

GDMVA, Iowa's Walking Club August 2019

Announcements

Super Wednesday walker, rose grower, and newspaper carrier **Marge Godfrey** had a stroke on July 4 in Des Moines. We wish her the best.

The father of **Diana Whited**, John B. Whited, died July 4 in Denison, Iowa. Our deepest sympathies go out to her.

From Diana W: "A sincere thank you to all the Iowa's Walking Club members who reached out to me with condolences at my Dad's passing. Your kind thoughts are a great comfort to me. A special thank you to Peggy Watts, Don Corrigan, Deb Gaskins, Barb John, Susan Pinneke, Corinne Nelson, and Norma Wessel for making the long trip to attend the visitation. I often tell potential members that I joined AVA for the exercise and travel, but I stay for the friendships. This was never more true than it is right now."

Wednesday walks

Meet at 6 PM. If stormy, meet at Valley West Mall Food Court. We eat out after our walk on the 4th Wednesday of the month—July 24 and Aug 28

July 24 -Copper Creek, 4390 E University Ave, Pleasant Hill. Eat out after.

July 31-Neal Smith Trail. Hy-Vee parking at 3330 M. L. King Blvd, Des Moines. Walk east to river.

August 7-Crown Point, 6300 Pioneer Pkwy, Johnston.

August 14-Gray's Lake--we'll try again! Hopefully construction and flooding have subsided.

August 21-Deerfield Retirement, 13731 Hickman Rd, Urbandale. Go left after you enter. Park as far back on left to meet and pick up trail from there.

August 28-State Fair Administration building on Grand Ave, Des Moines. Eat out after.

Upcoming events

July 20-Iowa Games Group Walk. Start 8-11 AM at Tom Evans Park, 340 Main St, Ames. POC: Peggy Watts 515.708.0405 peggywatts@mchsi.com

August 3-Bison Day Group Walk, Prairie City. Neal Smith Wildlife Refuge, 9981 Pacific St, Prairie City. Sign up for the 5K and 10K volkswalks at the table. Diana W. will lead a guided hike at 10 AM. POC: Peggy Doane 515.967.5169 pjohusker@gmail.com

August 19-Monthly meeting

Planning for next year

POCs should verify event descriptions for the AVA website and our 2020 event booklet.

In the rear view mirror

Full Moon Walk-July 15. Great attendance on a beautiful night – 29 walkers! Four people came via Meetup: Ann B, Lila R, Elaine, and John. There were several guests: Jane, Grace Ambrose brought her brother John and his friend, Penny, and Kim Young brought Pam W. There were two free walkers.

Belmond Group Walk-July 5. Ten people attended: two from Ames, three from Mason City, and five from Des Moines. It was a warm day and a stop at the ice cream parlor cooled us down.

Convention Bus Trip: A Ringing Good Time

On June 6, the three Belle cousins, Daisy, Anna, and Mara, left the farm for the trip of a lifetime. While Suzy Belle stayed home, they headed to the 2019 Volkssport convention to spread the word about Iowa's 20 walks in 20 State Parks in 2020 volkssport events.

In Maumee, Ohio, they and the other 26 bus riders enjoyed a beautiful walk along the Maumee River, thru some parks, and along the Erie Canal. A stop at a local ice cream shop was enjoyable.

In Rochester, NY, they crossed the Genesee River/Erie Canal and walked to the wonderful high falls. After a wrong turn, Don and Mara Belle caught up with Anna and Daisy in the Corn District (they loved that name) and found their first Little Free Library. The trio enjoyed dinner on the patio of the famous Dinosaur BBQ.

In Augusta, Maine, they started at the Viles State Arboretum. Daisy and Anna toured the Capitol grounds on the 10K while Mara took the 5K along the Kennebec River, seeing America's oldest surviving wooden fort from 1754, a plaque honoring Benedict Arnold, and up a hill that went on forever. At dinner that evening, Anna Belle chatted with a couple from Maine and discovered that she knew the woman's cousin in Ames, and that Maine was the largest producer of golf tees!

The first pre-convention walk in Portsmouth, New Hampshire, featured the downtown and harbor. The Belles were delighted to see that lobster, not steak, was

the sought out food. Many in the group enjoyed lobster rolls and crab cakes.

The second preconvention walk was in Danvers, Massachusetts, once part of Salem. The trail highlighted several of the historic witch trial sites, as it went thru town on sidewalks and trails.

The next stop was Forest Park in Springfield, Mass. While the walk did not include the Basketball Hall of Fame, they enjoyed the flat garden-like route.

At the convention hotel, the bus driver joined us on a Fun ESVC Community walk benefiting a service dog charity, Operation at Ease. Ice cream was their reward.

The Belles got to work inviting the conventioners to Iowa's 20 walks in 20 State Parks in 2020. They had big hooves to fill: many people reminisced about Suzy Belle and raved about the 2011 convention. However, it was not all work. They swam in the cement pond, learned about the Erie Canal, Women at the Battle of Saratoga, and Casey at the Bat, and swayed to the tunes of Trish and John in *A Musical Walk Thru Northeast History*.

Back on the trail, the Belles headed for first convention walk in Cohoes/Waterford, NY, where the Mohawk and Hudson rivers join. The trail passed along the old mule paths, a scenic waterfront, and an operational lock. The meet and greet featured baseball themed food.

After a false start, they began the Saratoga Battlefield walk in Schuylerville, NY. It was a start and stop walk with bus rides in between. The Belles could see why the Americans chose the battlefield, and learned how

winning this battle helped bring the French and other European counties to the Americans' aid.

On the President's Walk in downtown Albany they experienced the State Museum, the Erie Canal expo, and shed a tear over the iconic damaged fire engine in the 9/11 display.

The convention ended with a grand banquet. Phyllis was recognized for her dedication, Diana Ronk and Peggy Watts received their trail master certificates, Norma earned a blue ribbon for her photo.

Next up, Cooperstown, NY. While they had heard that there was a cow in the Baseball Hall of Fame, and they wanted to see the George Bret Hall of Fame plaque, they knew many of their relatives had been turned into catcher's mitts and ball gloves.

At Niagara Falls, they delighted in the powerful waterfalls and rapids. Anna Belle ate at the famed Hard Rock Café, which helped her overcome her *Peggy Sue* disappointment. They missed the fireworks that night because they were just too exhausted to go outside.

In Erie County Naval Park, Buffalo, they viewed the US Naval ship named after the Sullivan Brothers from Waterloo. They passed the birthplace of the grain elevator (their kind of architecture!). They enjoyed ice cream and clam chowder to salute NY dairy products.

As they left Buffalo, they dreamed of what might lay ahead. Would they go to the convention in Madison to pitch Iowa's 99 county walk program? Plan a return of the convention to Iowa in 2023? *by Don Corrigan*

GDMVA, IOWA'S WALKING CLUB

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