

Iowa's Walking Club December 2019

Contents



1. Upcoming events
2. Wednesday walks
3. President's message
4. It's time to renew
5. Changes to the bylaws
6. Special programs offered
7. 2020 Calendar
8. In the rear view mirror
9. Refreshing the brand
10. Monthly meetings
11. Club information

Upcoming events

Fri, Nov 29, 11AM. #OptOutside Black Friday.
Ada Hayden Heritage Park, 5205 Grand Ave,
Ames.

Instead of the mall, get outside with your walking friends! This park is the former site of Hallet's Quarry. It is named in honor of Ada Hayden, the first woman to receive a doctorate from Iowa State University. The walk includes two loops of 5K with beautiful lake views. Contact Peggy Watts peggywatts@mchsi.com for more information.

December 16 - Club Holiday Potluck and Party, Des Moines. 6 PM. Bring a \$10 grab bag gift if you want to participate in the gift exchange (no white elephants, please.) Jeanne Van Howeling and Johanna Schmitt will provide drinks. Diana Ronk will bring pulled pork. Bring your own place settings and a dish to share.

Bring socks to donate to the Capitol Hill Lutheran Church's clothes closet.

Jan 1 - Valley West Mall, West Des Moines.



Wednesday walks

Join us at 6 PM for an hour of informal walking and fellowship. We eat out after we walk on the 4th Wednesday of the month. Questions? Call Ardith Ortgies at 277-5139.

Nov 27 - No walk. Plan to #OptOutside on Friday in Ames instead!

We're heading back to Merle Hay in December to walk on Wednesday evenings at 6 PM.

After we walk on Dec 18 we will eat out.

See you in 2020 back at Valley West Mall starting on January 8. Meet at the food court at each mall. **Happy Holidays to all!**

President's message

Thank you!

A **BIG** thanks to Jim and Martha McGahan, who have given the club a button maker and button making supplies. We are investigating using it to make name tags and commemorative awards for events. The idea came to us at the Bison Day event at Prairie City in August, where one of the children's activities was making custom buttons.

Gracias
MERCI
ARIGATO
thank you

We'd also like to recognize Jan Knock and her husband Karl for their generous donation towards the 20 Parks in 2020 program. Thank you for your support and time.

It's time to renew

It's time to renew your membership for 2020. Include any changes to your email, phone or address with your payment.

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.



1 - Renew today image

Changes to the bylaws

The changes to the bylaws were voted on at the November meeting. They passed unanimously.

Change 1: Remove Reference to Safety Deposit Box (Article VII, Section 4. Official Documents)

Change 2. Change the fiscal year to the calendar year (Article VI, Section 3)

Change 3. Change officer terms to the calendar year. (Article III, Sections 2 and 3)

[You can read the bylaws here \(PDF\).](#)

Special programs

When you sign up for a Special Program, you will receive a book in which you record the qualifying events. Information for national programs are listed on the AVA website under Special Programs and on the back of the Special Program booklet

Iowa's Walking Club offers two local special programs. For more information on the 20 Parks in 2020 and Iowa Counties, contact peggywatts@mchsi.com.

To order books or submit completed books, mail a SASE to: Peggy Watts 4255 Eisenhower Lane #16 Ames, IA 50010. Please include your name, address, email, and phone number. Hope to see you in Iowa in 2020.

20 Parks in 2020 special program

This local program is for anyone (member or not) who walks for credit and who wants to explore "20 Iowa Parks in 2020". We have developed 5K and 10K routes in twenty of the Iowa State Parks to celebrate their 100th Year Anniversary. All walks are seasonal May 1, 2020 through October 15, 2020. Dates of group walks, location of start points and other details can be found on our website. Send questions to walk20in2020@gmail.com

The "20 Iowa Parks in 2020" books are free. Books will be available at monthly meetings, at Start Table at events, or can be ordered.

Iowa Counties special program

This local program is for anyone (member or not) who walks for credit and who wants to

explore all 99 counties. County names are listed in parentheses in the booklet, coming out in December, and on the website

You'll have 10 years to complete the program. This year alone you can cover 28 counties—almost a third of the way through!

Books will be available at monthly meetings, at Start Table at events, or can be ordered.

To order books or submit completed books, mail a SASE to: Peggy Watts 4255 Eisenhower Lane #16 Ames, IA 50010 peggywatts@mchsi.com. Please include your name, address, email, and phone number. Hope to see you in Iowa in 2020.

Calendar



Jan 1 - Valley West Mall, West Des Moines.

Feb 15 - Downtown Skywalk

Mar 7 - Excursion to Soup Walk in Omaha, hosted by Nebraska Trailblazers

Mar 21 - St. Patrick's Day Walk, Beaverdale Des Moines

Apr 18 - 35th Anniversary Celebration Walk and Potluck, Easter Lake

Apr 25 - Tulip Time in Pella

May 1-3 - 20 State Parks in 2020 Kickoff Weekend in north-central Iowa

May 22-24 - East-central Iowa Weekend: Lisbon, Iowa City, West Branch, Amana

June 6 - Lewis and Clark and Stone State Parks

June 16 - Big Creek State Park

June 20 - Mines of Spain Recreation Area

June 27 - Winterset

July 6 - Full Moon Evening Walk, Madrid High Trestle Trail

July 17-19 - Central Iowa Weekend: Iowa Games, Boone, Ledges State Park, Train Ride

Aug 1 - Bison Day

Aug 29 - Waubonsie and Lake of Three Fires State Parks

Sept 10-16 - Eastern Iowa Bus Trip [Link to brochure](#)

Sept 26 - Stephen's State Park

Oct 2-4 - Southwestern Iowa Weekend Regional Roundup

Oct 31 - Downtown Breweries

Nov 14 - Veteran's Day Walk

Dec 21 - Holiday Potluck and Party



Monthly meetings

We meet on the third Monday of each month for a business meeting, program, food, and friendship. Meetings are held 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, 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

Email or address change

gdmva.iowa@gmail.com

Webmasters.

Susan Pinneke susanpinneke@gmail.com and Diana Ronk

Facebook.

Jan Knock knockfamily@gmail.com

and Peggy Watts peggywatts@mchsi.com

Meetup.

Jean Larson Mineart

Newsletter.

Diana Ronk ronkdr@mchsi.com

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

Facebook iowaswalkingclub.org

Quick links

[GDMVA, Iowa's Walking Club](#) website

[The American Volkssport Association](#)

[The International Federation of Popular Sports](#)