weather conditions can change quickly along Lake Michigan!

A block of 15 rooms has been reserved for our club at the Harbor Town Inn located at 4004 Calumet Avenue in Manitowoc (which is Highway 151). The single room rate is \$99 plus tax and double room rate is \$119 plus tax. You can call to make your reservation at (920) 684-7841 before August 21. When you call, reference the block of rooms for "Madison Area Volkssport Association."

We will have a group dinner on Saturday evening. For planning purposes, please email Chris Flessert at c.flessert@reagan.com if you are interested in going to this group dinner. While in this area, there are two AVA-sanctioned Ice Age Trail segment walks that Jerry Wilson designed - one in Manitowoc and one in Two Rivers that you might like to enjoy. You can register for these walks on the AVA OSB.

Since our calendars fill up quickly during the fall, we wanted to give you ample notice to mark your calendars and make your hotel reservations to join us on these lovely walks.

2024 Mall Walks

By Terry Wendt

East Towne Saturday Jan 20, 2024, beginning at 10:00AM until noon finishing by 2:00PM. The start point will be at the Firestone tire store 4601 East Towne Blvd. Registration will begin at 9:30. As of this time the malls do not open until 10:00AM Contact Terry Wendt 608 849 5702

The West Towne walk will be on Saturday March 2, 2024 beginning at 10:00AM until noon finishing by 2:00PM. The start point will be at the Firestone Tire Store 7105 Mineral Point Rd, registration will begin at 9:30AM Contact Terry Wendt 608 849 5702

Weekday Afternoon Walks at East & West Towne January/February 2024

By Mary Liebig

Sometimes it's harder to walk outside in winter due to snow, ice, and cold. In the Madison area, we're lucky to have two large indoor malls at East and West Towne to walk in with perfect weather! Whether it's connecting with other walkers, listening to music or a podcast, or shopping and browsing, it's good to get out of the house and get some exercise at the mall.

Mary Liebig has volunteered to help the Dairyland Walkers meet and register to walk at East Towne on nine Wednesday afternoons in January and February. She'll be assisting walkers at 12:45 p.m. in the Food Court on the dates listed below.

Kristi Kenyon has volunteered to help the Dairyland Walkers meet and register to walk at West Towne on nine Thursday afternoons in January and February. She'll be assisting walkers at 12:45 p.m. in the Food Court on the dates listed below.

East Towne Mall Walks

January and February 2024

West Towne Mall Walks

January and February 2024

Wednesday Afternoons

Led by Mary Liebig

Thursday Afternoons

Led by Kristi Kenyon

<u>Date</u>	<u>Meeting Place</u>	<u>Date</u>	<u>Meeting Place</u>
1/3/24	Food Court at 12:45 p.m.	1/4/24	Food Court at 12:45 p.m.
1/10/24	Food Court at 12:45 p.m.	1/11/24	Food Court at 12:45 p.m.
1/17/24	Food Court at 12:45 p.m.	1/18/24	Food Court at 12:45 p.m.
1/24/24	Food Court at 12:45 p.m.	1/25/24	Food Court at 12:45 p.m.
1/31/24	Food Court at 12:45 p.m.	2/1/24	Food Court at 12:45 p.m.
2/7/24	Food Court at 12:45 p.m.	2/8/24	Food Court at 12:45 p.m.
2/14/24	Food Court at 12:45 p.m.	2/15/24	Food Court at 12:45 p.m.
2/21/24	Food Court at 12:45 p.m.	2/22/24	Food Court at 12:45 p.m.
2/28/24	Food Court at 12:45 p.m.	2/29/24	Food Court at 12:45 p.m.

A Fun Story from David Bonewitz, Past AVA President: A local club was arranging a post-walk lunch at a restaurant, and called to ensure that they could accommodate 22 walkers. "No problem," assured the restaurant

employee, "and will you also have any wheelchairs?!"



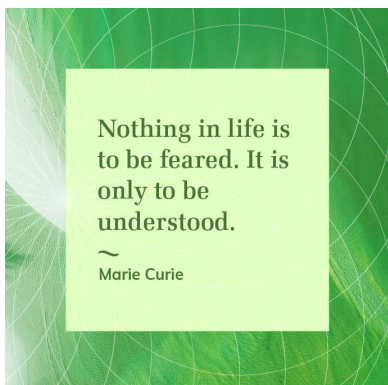
AVA January Webinar

By Jerry Wilson

Per the December Checkpoint: January webinar presenters include: Healing From Within: Detox For Better Health

Brenda Hernandez Daraiseh, MPA Operations and Marketing, Managing Partner, SANA Wellness & Health, LLC If the benefits of detoxification sound appealing but you don't know where to start, this webinar is for you.

We'll explain who can be affected by toxins, where toxins come from, when you should get started with a metabolic detoxification program, what you can expect during a metabolic detoxification program, why you should consider the SP Detox Balance™ Program and the Standard Process Purification Program. Also, learn how you can get off to a good start by crushing the sugar habit—just in time for the holiday season. We're SANA Wellness & Health, and we're here to help you "Heal From Within."



Monona Bay Walk - "Walk by the Bay"

by: Jerry Wilson

Beginning January 1st your club has sanctioned the Monona Bay walk, originally laid out by Russ Crane and Karen Reger for the 2021 AVA Biennial Convention in Madison. Beginning in 2024 the walk route will be a year round walk. (YR3479) Registration for this walk can be by using the OSB (On-line Start Box), or by accessing the physical start box located at The Concourse Hotel. The Monona Bay Walk shares the physical start box for the Capitol Walk. Walkers will find the box by entering the hotel lobby, 1 W. Dayton St., Madison, WI, and walking straight past the hotel front desk. Staying to the left of the grand staircase, the physical walk box is stored in open sight on the bottom shelf of a speakers podium on your left-side. A sitting area is located across from the walk box for your comfort.

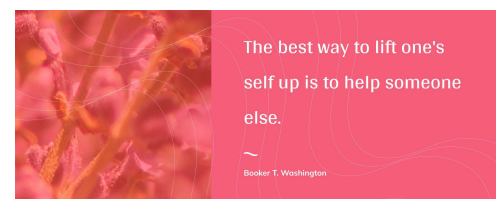
This walk is included in the club's VIP and Frequent Walker programs beginning 2024. To use a Frequent Walker coupon registration at the physical start box is required.



Fun, Fitness and Friendship 2023

By Samantha Stegura

I joined the Dairyland Walkers in February 2023. This week I completed my 140th event and I plan to finish at least 150 prior to the end of the year. I could be described as a bit of a completionist. I started collecting quarters in the early 2000s and even though I'm not an avid collector today, I have quarters minted in both Philadelphia and Denver for all 50 states. After learning about AVA's Special Programs I ordered several of them in order to give me something to work toward. I have completed volksmarches in cities starting with 25 out of 26 letters of the alphabet, walked in 11 states and completed our club's VIP Program. I have enjoyed exploring Madison as a tourist and making new friends. Whether you only make it to a few events a year or are an active participant, I encourage you to continue exploring and supporting the AVA's mission of fun, fitness and friendship.



Participant Fee Increase Effective 1/1/2024

By Samantha Stegura

Beginning January 1st, 2024 events hosted by the Dairyland Walkers will cost \$4. The change comes after the American Volkssport Association board met in October 2023. Up until now, the AVA has not increased the cost to participate in events in many years. In order to encourage our members to explore (and save a little money along the way) the Dairyland Walker's board is continuing the frequent walker program which can save you \$1 per walk if you choose to participate. Please see Kristi Kenyon's article on Frequent Walker Coupons for details.

Club Milestones

By Doug Wiest

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

Events	Kilometers
250 James Schultz	3,000 Patrick Jones
300 Billy Levers	3,500 Patrick Jones
325 Kathleen Schultz	3,500 Billy Levers
425 Beth Levers	5,000 Curtis Armstrong
450 Beth Levers	5,000 Beth Levers
500 Curtis Armstrong	12,000 Peggy Watts
500 Patrick Jones	
525 Curtis Armstrong	
525 Patrick Jones	
550 Patrick Jones	
575 Patrick Jones	
850 Ann Misener	

Congratulations to all on your accomplishments!

If I, or The American Wanderer, overlooked your accomplishments, send me an e-mail at douglaswiest@yahoo.com and they will be listed in the next Dairyland Walkers newsletter.

2024 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 2024, please remit a check for \$15.00 payable to the Madison Area Volkssport Association (or M.A.V.A.) 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 20 East Towne Mall walk. Some of you have already paid your 2024 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

Membership Update

By Mary Liebig, Membership Coordinator

Please welcome the following member who's joined our group since our last newsletter:
Charles Elson, Madison, WI

Corner Store

By Kristi Kenyon, kensinginn@tds.net

Frequent Walker Coupons

As you may know, the Dairyland Walkers events will now cost \$4 per walk starting 1/1/2024. Therefore the Frequent Walker Coupons have changed as well. We now offer a sheet of 10 coupons for \$30, a savings of \$1 per walk. As before, the coupons are good only for our 24 Year-Round and Seasonal events, which are listed on the back of every coupon. The 2024 coupons are good for the entire year and expire on 12/31/2024. The coupons can only be used when registering through the Physical Start Box (PSB). Coupons cannot be used for Online Start Box (OBS) registrations. Purchase coupons at an upcoming event or email Kristi Kenyon to arrange.

VIP Program

The 2024 VIP Program booklets are ready! Pick up one at an upcoming event or email Kristi Kenyon to request. This year, there are 24 Year-Round and Seasonal walks to choose from: 12 in the greater Madison area and 12 other across the state. Participants must complete 12 different Dairyland Walkers sponsored year-round or seasonal events during the calendar year in order to complete their first VIP Program book. Second VIP Program must be the 12 events not completed the first time. After completing all 24 events, you may repeat the program as many times as you want. *Quincy Walk is optional and may be used once for every 24 events. Thank you to those who participated in the 2023 VIP program. If you have books to redeem, please mail those by January 31, 2024 to Madison Area Volkssport Association, c/o Kristi Kenyon, 3006 Hillside Trail, Cross Plains, WI 53528. When redeeming your booklet, make sure to circle which IVV Achievement Book you wish to receive.

Merchandise

We received a fresh shipment of IVV Achievement Books for Events and Distance. Event and Distance books are \$6 each. The Stores has a limited number of AVA State and Capital special program booklets for \$5 each. Purchase books at an upcoming event or email Kristi Kenyon to arrange.

There is a desire to bring back "Spirit Wear" - T-shirts and sweatshirts with the Dairyland Walkers logo. We need a volunteer to help with this effort. The first step is to determine a vendor - online or local. If anyone has experience with online or local vendors that do not have minimum order numbers, good or bad, to share, please contact Kristi Kenyon.

We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are.

Bill Watterson, creator of "Calvin & Hobbes"

Sometimes, the most productive thing that you can do is to step outside and do nothing... relax and enjoy nature.

Melanie Charlene, author

Board Minutes 11/8/23—pending approval: Click to [link](#) to the minutes.

General Membership Minutes 12/3/23—pending approval: Click to [link](#) to the minutes.

NEWSLETTER ARTICLE SUBMITTAL DEADLINE

Deadline: February 20

for

March-April 2024 Newsletter

Use an **Article Specific Title** on the subject line, not merely "Jan.-February Newsletter Article" or "Next Newsletter", and send to DW Newsletter email address: dairylandnews@gmail.com

Rule number one is, don't sweat the small stuff. Rule number two is, it's all small stuff.

Robert Eliot, author