

GDMVA, Iowa's Walking Club March 2020



It's not Spring yet, but this photo can get us in the mood! Photo by [Arek Adeoye](#) on [Unsplash](#)

For the good of the order

Marjorie Ann Whited, Diana's mother, died February 25. Our deepest sympathies go out to her. Her obituary is here:

<https://www.pauleyjones.com/obituaries/Marjorie-Whited/#!/Obituary>. The family will meet friends on March 1 from 2-5 PM at Pauley Jones Pfannebecker Funeral Home, 1325 Broadway, Denison.

Phyllis O. wanted to share a memory of Pilot Knob: *"About 60 years ago before the age of online reservations, I would get up early to go sit in the Strone Shelter at Pilot Knob to occupy the shelter for our Sunday School picnic that day. I would take a book along and sit on a table reading for several hours waiting for others to come for the picnic. When I think back about it, I wonder why was I always assigned to do this task?" ~ Phyl*

Meet Up Guides: We have been providing walk guides for a year now, and it is proving very successful. Both Meetup participants and more experienced walkers are taking advantage of this service. We usually offer one for the 5K and one for the 10K. There is a Meetup sign in the registration tub so the guides can identify themselves to the Meet Up participants. If you like to meet new people, consider volunteering for an upcoming walk!

Speaking of volunteering, did you know that you can stamp your incentive books if you volunteer at the start

/finish of a special event? If you'd prefer to sit instead of walk, consider volunteering the day of the event!

Upcoming events

March 16 - Monthly meeting at Capitol Hill Lutheran Church, 511 Des Moines St. The program will be about teaching English as a Second Language (ESL). Refreshments will be provided by Linda L and Peggy D.

March 21 - St Patrick's Day Walk for the Food Bank of Iowa. Ibson Law Firm, 2629 Beaver Ave, Suite 3, Beaverdale. Start between 9 and 11 AM. Please bring 2 canned goods to donate.

This walk is in a charming older neighborhood with a variety of housing styles. There are many architectural gems beyond the ubiquitous "Beaverdale Bricks", including metal-sided houses made from kits and charming round houses built along the old trolley line. A guide will lead at 9:30 AM.

April 11 - It's time to dust off your bike. Chichaqua Valley Trail, 8123 NE 88th St, Bondurant. Meet at 10 AM, depart at 10:15 AM. 12k and 25k bike rides. Ride at your own pace. Contact Grace Ambrose 515-238-8097 for more information.

April 18 - 35th Anniversary of our first Group Walk. Easter Lake Park, 2830 Easter Lake Dr, Des Moines, IA 50320. On April 20 and 21, 1985, the Greater Des Moines Volkssport Association held its first walks. Celebrate the 35th anniversary with the walk (start between 9 and 11 AM), a potluck dinner at noon, followed by "a walk down memory lane"! Come out to share your memories even if you don't feel like walking!

April 18 - Earth Day at the Greater Des Moines Botanical Garden. Iowa's Walking Club will have an informational table at this popular community event to promote the 20 Walks through 20 Parks in 2020

April 25 - Pella group walk, 9 am. Start point: Git N Go, 209 Oskaloosa St., Pella

Wednesday walks

In March the group will meet at the food court at Valley West Mall at 6 PM. If the weather permits at the end of the month, we'll move outside.

We plan to eat out after the walk on the 25th. Call 515-277-5139 with questions.

February meeting highlights

Our 34th annual Skywalk walk on Feb 16 had 65 walkers, a jump up from 38 last year. The nice weather made it easier for people to drive in from around the state. Records show that the highest attendance was in 1990 with 501 walkers!

We sold several new member packets, which is a good sign for the club (and a great value for the walker).

Membership

As of the meeting, 46 members had not renewed, and 105 had. **If you have not paid your dues, this is the last newsletter you will receive.** Check for the year on your address label. If you have any questions, contact Susan Pinneke, 515-277-3653.

Old Business

Jan Knock reminded us that we will begin work on the new branding for the club in April, when everyone gets back from their winter digs.

New business

An example of the razor flags for the 20 Iowa Parks in 2020 program was passed around. The club voted to purchase two flags.

The financing for the 20 Walks in 2020 was explained: So far, the program has received \$7,700 in cash

donations from several sources, and in-kind support (printing) from the AVA and from the AARP. Some of this printing will be used to produce a program booklet that only has the descriptions for the 20 parks.

Some of the printing will be used for the second printing of our club's event booklets. They contain descriptions of all our walks and special events. We have very few on hand, and we need them for new members. We are taking advantage of this opportunity to not only fix the errors that have become apparent but to also add the descriptions for the seven Iowa Park walks sponsored by the Nebraska Trailblazers. Because these walks are part of the Iowa Walking Club's 20 Iowa Parks in 2020 program, it makes sense to include them in our booklet.

Program and refreshments

Ardith O. created a BINGO-style game that got us up and talking to each other. Each square on the board identified a walking achievement, such as "Walked in 10 or more Foreign Countries: or "Completed all 51 Capitals", "Walked in 5 State Parks." Since each person could only be used once, there was a lot of strategy to consider. Winners got to choose from a variety of beautiful stickers commemorating state parks, provided by Jan K. It was fun and educational too!

Deb Gaskins provided refreshments.

Suggestions for the newsletter?

Call Diana R 515.491.8903.

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