

# GDMVA, Iowa's Walking Club June 2019

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*The June 17 monthly meeting is CANCELLED! Most club officers will be at the Biennial Convention.*

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## Wednesday walks

Join us at 6 PM for an hour of informal walking and fellowship. After the 4th Wednesday we will eat out at a local restaurant (June 26 and July 24). In case of bad weather meet at the Valley West Food Court.

Questions? Call Ardith Ortgies at 277-5139.

**May 29** - Glendale Cemetery. 50th St & University Ave, Des Moines

**June 5** - Resthaven Cemetery. 19th St entrance & parking, West Des Moines. South of Ashworth Rd.

**June 12** - Bill Riley Trail. Ashworth Pool, south of Art Center parking. 101 - 45th St.

**June 19** - State Fair Grounds. Meet at Administration Bldg on Grand Ave.

**June 26** - 6222 Grand near the Grand Ave Bridge over Walnut Creek (provided the creek doesn't rise!)  
Parking on south side of Grand just before the bridge. Eat out after the walk.

**July 3** - No walk. Celebrate where you choose!

**July 10** - Colby Park. 69th St and School St, Windsor Heights.

**July 17** - Greater Des Moines Botanical Garden. Walk north to Union Park, bring \$\$\$ to ride the carousel and add a year to your life!

**July 24** - Pleasant Hill. Copper Creek, 4390 E University Ave. Eat out after.

**July 31** - Neal Smith Trail. Hy-Vee parking at 3330 M. L. King Blvd, walk east to river.

Hope you will join this friendly group of casual walkers for exercise and fellowship.

## Awards and announcements

### IVV Distance Awards

1000K - Hedy Hustedde and Peggy Watts

3500K - Corinne Nelson

5500K - Peggy Watts and Susan Pinneke

20000K - Sandy Spaulding

22000K - Butch Spaulding

### The Big Give

Our own Phyllis Olson won a free Starting Point Book as part of the annual fundraiser for AVA. Way to go Phyllis! 511 individuals contributed more than \$80,000 this year.

### New North Central Region Directors

Congratulations to the incoming Regional Director Butch Spaulding and Deputy Regional Director Susan P, both members of GDMVA! They officially take office on July 1, 2019.

***Des Moines Waterways year-round 10K is cancelled until further notice because of construction at Gray's Lake.***

***July 15 special event moved to the Madrid High Trestle Trail because of construction at Gray's Lake.***

## May business meeting highlights

### New Officers

The 2020 Officers were elected; their terms start July 1, 2019.

*President.* Diana Ronk

*Vice President.* Jan Knock

*Secretary.* Barb Stone

*Treasurer.* Susan Pinneke

*Historian.* Phyllis Olson and Norma Wessel

*Trail Master.* Peggy Watts

*Directors.* Nora Hudson, Strategic Planning, and Deb Gaskins, Programs

### AVA bylaw changes

The proposed AVA Bylaws were reviewed. The membership voted to have our delegate to the convention, Corinne Nelson, vote Yes to the proposed changes, and to use her discretion to vote for any amendments that may be added.

### Change to walk fees

This business item was postponed due to the length of the meeting.

A big thank you to Dee Willemsen and Barb John who provided a wonderful meal! What a treat!

## Upcoming events

**June 9-16** -21st AVA Biennial Convention, Albany NY

**June 17 - Monthly meeting CANCELLED! Club officers will be at the Biennial Convention.**

## Member spotlight - Susan Pinneke

Hi, I'm Susan Pinneke, most recently retired. I celebrated my retirement with a volkswalk, because that is one of my very favorite activities and my walk buddies are my favorite people.

I've been volkswalking for a while now. The first stamp in my first volkssport book is dated 1998, but I think my first volkswalk was about 10 years before that at Iowa Games. I needed something to do to kill time between my son's soccer games. I started late, got lost and had to jog part of the way to get back by the finish time. Even though I was a clueless pain, Rhonda Heim was very nice to me, so I came back. I did the Iowa Games volkswalk a few more times and finally decided I liked volkswalking and more importantly, volkswalkers!! I have been walking ever since. I'm now on walk #636 and closing in on 6,000KM. I absolutely love special programs!!

I've gotten involved in the club, too. I've been the club's vice-president, then funny thing, I became president. I'm currently the club treasurer. I was the convention chair in 2011, when we hosted the AVA convention here in Des Moines.

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*All of this has been so enjoyable, because of all the awesome people in this club!! I've never found a more agreeable bunch of people!!*

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Oh, and I'm Suzy Belle. MOO!!

I love to travel! I've also gone on a number of the overseas trips, convention trips (I'm so sad to miss this one!) and various other road trips. I can't pick a favorite; all have been super fun. I've enjoyed seeing the sites, meeting new people, and doing new things. I love when a volkswalk turns into an unexpected adventure (good adventure) with something fun along the way! I hope to see you on the trail soon. ~ Susan

## In the rearview mirror

**Earth Day at the Botanical Garden** on April 20. Thank you to Grace Ambrose, Peggy Watts, Peggy Doane, and Diana Whited for manning our table.

**Pella Group Walk** on April 27. We had a phenomenal turnout for a cold and stormy day: 14 walkers, including two guests and two Meetup participants. The tulips were wonderful. We were lucky and avoided rain. We visited the Tuttle Log Cabin, built in 1843, and got a private lecture from a lovely volunteer.

Everyone did the 5K route because we weren't sure the weather would hold. A big thank you to Nora Hudson for leading the group.

**Greenwood Park and Waterbury Neighborhood Group Walk** on May 18. The weather cooperated for these beautiful walks on Des Moines' northwest side.

We had 37 walkers including two Meetup participants. We even sold a membership to a bicyclist who stopped by to ask about the maps everyone was carrying!

Many members came specifically for the celebration at noon honoring Bonnie Christensen and Ardith Ortgies for their numerous years of service to the club.

*"Most worthwhile achievements are the results of many little things done in a single direction."*  
Nido Qubein.

That quote sums up Ardith and Bonnie's efforts on behalf of the AVA and the GDMVA.

*"Thanks to Deb Gaskins for the great event at Greenwood Park & Waterbury areas--a beautiful walking area on a sunny (believe it or not) day! Most of all thanks to Deb and Crew for a wonderful recognition event for our 34 years in GDMVA. A wonderful lunch, comments, and the very surprising and wonderful memory picture frame gift for each of us. Along with those attending from local areas it was good to see Elke and Jim down from Rochester for the celebration. Thanks again to all for our special day and special thanks to Deb!" ~ Bonnie and Ardith*

**Susan P's Retirement Celebration Walk and Potluck** on May 25. A pretty walk and a great potluck afterwards. The weather was pure Iowa, starting cold and misty and ending hot and humid.

## Calendar

**June 7-16** - GDMVA Trip to 21st AVA Biennial Convention, Albany NY

**July 15** - Full Moon Group Walk, Madrid. **Note new location!**

**July 20** - Iowa Games Group Walk, Ames

**August 3** - Bison Day Group Walk, Prairie City

**September 7** - Downtown Breweries, Des Moines

**September 28** - Oktoberfest Group Walk, West Des Moines

**October 12** - Walk for Wildlife, Granger

**October 15-19** 16th Volkssport Olympiad, Aix-en-Provence, France

**November 9** - Veteran's Day Group Walk, Des Moines

**December 16** - Club Holiday Party, Des Moines

## Volunteer opportunities

### Walk Leaders/Meetup Guides

The GDMVA is committed to making sure that everyone can enjoy group walks, no matter how familiar they are with volksmarching. Therefore, we want to provide guides for the 5K and 10K walks at every special event. If you think you might be interested, it's a great way to meet new people, show off a favorite walk, and share your enjoyment of walking with others.

## 2019 member directory

Click [here](#) for a print-friendly version of the member directory. Click [here](#) for an online version that contains information about officers, websites, and who to contact.

### Why are some members missing?

This member directory does not include every member who paid dues for 2019. A survey earlier this year asked members if they wanted to be included in the directory. If they answered No, they were not included. If they answered yes or did not respond, they were included.

To change your answer for 2020, send a message with the subject "Directory" to [gdmva.iowa@gmail.com](mailto:gdmva.iowa@gmail.com)

To keep costs down, print copies will be distributed only upon request. Send your request to [gdmva.iowa@gmail.com](mailto:gdmva.iowa@gmail.com)

## Monthly meetings

We meet on the third Monday of each month for a business meeting, program, food, and friendship. Meetings are held at 7 PM at Capitol Hill Lutheran Church, 511 Des Moines St, Des Moines.

### Parking

The church parking lot is between the Alba restaurant and the church. Enter from Des Moines St. The code is 1110. If the gate does not lift, press the red button on the keypad. A phone will ring in the church. If someone gets to the phone in time and answers it, you will be let in.

If you park on the street, you must pay until 9 PM.

### Minutes

Minutes are available at the meetings, on our [website](#), or upon request.

## Club information

### Contact us

Email or address change [gdmva.iowa@gmail.com](mailto:gdmva.iowa@gmail.com) | Membership [susanpinneke@gmail.com](mailto:susanpinneke@gmail.com) | Facebook [peggywatts@mchsi.com](mailto:peggywatts@mchsi.com) | Newsletter [gdmva.iowa@gmail.com](mailto:gdmva.iowa@gmail.com)

### Newsletter

The newsletter is published the 4th Wednesday of the month. Deadline for photos and proposed articles is the 3rd Monday of the month.

### Quick links

[GDMVA, Iowa's Walking Club](#) | [The American Volkssport Association](#) | [The International Federation of Popular Sports](#) | Facebook at [facebook.com/DMVolkssport/](https://facebook.com/DMVolkssport/)