



Advocate

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WELCOME TO WINTER AT THE PARK!

President's Message

It seems that winter has finally settled in to the Baraboo Hills. We have ice on the lake and finally some snow cover to track critters on the trails. The Friends have made some tracks of our own by entering into our next phase for the proposed educational/interpretive center by sending out a Request for Proposal for hiring a fundraiser for our capital campaign. The Committee (representatives from the Friends Board, the Devil's Lake Concessions Board, and the Wisconsin Department of Natural Resources (WDNR)) are looking forward to reading through the proposals due February 14, 2020. We anticipate that our first step will be to have a feasibility study done to make sure that our goal is truly attainable. Please check our website for volunteer opportunities and for updates throughout the process.

We always encourage our members to share their hopes, ideas, and talents with the Friends to make sure we are representing our members in the best possible manner. To help with this goal, the Friends will be holding a member's only meeting in mid-February. The meeting will be held in at the City of Baraboo Municipal Building at 101 South Boulevard on Wednesday, February 12, 2020 from 5:00-8:00 pm. The meeting will be held to share information on the process of updating the future master plan of the area including Devil's Lake State Park and to formulate recommendations the Friends will be making to the State at a later date on behalf of the Friends group. The meeting will focus on Devil's Lake State

Park and is meant to get feedback with regard to all aspects of the park including trail use, amenities, etc. We will send further details via email to our members for this meeting and any other meetings we may hold.

We look forward to seeing you at the Candlelight Snowshoe Hike on Saturday February 8, 2020 from 6:00-8:30pm. Come enjoy a tranquil walk on the torch-lit trail through Northern Lights Campground. The Friends' sponsored event will include warm refreshments (hot chocolate and s'mores), our selfie station, a campfire, and assistants to help put on available snowshoes. If you would like to volunteer for the event, please let us know via email.

Gib Bird has decided to retire from his position from the board. We are very sorry to see him go, but are happy that he plans to continue to be an active member of the Friends by volunteering at Friends and park events. If you know of someone who might be interested in joining the board, please let them know to contact us.

Please send any questions, comments or concerns with regard to Devil's Lake State Park to our email at friendsofdevilslakestatepark@gmail.com. And as always, I want to say thank you for supporting the Friends and Devil's Lake State Park!

Bernadette Greenwood
Friends of Devil's Lake President

GREETINGS FROM THE PARK!

Park Superintendent's Report



📷 Steve Schmelzer, cropped

One of the benefits to working at Devil's Lake State Park is that I get come to work and experience the park on just about every day. Even on days when I'm not working, I may come and fish, hike, hunt, or camp at the park. Working at the park can be both a blessing and a curse. On busy summer days where problems abound or an unfortunate soul has become seriously injured or worse, I confess that I'm tired and must get away at the end of a long day. Fortunately, my salvation comes the next morning as I come to work and take meandering drive in the entrance road and I drop down over the moraine and come to the shores of Devil's Lake. That is same feeling that draws the visitors from across USA that visit the park every year or for the first time. The mystical lake that rejuvenates us and brings us back to a better place is here for us all to experience. Is this the reason why our Ho Chunk neighbors and their ancestors revered this sacred and spiritual place for thousands of years? As I contemplate my place in this world, I realize how blessed I am to come to the park every day.

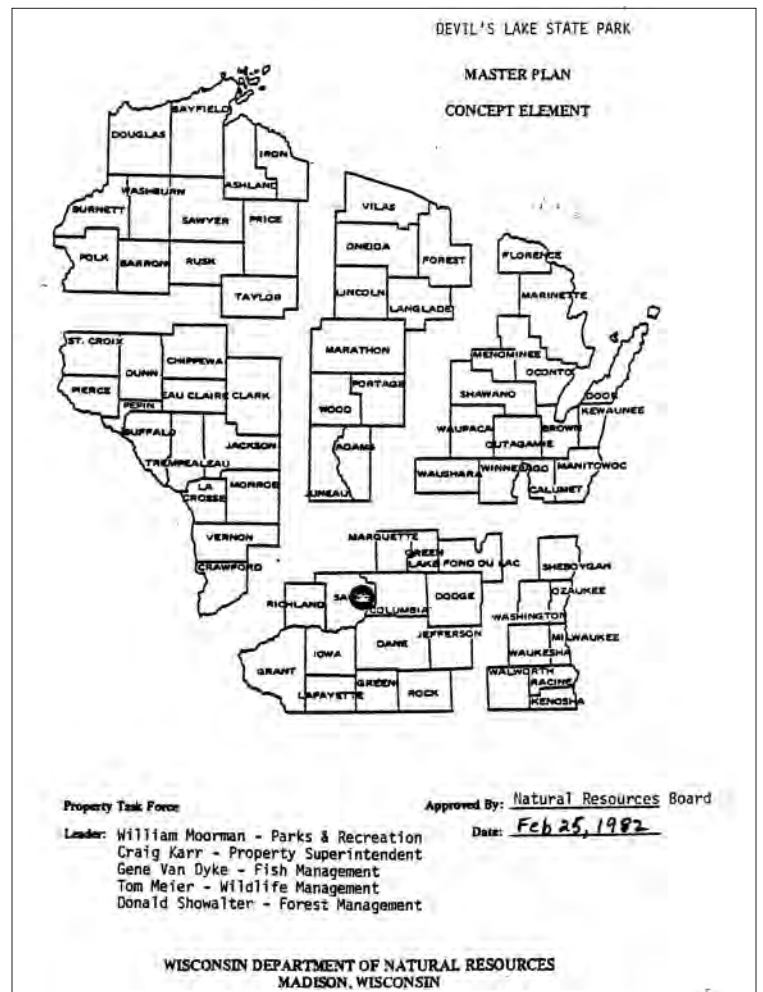
As 2020 begins we are reminded that we have a great responsibility to both protect and preserve the park as we experience and enjoy it. Coming up this year, we all will have an opportunity to provide input and suggestions as we begin work on the master plan for Devil's Lake State Park. The formal master planning process will be kicking off in early 2020 so please look for the opportunity to provide your comments to the Department and the Friends on it. You are welcome to check out our old 1982 park master plan on the following link:

<https://dnr.wi.gov/topic/lands/propertyplanning/mpComplete.html>.

I have obviously read it many times and you can tell that much thought and work went into it. This process and new plan will help guide us as we move through the 10-15 years here at the park. Please take the opportunity to help us in this

process by providing input into the new plan. Look for more information on the DNR site as it becomes available. I will see you all at the park.

–Steve Schmelzer, Park Superintendent





CAN YOU KEEP UP WITH THE NATURALIST?

By Sue Johansen-Mayolett, Park Naturalist

The new year is a great time to get up and get moving! At Devil's Lake, we are starting a new year-long challenge to motivate you to get out and get moving called Keeping up with the Naturalist! Whether it's dancing with the Ho-Chunk, leading school field trips up the bluffs, guiding kayak tours, or teaching archery, Sue the park's naturalist, seems to always be moving. A full season of park activities (plus liking to hike in her off time) makes for a lot of steps! In fact, Sue accumulated over 3 million steps last year!

As a part of the Wisconsin State Park's OutWiGo initiative, Sue would like to challenge YOU to see how many steps you take over the next year. The Wisconsin State Park's OutWiGo program is a statewide initiative encouraging everyone to improve their overall health and wellness by getting out and active in the outdoors. For more information about OutWiGo visit "dnr.wi.gov" and type OutWiGo in the search bar. To keep up with the Naturalist, Sue will be posting her weekly updates at the Nature Center as well as sending out monthly emails, so you can see how your steps compare. She'll also have hikes and programs you can attend to increase your number of steps. Check out this newsletter for upcoming hikes or visit the Wisconsin DNR's park calendar at "dnr.wi.gov/topic/parks/".

How many steps should we be taking to stay healthy? Dr. I-Min Lee, an associate epidemiologist at Brigham and Women's Hospital, a professor of medicine at Harvard Medical School, and a researcher on physical activity, wanted to look at the basis for 10,000 steps and its validity. Dr. Lee discovered that the origins of the number go back to 1965, when a Japanese company made a device named *Manpo-kei*, which translates to "10,000

 *Geology Field Trip, hosted by the Friends of Devil's Lake*

steps meter." "The name was a marketing tool," she says. But since then, the figure has become so ingrained in our health consciousness (it's often the default setting in fitness trackers). So, what is a healthy number of steps? Dr. Lee's study found, for women, walking 4,000 steps per day increased their longevity. Dr. Lee's study also draws some bigger-picture findings. Most people who are sedentary average about 2,000 steps per day.

By adding 2,000 more daily steps so that you average at least 4,400 daily steps, you will increase your longevity. The study showed that you don't need to do all these steps all at once. Walking more throughout the day was just as effective. What can you do to add a few more steps to your day? Dr. Lee offered some good advice for everyone. She suggests take the stairs instead of the elevators. Park at the first empty space you see, rather than the parking spot closest to the entrance. Make more than one trip to bring the dinner dishes from the table to the sink or dishwasher or when bringing in groceries from your car. "Those little things collectively add up", says Dr. Lee. Source: "10,000 steps a day – or fewer?" *Harvard Health Blog* 11 Jul. 2019.

We hope this program inspires you to walk more and enjoy more time in the parks. Remember, snowshoeing also counts as steps! The Nature Center has snowshoes that visitors can borrow for free to use anywhere at Devil's Lake. You can check them out anytime the Nature Center is open.

If you are interested in joining the challenge, send your name to Susan.JohansenMayolett@wisconsin.gov or stop in the Nature Center. At the end of the year, we will draw a couple of names for prizes!

2020 UPCOMING EVENTS

February & March Public Events at the Park

Feb 1 - Pop-Up Nature: Animal Tracks

9:30 – 11:30 am and 1:00 – 3:00 pm,
Nature Center

Feb 8 - Candlelight Snowshoe

6:00 – 8:30 pm, Rock Elm shelter

Feb 15 - Winter Twilight Walk or Snowshoe

4:00 – 5:30 pm, Steinke Basin

Feb 22 - Seasonal Scavenger Hunt

10:00 am – 2:30 pm, Nature Center

Feb 29 - Learn to Ice Fish

1:00 – 4:00 pm, Rock Elm shelter

Mar 7 - Weekend Wild Walks

10:00 am – 12:00/12:30 pm, Steinke Basin

Mar 14 - Weekend Wild Walks

10:00 am – 12:00/12:30 pm, Steinke Basin

Mar 21 - Weekend Wild Walks

10:00 am – 12:00/12:30 pm, Steinke Basin

Mar 28 - Weekend Wild Walks

10:00 am – 12:00/12:30 pm, Steinke Basin

MEETING NOTICE

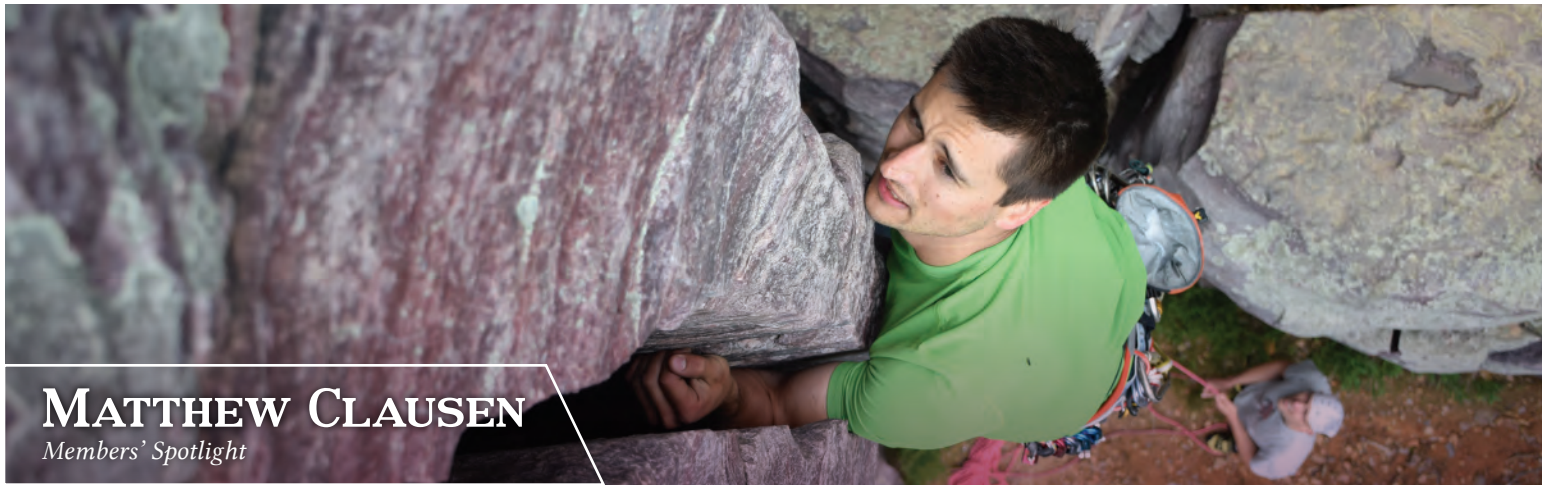
The Friends of Devil's Lake State Park will be holding one or more member's only meetings in mid-February. One of the meetings will be held in at the City of Baraboo Municipal Building at 101 South Boulevard on (tentatively scheduled Wednesday, February 12, 2020 from 5:00-8:00 pm). The meetings will be for members to share information on the process of updating the future master plan of the area including Devil's Lake State Park and to formulate recommendations the Friends will be making to the State at a later date on behalf of the Friends group. The meetings will focus on Devil's Lake State Park and is meant to get feedback with regard to all aspects of the park including trail use, amenities, etc. We will send further details via email to our members.



“Music in the Park” is coming back for 2020! Summer dates will be announced in our Spring issue.



 Mike & Mary Swita, Friends' Grotto Submission



MATTHEW CLAUSEN
Members' Spotlight

📷 Photo taken by Jay Knower, cropped

We ask members of the Devil's Lake Community to speak about themselves and their thoughts about the park.

How did you first encounter Devil's Lake State Park?

I was in 2nd grade the first time Devil's Lake entered my life. My Cub Scout troop had traveled from Kenosha in a large van to take a day trip hiking around the lake. It was my first time taking a trip from my home, and I remember feeling confused yet curious: how were we going to hike around a whole lake? [At that age, I only knew the size of Lake Michigan.] When we pulled into the North Shore parking lot, it all made sense! I could see around the whole lake, but now I had new questions. I came from flat farm fields, where I could easily step up on the biggest rocks.

Why are the rocks so much larger here, how did the cliffs form, why doesn't anything grow on the cliffs, who started these trails, why are so many other people here, and why are some of them climbing the rock like I would climb trees? One after another, questions came to me with each step along the trail--some the Scout Masters tried to answer, but eventually I was told to just quietly enjoy the hike! I remember feeling as though I was witnessing a collision of worlds, as we hiked through the flatter, more open woods on northern end of the East Bluff trail, past the alien incursions of rock that seemed to grow alongside the trees and have their own stories, down the Balanced Rock Trail, walking the interlude of urban-esque paved road and then taking the steeper, more closed-in West Bluff trail back to the car. My little legs felt like I had visited a whole continent in one day.

What role does the Park play in your life?

I didn't return to the park until I was 25. One of my best friends had just introduced me to rock climbing on a trip to Colorado, and I'd come back longing to climb more rock. Four of us took a "guys trip" to Devil's Lake for camping and climbing that fall. For the first time, I saw Devil's Lake from the side of a cliff, and that remains my favorite way to experience it.

That trip started a long relationship with what became the Lake to an older version of me. I made new friends--friends that I hope will last a lifetime. I shared memories of adventure and struggle. I explored the park in every season and felt myself changing alongside the lake. I began visiting often, feeling timid, overwhelmed, and embarrassed that I didn't know all the nooks and crannies like the regulars and locals whose faces I saw week after week; I was worried

I'd be judged an outsider or incompetent, so at first I kept myself outside their groups and read as much as I could about Lake history and technical climbing skills. After a few months, I gained enough confidence to approach others and engage with them. When I did, I found one of the most welcoming communities I have ever experienced.

Devil's Lake is the spiritual center for a large swath of the Midwest's climbing community, including me.

Why did you join the Friends?

As I spent weekend after weekend at the Lake with experienced climbers, I learned the importance of the Friends group. I began volunteering with a climbing event that raised funds for the Friends group, and then became a Friends member myself.

It sounds terrible to say, but the truth is I initially resented having to share the park with so many others. I picked up trash after them, shouted at them from the bottom of cliffs when rocks and sticks were thrown over the edge by hikers, and scowled at the broken tree branches, dog poop and erosion that heralded their passing. I even resented the paved paths until I reflected on how terrible the erosion problems would be without them. Admittedly, my favorite times to visit the lake remains the off-season, when everything grows quiet enough to hear the rustle of the turkey vulture's wings high above and the groans of the talus warming in the sun.

Yet, there's also a beauty I found over the years, watching how much others love the park. In a day of climbing at Pinnacle Point, you can hear five different languages spoken in awe to the Lake. Climbing near Devil's Doorway, out of sight and unknown to those above, you can hear the delight in their voice when they see it for the first time. Or at Balanced Rock, when a whole family stares at the formation and wonders, with the same look of confusion and curiosity that I must have had on my first trip in 2nd grade. And in the hot summer weather, the joy and pleasure of an entire beach rises in a symphony of happiness that resonates in you as you climb the rocks above.

Understanding how much the lake means to such different groups led me to realize the importance of the Friends. It serves as a voice for them all, as well as to them all: this thing that we love is precious, and we must work together to nourish it.

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What about Devil's Lake makes you particularly proud or appreciative?

How people have pulled together, despite their different backgrounds and interests, is what I'm most proud of at the Lake. The donated land to expand the park, the successful negotiation of shared use, the tolerance shown by park staff, administration, and users time after time for one another--whether it's strangers helping out with directions, or helping someone carry a well-intentioned stroller down the steep southern trails, or sharing water with the under-packed, or just the sheer number of stories exchanged there every weekend between those who have never met before, and may never meet again, but for a moment are close confidants.

The Lake awes us all, and in that awe we may become humble and open to the humanity of others. At the Lake, everyone belongs.

Do you have any particular concerns for the Park, or for the community who enjoys the Park?

This welcoming, this belonging, is the greatest reward of the Lake, but also it's biggest threat. Because Devil's Lake is always in danger of being loved to death. Nose-to-tail hikers leading to cut

trails and erosion, overflowing cars converting more area to parking, beaches packed with people and then their litter, invasive species trod into the soil spreading throughout the park, campgrounds where deluxe RVs have large-screen HD TVs glaring through the haze of the hundreds of campfires around them, and every trash can overflowing with inadequate funding for staff to collect the rubbish...The challenge for years has been finding a sustainable balance, and I suspect that challenge will continue for the life of the park. Balance may even be the wrong word, for unlike a monolith of stone that can rest in the same place for thousands of years, how we sustain the park must shift, wobble, and catch itself each year, month, or sometimes week-to-week. Protecting the park is a process, never finished, never at rest.

If you could ask the Park Superintendent one questions, what would it be?

After thanking Superintendent Schmelzer yet again for all the work he does, I'd ask him about succession planning and how we can protect, for generations to come, the inclusive community that he has been integral to building.

Interviewed by Nick Wilkes, Board Member at Large



 Daniel Emerson, Friends' Grotto Submission

FRIENDS' GROTTO

Submissions from the Devil's Lake community



Devil's Lake Diptych Left & Right, Original Oil Painting by Marlys Greenhalgh

Devil's Lake seen from the West Bluff in the late fall inspires. Contemplating the view allows one to feel close to the majesty of nature and a spiritual connection to those that lived before. Sure to inspire and motivate the viewer to overcome obstacles and create solutions!



*Photo Submission
by Mike & Mary Swita
on page 4*



*Photo Submission
by Daniel Emerson
on page 6*



Painting by Brett D. Klawitter

**▶ SUBMISSIONS
ARE WELCOME!**

We want to showcase the talent in our community! Please send your creative work or favorite memory to the board for review at friendsofdevilslakestatepark@gmail.com.



Friends of Devil's Lake State Park
P.O. Box 209
Baraboo, WI 53913

RETURN SERVICE REQUESTED

Membership paid through year shown on label.

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FRIENDS' ANNUAL MEMBERSHIP

Did you know the Friends of Devil's Lake State Park have Members from all parts of the US? Some Members are from states as distant as California, Florida, and Virginia! Members support and assist the Wisconsin Department of Natural Resources in their interpretive, scientific, historical, educational, and recreational mission at Devil's Lake State Park. We appreciate all the

support our Members provide. Not a Member? We would love for you to join us. You can also extend your membership or provide support for our programs.

We are also raising funds for a new Interpretive / Nature Center building, and we have included a section in the form below to donate directly to this project.



FRIENDS OF DEVIL'S LAKE STATE PARK – MEMBERSHIP SPECIALS

Membership Options:

- \$30 - 1 year individual
- \$80 - 3 year discounted individual
- \$50 - 1 year family
- \$140 - 3 year discounted family

Support for Devil's Lake:

To jumpstart fundraising efforts for the Interpretive / Nature Center Project, I wish to make a donation of \$ _____ . _____ to the Friends.

Name: _____

Address: _____ City/State: _____ , _____ Zip: _____

Phone Number: _____

Email Address: _____ *(Required for membership database -- will NOT be disclosed to any other parties)*

Total Amount Enclosed: \$ _____ . _____

Please mail payments to:

Friends of Devil's Lake State Park, Inc.
P.O. Box 209
Baraboo, WI 53913

or visit our website friendsofdevillake.org to join or donate!

Memberships can be gifted too; just provide the name and contact information for the recipient.