

GDMVA, Iowa's Walking Club February 2019



Contents

Set smart goals for 2019	2
January business meeting highlights	2
President's Report.....	2
Old Business	3
New Business	3
Earth Day at the Greater Des Moines Botanical Garden.....	3
Deb's corner.....	3
In the rear-view mirror	3
Member spotlight - Diana Ronk.....	3
Wednesday walks	3
Happy birthdays	4
Calendar	4
Club information	4
Monthly meetings.....	4
Contact us	4
Newsletter.....	4
Quick links.....	Error! Bookmark not defined.

Upcoming events

February 16 - Downtown Skywalk, Des Moines.
Start/Finish: Court Avenue Restaurant and Brewing Co., 309 Court Ave. Start between 9 AM & noon, Finish by 2 PM. If anyone would like to assist in checking walkers in, stamping books at the end, or bringing a small number of treats, contact Corinne Nelson at 515-276-6317,

February 18 – Monthly Meeting 7 PM at Capitol Hill Lutheran Church, 511 Des Moines St, Des Moines

March 16 – Beaverville Architecture, Des Moines.
Start/Finish: Ibson Law Firm, 2629 Beaver Ave Suite 3.
Start between 9 AM & noon, Finish by 2 PM. If anyone

would like to assist in checking walkers in, stamping books at the end, or bringing a small number of treats, contact Peggy Watts at 515-708-0405.

It's time to renew

GDMVA membership dues are payable in January of each year. 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. Include any changes to your address, email or phone since last year. If you have any questions, contact Susan Pinneke, 515-277-3653.

Members receive access to this newsletter, the 20-page event booklet that tells the details of our 17 year-round events and the 12 weekend and special events, and email reminders.

Welcome new members!

Carol Rye started walking with members Steve and Susan Urbatsch a few years ago, after they gave a presentation on volkssporting for the Life Long Learning program in Mason City. They usually walk together a couple of times a week somewhere in Mason City.

She decided to join the GDMVA after she met some of the members from Iowa during a trip to Spain this past fall. Carol enjoyed the people she met and appreciated the motivation to walk that a group provides. Steve and Susan have given her the GDMVA program booklet in the past and she thinks it contains many good ideas about places to see and walk in Iowa.

"I watch some walkers glide along and see that as my goal. I appreciate the health and social benefits as I seek to achieve their easy, light, stride. And, even if I never get to that level of walking, I will have enjoyed exercise with my friends. - Carol Rye, Mason City

Carol is retired, and in addition to walking, she teaches knitting. She has three weekly groups made of people who enjoy some form of fiber craft and enjoy socializing.



Jaxon Procknow of Des Moines has been participating in GDMVA walks for some time. Welcome!

Marge Oehlke lives in Springfield, Minnesota. She is a longtime member of the Twin Cities Volkssport and Lake Country Wanderers clubs. Marge has been involved in volkssporting for some 30 years, and has walked in nine countries, five provinces of Canada, and all 50 U.S. states.

In addition to walking, Marge enjoys quilting, puzzles, and gardening. She often takes her pruning shears on her walks in order to remove Buckthorn, an invasive shrub, from along her daily route.

We look forward to seeing you all at events this year.

Set smart goals for 2019

by Diana Whited, President

This fall I presented a program on Volkssporting to a women's group in Marshalltown. In addition to explaining the history and nuts and bolts of Volkssporting, I shared with them why we walk and the three "F's" of AVA: Fun, Fitness and Friendship.

In my presentation, I started with fitness, not because it is any more important than fun and friendship, but because many people join AVA to begin walking for fitness. Nearly every week a new study is published by one of the medical associations (Heart Association, Arthritis Foundation and Parkinson's Foundation to name a few) championing the many physical and mental health benefits of walking.

With all this data, it makes you wonder why the streets and trails aren't full every day! Unfortunately, translating what we know is good for us into action is not that easy. We all have busy lives and while we know we should be walking, it is easy to put it off.



At the start of the new year, millions of people will vow to improve their fitness level. (Check the parking lot of any fitness center in January!) Unfortunately, less than GDMVA, Iowa's Walking Club February 2019

10% reach those goals. The way we pick, set, and pursue our goals are largely to blame. A goal without a plan is just a wish. But there is hope! People who explicitly make resolutions are 10 times more likely to succeed.

In my past life as a school guidance counselor, I taught the concept of SMART goals, goals that are specific, measurable, attainable, relevant and time-bound.

- **Specific.** A specific goal will usually answer the four W's (Who, What, Where, and Why).
- **Measurable.** You will know when it is accomplished.
- **Attainable.** It must be something you can realistically attain.
- **Relevant.** It must mean something, because if it isn't, it isn't worth pursuing.
- **Time-bound.** A deadline makes you more committed

For example, instead of "I am going to participate in more Iowa's Walking Club events," a SMART goal might be "To support my club and improve my fitness (relevant), I will participate in two Iowa's Walking Club events (specific, attainable) each month (measurable, time-bound)."

So, if you plan to walk more Iowa's Walking Club events in 2019 (and don't we all say that every year?) I challenge to think about developing a SMART goal for yourself.

And to give you a little extra boost, our club is partnering with the Nebraska clubs to develop an incentive program for 2019. The program was described at the January meeting and in January's newsletter. Be sure to check it out!

January business meeting highlights

President's Report

Diana shared that a photo of the Mall Walk was published on the front page of the January Checkpoint. You can view it at www.ava.org. Select **Administrative > General Admin > Publications/Policies > AVA Bimonthly Newspaper - The American Wanderer (TAW)**

Old Business

GDMVA members going to the convention: The convention website is open, but Phyllis asks that we not register until after she returns from Arizona. She is still working out details about transportation to convention walks, which may impact the cost of the trip.

New Business

Beginning in March of 2019, The American Wanderer ((TAW) will be printed quarterly in March, June, September and December. Changing from publishing 6 times per year to 4 times per year will save AVA an estimated \$32,000. You can access the TAW electronically at www.ava.org or you can receive a printed copy by joining AVA.

AVA also publishes a monthly electronic newsletter at [AVA Monthly Digital Newsletter](#)

Earth Day at the Greater Des Moines Botanical Garden

Our club has received an invitation to participate in the Greater Des Moines Botanical Gardens Earth Day event. The event will be scheduled from 10:00-3:00. The group voted to participate. The date is Saturday, April 20th, the day before Easter Sunday.

Volunteers are needed to man the informational table; please contact Diana Whited at 515-783-5251 or diwhited@gmail.com

Deb's corner

Congratulations to **Carol Bogan** for reaching the 12,000-kilometer milestone in the incentive walking program (walking on your own time). That is a lot of steps! Keep up the good work!

A big thank you to **Pat Reeves** for the box of envelopes she donated to the club. In the process of decluttering her house the GDMVA became the beneficiaries of just-the-right-sized envelopes to mail out Little Free Library books, and, when people start redeeming their books, sending out the award patches

A special thanks to **Peggy Watts** for her countless hours of sweat equity that she has put in for the club in designing new walks. In addition, her employer, Land o' Lakes, has donated \$250 to GDMVA as a matched contribution for the time that Peggy has volunteered on our behalf. Great job!

In the rear-view mirror

January 1 - Merle Hay Mall. Fifty-two walkers attended our 2019 kickoff event. Way to go!

Member spotlight - Diana Ronk

My first volksmarch was in Des Moines in 2011. My aunt (a long-time member of AVA) came for the AVA Biennial Convention. She made me buy a start packet and took me on the fabulous South of Grand walk. I've since gone to conventions in Canada and Billings, Montana, and I knew I needed to get more involved.

And did I ever! This year I designed the Brewery walk, am serving as vice-president, and have taken on publishing the newsletter and event booklet.

Originally from Minnesota, I moved to Des Moines shortly after graduating from the college of engineering at I.S.U. I work as a technical writer at the Iowa Judicial Branch in the Information Technology department. I love my job. I write instructions, design web pages, and do lots and lots of research. I say, "if there are words, I get to be involved."



My husband John and I have always lived in Beaverdale, except for a brief stint in Paris France during the 1990s. We have two adult sons; they both live in Des Moines.

Gardening is my passion. Our house sits on a large lot with lots of perennial and vegetable beds. Next June, we will be on the Beaverdale Garden Tour. I also volunteer for the Polk County Master Gardeners and the Greater Des Moines Botanical Garden. I teach classes on composting. When I am not in the garden, I am curled up with a book or doing a jigsaw puzzle.

I am excited to be part of the GDMVA and am impressed with the dedication and enthusiasm I've encountered so far.

Wednesday walks

Each Wednesday a group meets at 6 PM at Merle Hay Mall food court for an hour of camaraderie and exercise with your volkssporting friends. For more information, please call Ardith at 515-277-5139. On February 27, we'll have dinner together afterwards.

Happy birthdays

11-Diana Ronk

12-Marge Leinen

13-Karen Reger

17-Kay Gerhart

If we missed you, send your birth date to

gdmva.iowa@gmail.com



Calendar

April 20	Earth Day at the Greater Des Moines Botanical Center.
April 27	Tulips Group Walk, Pella
May 18	Greenwood Park and Waterbury Neighborhood, Des Moines
June 9-16	GDMVA Trip to 21st AVA Biennial Convention, Albany NY
July 15	Full Moon Group Walk, Des Moines
July 20	Iowa Games Group Walk, Ames
August 3	Bison Day Group Walk, Prairie City
September 7	Downtown Breweries, Des Moines
September 28	Oktoberfest Group Walk, West Des Moines
October 12	Walk for Wildlife, Granger
October 15-19	16th Volkssport Olympiad, Aix-en-Provence, France
November 9	Veteran's Day Group Walk, Des Moines
December 16	Club Holiday Party, Des Moines

Club information

Monthly meetings

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

Meetings are held at 7 PM at Capitol Hill Lutheran Church, 511 Des Moines St, Des Moines.

Parking. If you park on the street, you must pay until 9 PM.

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. You must then wait for someone to answer your call and lift the gate.

Minutes. Minutes are available at the meetings, or on request. We are working on having them posted to our website.

Contact us

- Email or address change- gdmva.iowa@gmail.com
- Membership and website- susanpinneke@gmail.com
- Facebook- [peggywatts@mchsi.com](https://www.facebook.com/peggywatts@mchsi.com)

Newsletter

- The newsletter is published the 4th Wednesday of the month.
- Photos should be sent to diwhited1969@gmail.com
- Articles for the newsletter should be sent to gdmva.iowa@gmail.com by the 3rd Monday of the month