

Iowa's Walking Club April 2020

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The coronavirus and us

Things are changing minute-by-minute. When we canceled the St Patrick's Day walk on Mar 21, I wondered if we were overreacting. A week later, I know we weren't, and the governor has banned group activities.

We are following the AVA guidelines, which recommend postponing all club related events through Apr 30.

You can still walk on your own or in small groups. Exercise and safe socializing help you get through these uncertain times a little easier. Contact the start point before you head out to a sanctioned walk in case the business has changed its hours or closed.

Watch the AVA site, our site, and Facebook for up-to-date information. In mid-April, we will review our calendar and notify you of any changes.

Stay safe out there - and keep walking.

Diana R

Upcoming events

CANCELED Mar 21 - St Patrick's Day Walk for the Food Bank of Iowa

POSTPONED Apr 18 - Earth Day at the Greater Des Moines Botanical Garden. The garden is closed, but they are looking at June to reschedule this event.

POSTPONED Apr 11 - Bike Ride It's time to dust off your bike.

POSTPONED Apr 18 - 35th Anniversary Celebration. However, you can do the Easter Lake Seasonal walk at your convenience.

CANCELED Apr 20 - Monthly Meeting

CANCELED Apr 25 - Pella group walk. The tulips aren't affected by the coronavirus--do the Pella year round walk in small groups! Git N Go, 209 Oskaloosa St., Pella

POSTPONED May 1-3 - 20 Iowa Parks in 2020 Kickoff Weekend. We are watching the DNR for guidance if the state parks will open as usual on May 1. This weekend included the Hampton, Forest City, and Ventura Seasonal walks.

TO BE DETERMINED May 22-24 - Walks in Eastern Iowa. It depends on how the crisis develops. Included the Iowa City, West Branch, Mt Vernon & Lisbon, and Amana year round walks.

20 Iowa Parks in 2020

To get updated information on the 20 Iowa Parks in 2020 program, please send your contact information at walk20in20@gmail.com.

Order your 20 Iowa State Parks Centennial t-shirts now

Have you admired the beautiful yellow t-shirts that some of our members are wearing? Here's your chance to get one of your own. Send your request with your shirt size to Susanpinneke@gmail.com. The shirt is cotton and has a conventional rounded t-shirt neck.

Overview of the Budget for 20 Iowa Parks in 2020 program

Expenses		Income	
AVA fees, start boxes, mailing, awards	\$1,400	Walkers (800 @ 1.75)	\$1,400
Special events, incentive books, signs	2,460	AARP grant	1,500
Flyers, event booklets, calendars, ads	3,200	AVA grant	700
Donation to parks	2,000	Iowa Tourism grant	5,000
		Donations	1,050
Total Expenses	\$9,060	Total Income	\$9,650

News

From Diana W -

I would like to express my gratitude for all the kind thoughts I have received at the passing of my Mom. Your expressions of sympathy will always be remembered.

From Ardith O -

Many of our members know Elke Austin-Foot and her husband Jim Foote of Rochester, MN, who were members of GDMVA for many years and led many of our wonderful overseas volkssport trips. I just received notice from Elke that Jim has been diagnosed with an aggressive form of bladder cancer. Getting into Mayo's as his doctor wants is very difficult at this time.

Not only was Elke from Germany, but she was in the travel business for years. She planned our trips by working with local clubs, so we were always walking with the locals, so real people to people experience with the locals---not just a walk in the county. Of course, with area landmarks and sites in between events. Jim was her able assistant on these trips.

Please keep them both in your thoughts. And as the National AVA has canceled all events until at least May, please keep yourself safe and away from crowds.

Wednesday walks

The remaining March walk is canceled. In April, we plan to walk from the southeast parking lot of Gray's Lake at 6 PM. However, the current health concern could change everything. Otherwise, walk outside where you feel safe from others and stay healthy.

I hope to walk with you when this nightmare ends. Call Ardith or Bonnie at 515-277-5139 with questions.



March business

Membership - Lots of news here.

We have 126 memberships and 170 members as of Mar 20. Forty-six members did not renew from 2019. This attrition rate seems to be normal.

We are getting new members from the 2020 advertising and press releases. One said they heard about us from an article in their local newspaper; another one said they heard about us from searching the web for the Iowa state park celebration

The website is helping too. In 2019 we had 22 people subscribe to the site. As of Mar 7, we've already had 24 new subscribers. People subscribe to get more information, and many of the subscribers have become members.

Donations

This year we put a line for donations on the membership form on the web. It's paying off - so far in March, we have received \$51 in gifts from new and renewing members.

Land o' Lakes continues to make matching cash donations to the club based on the time Peggy Watts volunteers. We are doubly blessed to have Peggy.

Treasurer's Report

Beginning balance \$5,363.60

Deposits/Credits 2,200.00 Includes \$1500 grant from AARP for the 20 Iowa Parks in 2020 program

Withdrawals -738.42 \$67.40 for storage, \$284.75 to AVA, \$386.27 for signs (paid from 20 Iowa Parks funds)

Ending balance \$6,825.18

Minutes from February Meeting

On the website [here](#).

Calendar

[Click here for a printable calendar of all our events.](#)

Jun 6 Onawa and Sioux City

Jun 16 Polk City

Jun 20 Dubuque

Jun 27 Winterset

Jul 6 Madrid High Trestle

Jul 17 Madrid Ledges
Jul 18 Ames and Madrid High Trestle
Jul 19 Boone
Aug 1 Prairie City
Aug 29 Hamburg and Bedford
Sep 10 Solon
Sep 11 Mount Vernon
Sep 12 Dubuque
Sep 13 Fayette
Sep 14 McGregor
Sep 15 Brighton
Sep 16 Danville
Sep 26 Woodburn
Oct 2 Anita
Oct 3 Harlan and Council Bluffs
Oct 7 Walk for Wildlife
Oct 31 Downtown Breweries
Nov 14 Des Moines Capital
Nov 27 #OptOutside TBA
Dec 21 Holiday Party



Monthly meetings

We canceled the April meeting.

We meet on the third Monday of each month for a business meeting, program, food, and friendship. Meetings start at 6:30 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, they will let you in.

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

Minutes

Minutes are available online at <https://www.iowaswalkingclub.org/membership> or at the meeting.

Club information

Contact us

Email or address change. gdmva.iowa@gmail.com

Webmasters. Susan Pinneke susanpinneke@gmail.com and Diana Ronk ronkdr@mchsi.com

Facebook. Peggy Watts peggywatts@mchsi.com and Jan Knock knockfamily@gmail.com

Meetup. Jean Larson Mineart jeanlm4931@gmail.com

Newsletter

This newsletter is published by the 4th Wednesday of the month. The 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/iowaswalkingclub.org/