

Iowa's Walking Club December 2020

Group walks and traditional events cancelled

Because of the soaring rate of infections from covid-19, all group walks and traditional events have been cancelled until March 1. This includes

- Weekday walking
- New Year's Day Kickoff on Jan 1, 2021
- Skywalk on Feb 13, 2021

We are extremely disappointed to have to make this decision, but the risks are too high for the club. Of course, the year round and seasonal events remain available. You can walk those when you choose, with whomever you choose.

Sock drive for charity

So many things have changed this year, but we can try to keep some of our traditions alive. We are going to adapt the annual sock drive for the homeless.



In the Des Moines metro, you can drop them at a 7013 Meredith Dr in Urbandale. There will be a clearly marked box near the front door. Phyllis O and Norma W will take them to Capitol Hill Lutheran Church who will distribute them through their service and outreach programs.

If you can't get to Des Moines, you can still participate. Take a photo of your socks, then give them to your local charity. Send us a photo of your donation - we'll include it in the Jan newsletter.

Donations will be gathered until Dec 20. This charity was a favorite of Joan A, a long-time member who was instrumental in making the church available to the club for our monthly meetings.

Memberships expire Dec 31

Don't be a Grinch, renew now!

It's time to renew your membership for 2021. Send your dues with any changes to your email, phone, or address.

If you are not a member, join now to continue receiving our emails and newsletters. It's easy. [Click here to complete a membership application](#). Members receive our event booklet that tells the "when and where" of our year round and seasonal walks, and weekend and special events.

Single membership is \$10, a family is \$12. Send your dues to GDMVA, PO Box 110, Des Moines IA 50301-0110. Make checks payable to GDMVA.

Don't redeem incentive books between Dec 10 and Jan 10

Please hold off mailing any of your Event or Distance Books to AVA from December 10, 2020 through January 10, 2021.

The national office is relocating, and they do not want anyone's books or records to get lost in the move. The new address will be posted on the AVA website when it is finalized.



Need a challenge?

Join the 2021 Centurion Challenge. Walk 100 events to earn recognition and personal satisfaction! You must be an Associate member of America's Walking Club to participate.

Register from now until Sept. 20 using this form http://cb.ava.org/checkpoint/2020/Nov/Website_Fillable_Form_Centurion_Challenge_2021.pdf

Did you meet the challenge in 2020? If you did, send your name to gdmva.iowa@gmail.com and we'll post it here.

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Checkpoint monthly newsletter

Checkpoint is the official newsletter of the America's Walking Club for local clubs. Click [here](#) to go to the ava.org page.

In memory

Pat Eggert died on Oct 29. Pat was a Minnesota volkssporter that traveled with the walking club on European trips.

Margy Nash from Davenport died Nov 15 from covid-19. She had been president of the Moline-based Mississippi River Ramblers walking club (now ceased operations).



1 - Margy Nash



2 - Pat Eggert

AVA convention in Madison WI

The volkssporting convention is held every other year. It is a great opportunity to meet walkers from all over the country, to complete numerous walks during a short period, to learn more about AVA and club workings, and to have fun at a variety of social events.

Iowa's Walking Club will help at the first pre-convention event in Galena, IL. on Jun 26.

If you are interested in attending the convention, or would like to know more, contact any of the club officers.

Registration coming soon

Watch for registration for the June 29-July 2 convention to open in early December. To get more information, go to the AVA website.

<http://ava.org/2021-convention/>

Nov monthly meeting

Our membership meeting was held Nov 16 at 6:30 via zoom. 17 members attended. Minutes are on the website under Meetings.

These people were elected for the 2021 year:

- Jan Knock, President
- Nora Hudson, Vice-President
- Diana Ronk, Secretary
- Susan Pinneke, Treasurer
- Phyllis Olson, Publicity/Historian
- Norma Wessel, Publicity/Historian
- Peggy Watts, 1st Year Director
- Deb Gaskins, 2nd Year Director

The January meeting will be held on Zoom on Jan 18 at 6:30 PM.

If you are unfamiliar with Zoom, you do not need to create a Zoom account, nor do you need to download anything in advance. You should practice, however, before the actual meeting. Click here to join a test meeting:

<https://zoom.us/test>

We will send the link the week one week before the meeting.

Walk changes

Amana – Call ahead to check the hours of Millstream Brewing 319-622.3672.

Des Moines Beaverdale – The walk box is at 4046 Amick Ave Des Moines 50310-4101. It is in a blue plastic storage box outside where walkers can get to it even if no one is home.

Des Moines Capital and Des Moines

Waterways – The walk box is at 1416 Oak Park

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Ave Des Moines IA 50313-3018. It is inside a Rubbermaid garden storage box next to the driveway behind the house where walkers can get to it even if no one is home. Remote start. Directions to the Start Point will be provided.

Iowa City – Closed permanently.

Prairie City – The walk box has moved. For walk directions and stamped insert card, contact Peggy Doane 515-240-5761 or pjohusker@gmail.com. Be sure to bring water.

20 Iowa Parks in 2020

Volkswalkers Frank and Sherry Sayers completed the Iowa State Parks 20 in 2020 Challenge. They forwarded their thanks to the club and Matt@Iowa Parklands for the huge effort involved. You can check out their trip at <https://woodlandwanderers.com/friendship/iowa.html>.

Many, many thanks to Frank and Sherry for sharing their experience with us!

Contact us

Email or address change

gdmva.iowa@gmail.com

Treasurer susanpinneke@gmail.com

Facebook knockfamily@gmail.com or

peggywatts@mchsi.com

Quick links

[Iowa's Walking Club](#)

[The American Volkssport Association](#)

[The International Federation of Popular Sports](#)

Facebook at

facebook.com/iowaswalkingclub.org/

Officers

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Newsletter

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