

GDMVA, Iowa's Walking Club March 2019

Upcoming events

March 9 - The Nebraska Trailblazers Winter-B-Gone Soup Walk to March 9. The date has changed, but the time, place and format are the same Please bring two cans of soup each.

March 16 - Beaverdale Architecture Walk, Des Moines. Start/Finish: Ibson Law Firm, 2629 Beaver Ave, Suite 3. Start between 9 AM and 11 AM.

This is a new start point and route, but still the same general neighborhood as the past St. Patrick's Walks. It's a picturesque older neighborhood with a variety of housing styles. There are many architectural gems beyond the ubiquitous "Beaverdale Bricks", including the metal-sided kit houses and charming round houses built along the old trolley line.

If anyone would like to assist in checking walkers in, stamping books at the end, or bringing a small number of treats, contact Peggy at peggywatts@mchsi.com We want to provide walk guides at each walk and are in need of a volunteer to lead the 5k. We have received positive feedback for this service, and it is a great way to share your passion for Volkssporting.

March 18 - Monthly meeting at Capitol Hill Lutheran Church, 511 Des Moines St. The program will feature members of the group who went to Spain sharing their experiences. Refreshments provided by Adelia and Joan.

April 20 - Earth Day at the Greater Des Moines Botanical Garden.

April 27 - Pella group walk, 9 am. Start point: Git N Go, 209 Oskaloosa St., Pella

Wednesday walks

March 6 and 13 - Meet at the food court at Merle Hay Plaza at 6 PM.

If the weather permits, the March 20 and 27 walks will be outside, otherwise they'll also be at Merle Hay Plaza.

March 20 start point: Ardith and Bonnie's home at 4007 Woodland Ave, Des Moines

March 27 start point: Gray's Lake. We plan to eat out after the walk on the 27th. Call 515-277-5139 with questions.

In the rearview mirror

February 16 - Our 33rd annual Skywalk event had 38 walkers. Records show that the highest attendance was in 1990 with 501 walkers!

Member spotlight - Barb Stone

I did my first Volkssport walk in 1997 when I was training with a team to do the speed walking marathon at the Canadian International Marathon, in Toronto, in October. In early spring our training had advanced to a 10K and our team leader, who was familiar with Volkssport, took us to the Beaverdale walk. I remember signing up and being totally confused as to what was being told to me about the group and how it worked.

My sister and I grew up on our farm in Greene County, Iowa and loved every minute of it. Our grandparents lived a quarter mile from us, and we could walk diagonally across our field to their house, or along the gravel road. With culverts to explore and rocks to fill our pockets, we spent many hours together walking between the two farms.

I graduated from Bayard Community School in 1970 and worked at the Bayard Coop for 9 years as bookkeeper. I tried marriage but soon discovered that was a bad choice. I saw an ad in the Des Moines Register and ended up in Des Moines working for the owners of General Growth with another girl they had hired. When the company moved to Chicago in 2000, we stayed behind and started our own landscaping business.

My second Volkssport walk was the Iowa Outdoor Expo in 2017. I started out on my own, but at the first turn went right instead of left. Diana W came to my rescue and walked with me, filling me in on Volkssporting and convinced me to get a New Walkers Packet when we got back to the start table. I never made it back to the start table though because at the end of the 10K I passed out. I did become a member that day, thanks to Diana buying, stamping and delivering my packet to me while I recuperated at a picnic shelter.

Thank you to all the members that openly welcomed me into the group. No questions, no judging—it's all about the friends and walking. I hope I can be as good of a member as all of you have proven to be.

For me, life takes on a gentle simplicity when I walk. - Barb Stone

February meeting highlights

Congratulations to **Beverly Prem** for reaching the 3,500 km milestone. Great job! - *Deb Gaskins*

President's report

Diana and Peggy Watts were the guest speakers at the February 4 Nebraska Trailblazers meeting. It was a great opportunity to meet fellow Volkssporters and share the great things our club has and is doing.

Diana has begun sending the Checkpoint to members electronically, instead of sharing at the meetings.

Old business

The DNR committee has identified the 20 parks they would like to include in the State Park Centennial Celebration. The preliminary plan is to have seasonal (May-October) walks in all 20 parks, a three-walk kick off weekend the first weekend in May 2020, a three-walk ending weekend the first weekend in October. This is an ambitious plan, but the DNR staff is excited to help. If you are interested in serving as POC for one of the parks let Diana know. She'll provide details on expectations for POC's and training.

The selected parks are Beeds Lake, Big Creek, Geode, Lake Anita, Lake of Three Fires, Lake McBride, Lake Manawa, Ledges, Lewis and Clark, McIntosh Woods, Mines of Spain, Palisade-Kepler, Pilot Knob, Pikes Peak, Prairie Rose, Preparation Canyon, Stephens State Forest, Stone, Volga, and Waubonsie.

New business

- **Earth Day at the Botanical Garden:** We will have a display from 10:00-3:00 at the Garden. Grace Ambrose, Peggy Watts, and Peggy Doane have volunteered, but there would be room for more. Contact Diana Whited at 515-783-5251
- **Meet Up Guides:** Diana shared some very helpful feedback from Meet Up participants about the importance of having someone to walk with them. She is suggesting that we add that job to the list of help needed for each traditional event. Ideally, there would be two volunteers, one for the 5K and one for the 10K.
- **2019 bike events:** Bike rides are not scheduled, and therefore are not in the event booklet as in the past. If you are interested in biking, contact Diana. She'll notify you when a ride is planned, usually a week or so prior to the ride.

The February program featured a brief history of the king cake tradition, along with a tasting. Thanks to Deb Gaskins and Kim Young for the delightful refreshments!

Happy birthdays

6-Larry Leinen	19-Alta Michener
6-Lila E Riley	22-Phyllis Olson
10-Fawn Davidson	24-Diana Whited
14-Marla Cluts	25-Carolyn Hoard
16-Louis A Bishop	25-Dottie Schwieger
16-Kathy Pille	27-Jack Reynolds
17-Louise Whitlow	

2018 memberships expire this month. Single membership is \$10, a family is \$12.

Send your check to GDMVA, P.O. Box 110, Des Moines, IA 50301-0110

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