

# January 2020 Iowa's Walking Club



At the November meeting, members were recognized for their efforts on behalf of the club. Pictured: Peggy Watts, Susan Pinneke, Corinne Nelson, Linda Lindgren, Peggy Doane, Ardith Ortgies.

Not pictured: Pat Brinker, Jan and Sharon Haugen, Steve and Susan Urbatsch, Nancy Pugh, Bev Prem, and the Whiterock Conservancy.

November meeting minutes on the website under About, or you can click [here](#) to open a PDF.

## Renew now!

It's time to renew. Single memberships are \$10, family are \$12. Bring your dues to the January or February events, or mail them with any changes to your contact information to Iowa's Walking Club, PO Box 110, Des Moines IA 50301-0110.

Your dues make it possible for us to print event booklets, pay our AVA sanctioning fees, the website, and other incidentals. The club is run completely by volunteers. If you like what we do, please renew.

## Upcoming events

**Jan 1** - Valley West Mall, West Des Moines.

**Jan 20** - Monthly Meeting at 6:30 PM. Peggy Watts is bringing refreshments.

**Feb 15** - Downtown Skywalk, Des Moines

**Mar 7** - Excursion to Soup Walk in Omaha, Nebraska. If you're interested in carpooling, contact Diana R ronkdr@mchsi.com

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

For more information, go to our [club listings on AVA.org](#).

Get a [printable calendar for your wall](#).

## Letter from the president

You should have received your 2020 booklet by now. (If you haven't, send me an email at [Ronkdr@mchsi.com](mailto:Ronkdr@mchsi.com) or call me at 515.491.8903.)

You might be surprised by the number of walks we have planned for next year - we are very excited by our ambitious schedule. **We need you!** We can always use helping hands at events: set up before the event, at the start and finish tables, and as guides for new walkers. You'll meet lots of people who share your enthusiasm for walking. It takes a lot of people to put on a walk, but it's not a lot of hard work. Please, please consider contributing a couple of hours!

**Winter walking - Be safe!** Did you know that slips, trips and falls are the second most common cause of unintentional death from injuries in the U.S. each year? Snow and ice make winter walking treacherous. Be especially careful in the mornings, and on north facing sidewalks and parking lots.

If you must walk on a slippery surface, slow down, take small steps, and keep your hands free for balance. Bend your knees slightly and walk flat-footed with your center of gravity directly over your feet as much as possible. Bending slightly forward may help protect your head if your feet do slip out from under you. You might feel silly, but you might prevent life-changing injuries. For more tips, see the Iowa Department of Public Health's guide to safe winter walking [here](#).

**It's 2020.** That means it's time to start planning how you're going to get to all 20 Iowa's State Parks. And, if you are thinking about trying to walk all 99 counties, you'll want to plan that too: there are a jaw-dropping 28 Iowa counties with walks this year, sponsored by three different walking clubs. More information on the state parks is on the website at <https://www.iowaswalkingclub.org/20in2020> or contact Peggy Watts at [peggywatts@mchsi.com](mailto:peggywatts@mchsi.com)

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**Fee change.** Starting January 1, all walkers pay a \$3 fee. The club approved this change at the September meeting. The rationale was that it would be less confusing for non-credit walkers if we simplified the fee structure.

On a sad note, Charlie Gentile has died. [Click here for his obituary.](#)

I hope to see you on the trails soon. ~ Diana R



1 - Charlie in 2018 at one of the walks for this year's national convention, in full Custer regalia.

## Wednesday walks

Meet at 6 PM for an hour of walking--this is a walking club!! On the 4th Wednesday we choose a place to eat out after we walk.

Meet at the food court on Wednesday at 6 PM.

**Jan 1** - Don't miss our special event at Valley West Mall Mall starting between 9 AM and noon and finishing by 2 PM. No Wednesday evening walk!

**Jan 8, 15, 22, 29** We will walk from food court at Valley West Mall. We plan to eat out after we walk on Wed,, Jan 22, the fourth Wednesday of the month.

## In the rear view mirror

**Nov 29 - #OptOutside at Ada Hayden in Ames**  
10 people showed their mettle on a cold and blustery day.

## December 16 - Club Holiday Potluck and Party

About 30 members gathered to eat, drink and be merry. We had a great time socializing.

There was lots of fun and conversation. Members brought socks to donate to the Capitol Hill Lutheran Church's clothes closet.



2 - Jeanne VH and Johanna S provided drinks and did a wonderful job of decorating --thank you!



3 - No one left hungry.



4 - Jan K looks serious while Deb G doesn't.



6 - Don C loved his holiday moose, until he lost it. Peggy W is amused.



5 - Eagerly awaiting the start of the gift exchange