



# GDMVA, Iowa's Walking Club January 2019

## Fun, Food, and Festivity



The holiday potluck was a success. The mild weather helped us achieve a good turn out of 33 people, including a number of friends and spouses. **Johanna Schmitt and Jeanne Van Houweling** did a fantastic job of decorating the tables with seasonal décor.

Speaking of décor, snowmen seemed to be a recurring theme of the gift exchange, from wooden door hangings, ceramic statues, and hand-stitched tea towels, there seemed to be a snowman for almost every decorating situation!

A special thanks to **Gayle**, a friend of Deb Gaskins, who did a great job playing the piano for the "Pie Carol" sing-along. The malfunctioning piano and the great lyrics generated a lot of laughs.

## Don't miss these upcoming events

- January 1 - Begin 2019 out on the right foot at Merle Hay Mall Food Court. Start between 9 AM and noon, finish by 3 PM
- January 21 - Monthly Meeting 7 PM at Capitol Hill Lutheran Church, 511 Des Moines St, Des Moines
- January 23 - Wednesday walk and dinner afterwards. 6 PM at Merle Hay Mall food court

## Wednesday walks

Each Wednesday a group meets at 6 PM at Merle Hay Mall food court for an hour of camaraderie and exercise with your volkssporting friends. For more information, please call Ardith at 515-277-5139.

On January 23, we'll have dinner together afterwards.

## It's time to renew

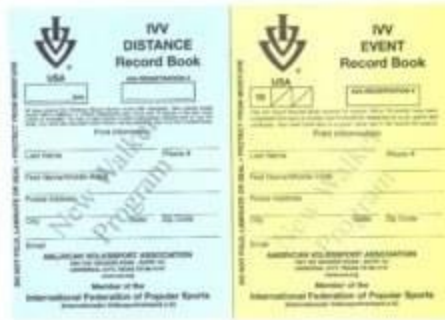
It's time to renew your membership, or if you are not a member, join now to continue receiving our emails and newsletters. It's easy. [Click here to complete a membership application](#)

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.

Members receive our 20-page event booklet that tells the when and where of our 17 year round events and the 12 weekend and special events.

## New walker program

Do you want to keep track of your walking achievements? Consider our New Walker Program. For only \$6, you get a Distance and an Event Book, coupons for 3 free walks, a patch, and an issue of *The American Wanderer*, our national organization's bi-monthly publication – all included! Keep a record of all the great walks you've been on and log those kilometers as you walk them.



1 - New walker books



2 - New walker coupons

## Happy birthdays

2-John Ronk

3-Beverly Prem

7-Barbara John

8-Jan Corderman

10-Peggy Watts

12-Karen Kae Richardson

17-Joye Schutte

20-Marge Powell

27-Michael Hustedde

If we missed you, send your birthdate to [gdmva.iowa@gmail.com](mailto:gdmva.iowa@gmail.com)



## New ways to submit achievement books



### Cut and Paste

All AVA participants can cut and paste/tape individual stamps from official insert pages (official hard copy insert pages and on-line start box insert pages) into their official AVA achievement books (Events, Distance, National Programs, Regional Programs, and Special Programs).

All AVA walkers can complete books by pasting or taping individual stamps from other official sources into official achievement books. **Staples are not allowed.**

### Scanning (AVA Associate and AVA Lifetime members only)

Only AVA Associate and AVA Lifetime members can send in scans of their completed achievement books instead of mailing the actual books.

Be sure when submitting scanned documents that they are complete and legible.

## The Nebraska and Iowa Incentive program

When you do our walks, do you stamp your book(s) for credit? If you do, you're going to LOVE our 2019 Walker Incentive Program.

Members of GDMVA or the Nebraska Wander Freunde Trailblazers (NWFT) can walk nine walks for credit (traditional or year round events) and get the 10th walk free.

Request a 2019 Incentive Card at the monthly club meeting or any traditional walk event. Carry the card with your achievement books. Walk nine events sanctioned by NWFT, GDMVA, or the Lincoln Volkssport Club, and redeem them at a traditional event or a club meeting for the 10th walk free.

After you redeem nine walks, walk nine more **unique** events (not repeating any of the walks) to receive another free walk from NWFT or GDMVA. You can earn up to four free walks per year.

GDMVA			
YR		TR	
AC	0709	Jan	3167
AM	0772	Feb	3505
AT	1023	Mar	3506
BO	0243	May	3507
DMC	0021	Sep	3508
DMEL	2433	Oct	3509
DMW	1464	+++++++	
DP	0925	PA	1186
IC	1815	PC	1782
MC	1843	WB	1244
MD	2033	WDM	1253
MV/L	0122	WS	2021

NWFT			
YR		TR	
AS	1969	Mar	3476
CB	1099	Apr	3477
FR	1444	May	3478
NP (2)	0125	Sep	3479
OCH	1446	Oct	3482
OG (2)	1146	Nov	3481
OH	0093	Dec	TBD
OHP	0476		
OM	0362		
SB	1950		

LVC			
YR		TR	
LC	0704	Mar	TBD
LR	0017	Oct	TBD
NC	0554		
SW	0888		

FREE	1	2	3	4
------	---	---	---	---

---

*Bonus credit for walking Ogallala or North Platte-these two walks count as two walks each. Drive a little and get double credit!*

---

### Notes

Free walks can be redeemed only with the NWFT or GDMVA clubs.

Event numbers for year round and seasonal events are four (4) digits long.

Traditional event numbers are three (3) digits long.

### Links to qualifying events

[Lincoln events](#)   [NWFT events](#)   [GDMVA events](#)

The walk must be redeemed at a traditional event or bring the card to a club meeting to redeem for a YRE.

If you walk any qualifying walks prior to receiving a card, you can cross them off of the card after you receive it by showing your AVA book entry. If you do an event at one of the other clubs prior to completing your first 9 walks, you can cross them off your card when you do them but cannot redeem them until you complete the first 9 events at your home club

## Printing the newsletter

For a print-friendly version of the newsletter, click the three ellipses in the upper right and select **Export > Word**.

The file will be saved in your Downloads folder. It will not open automatically.

## 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**

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

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.

### **Minutes**

Minutes are available at the meetings, or on request. We are working on having them posted to our website.

## Club information

### **Contact us**

Email or address change [gdmva.iowa@gmail.com](mailto:gdmva.iowa@gmail.com)

Membership and website [susanpinneke@gmail.com](mailto:susanpinneke@gmail.com)

Facebook [peggywatts@mchsi.com](mailto:peggywatts@mchsi.com)

### **Newsletter**

The newsletter is published the 4th Wednesday of the month.

Photos should be sent to [diwhited1969@gmail.com](mailto:diwhited1969@gmail.com)

Articles for the newsletter should be sent to [gdmva.iowa@gmail.com](mailto:gdmva.iowa@gmail.com) by 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/)