

GDMVA, Iowa's Walking Club September 2019

We have a new website! It's "GDMVA, Iowa's Walking Club" at iowaswalkingclub.org

We needed a new website because search engines such as google and Bing could not find our old website. That meant we were invisible on the web. For example, if you searched for "Iowa walker," "Walking clubs in Des Moines," or "Greater Des Moines Volkssport Association," the GDMVA website did not display in the search results.

We have taken this opportunity to add a lot of information. The website is mobile friendly too, so you can read it on your phone or tablet.

Please share the website with your friends, family, and coworkers. We look forward to your feedback.

Upcoming events

Aug 30 - Meals for the Heartland. Join club members at Vets Auditorium at 9:45 AM and travel to the location together. For more information, contact Deb Gaskins 515-238-2486 gaskins.deb@gmail.com

Sept 4 - The Wandering Wheels Volkssport club from Ohio will descend in mass on Davenport at 3 PM. If you can, please join them for the 5K or 10K YRE. The route is along the Mississippi River. The walker will see various city highlights of Davenport and the Village of East Davenport. [Walk details.](#)

Sept 7 - Downtown Breweries. Start: Peace Tree Brewing Company, 317 E Court Ave, Des Moines. Park across Court Ave in lot between E 4th and E 6th streets.

Start between 11 AM and 1 PM, finish by 3 PM. Guided walks at 11:30 AM.

This walk takes you through different downtown areas and past Gray's Lake.

Sept. 13 - 15 - Walk Six Counties in Eastern South Dakota. The Prairie Wanderers have organized a three-day event the weekend of September 13, 14 and 15, 2019. Download the informational brochure for the [South Dakota County Walks 2019](#)

Sept 16 - Monthly Meeting. Our member, Jo Kay Boyle, will share her experiences with beyond, Dr Richard Deming's Cancer survivor group.

October 12 - Walk for Wildlife, Granger

Changes to Oktoberfest walk on Sept 28

Several changes have been made to the Oktoberfest Group Walk.

The start point has been changed to the Big Acai (ah-say-ee) in Valley Junction at 117 5th St, West Des Moines, IA 50265.

The start time has been extended: Noon to 2 PM. The finish time is 5 PM.

Guided walks are tentatively scheduled for 12:30 PM. Parking is available behind the restaurant. We are expecting a big crowd--AARP will be there. If you sign up through the AARP website (no link available yet), AARP will pay your \$2 of your walk fees. They will also provide food and swag.

Be sure to thank the staff at the Big Acai for hosting the start. See their website for their menu: <https://bigacaibowl.com/>

Wednesday walks

Meet at the following locations at 6 PM for an hour of walking--this is a walking club! If bad weather, meet at Valley West Mall. After we walk on the 4th Wed, we choose a place where to eat.

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

Sept 4 - Great Western Trail, 4343 Geo Flagg Pkwy

Sept 11 - Colby Park Trail at 86th & Colby Pkwy, Urbandale (left of Library).

Sept 18 - Summerset State Park, Hwy 65 - 69, 6 miles south of Southridge Mall

Sept 25 - Beaverdale Park, 34th St and Adams Ave, Des Moines. Eat out afterwards!

Oct 2 - Gray's Lake, Des Moines. Check out the work on Fleur underpass & neat bridge over the DM River!

In the rear view mirror

August 3 - Bison Day Group Walk. It was a beautiful day for a walk. Neal Smith had record attendance of approximately 1,200 people. They expressed their appreciation for our presence.

Minutes

Minutes are available at the meetings or on our website under About at <https://www.iowaswalkingclub.org/about>.



Letter from the president

Our speaker at the August meeting was mesmerizing. Mary Frances Evans is the executive director of the Iowa Radio Reading Information Services (IRIS). IRIS is a free radio reading service that reads print information aloud to over 3,000 print-disabled listeners throughout Iowa.

Several of our members volunteer for IRIS, and they can always use more help (not just with reading on air). For more information, see <https://www.iowaradioreading.org/become-a-volunteer/>

I would like to pass on two items about our members:

- Marge Godfrey is home and receiving therapies.
- Many of you know Jan Knock has been guardian and caretaker for Della Conradi of Coralville since 1973. On August 12, Della passed away from complications of a congenital heart defect. Our thoughts are with you, Jan.

Walk Iowa's State Parks. Our club, along with the Nebraska Trailblazers and the DNR, are organizing 20 new walks next year in celebration of the centennial of the Iowa State Park system. The organizing committee is working feverishly to get funding, get the walks sanctioned, and tie up all the details needed to make this a successful program. If you have any reminiscences of the state parks, they need quotes for their press releases.

The committee is planning a bus trip featuring the state parks on the eastern side of the state, a weekend of walk and bike events in northern Iowa, a Regional Roundup in southwestern Iowa, and weekday walks and guided walks in many parks across the state.

GDMVA, IOWA'S WALKING CLUB

P.O. Box 110
Des Moines, IA 50301-0110

ADDRESS SERVICE REQUESTED

iowaswalkingclub.org

More information will be added to the website as it becomes available at <https://www.iowaswalkingclub.org/20in2020>

Participation. We need to find ways to increase participation and keep the club vibrant and relevant.

- Attend monthly meetings. It is a great way to meet other walkers and provide input on club goals and activities.
- Walk at an event. If you do not want to walk, you can work the start tables at walks. Call the POC if you need a ride.
- Join the membership and recruiting committee. Develop a presentation for speaking events at local organizations and clubs. Highlight history, mission, and goals; create outreach materials to send to people signing up on website, Meetup participants, and other leads; and brainstorm and perform activities designed to engage new members and convert leads into members.
- Join the social media and communications committee. Develop a list of media with contacts and deadlines for event publicity; define content for platforms to ensure consistent, clear communications; identify and address common issues; and develop a branding strategy and guidelines.

This weather is great for walking. I hope to see you on the trails soon.

~ Diana R



Fun, Fitness, Friendship