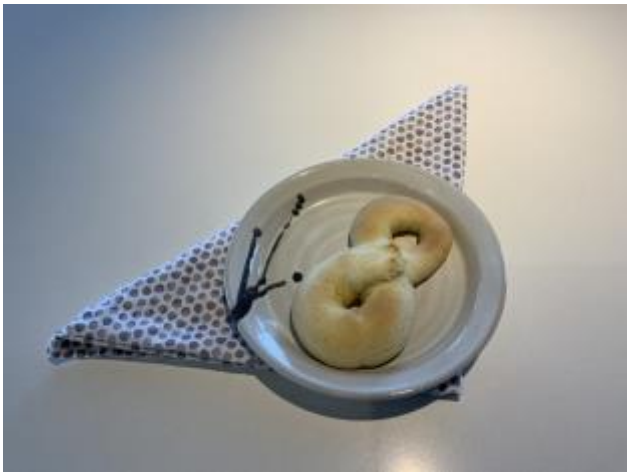
Iowa's Walking Club

February 2021



1 - Fika : notes on staying cozy

Kringla just out of the oven on a cold February day in Iowa meets all my expectations of cozy. It's a simple pastry, without filling or frosting, but when it's served with memories of grandma in her kitchen, hand crafting and folding one just so, just for you, it's wonderful. The Scandinavian tradition of Fika is more than coffee and a sweet treat, it's taking time with family and friends. Whether your Fika is virtual or in-person, I wish you a cozy day. - Jan Knock, club president

February Membership Zoom

We'll be meeting on Zoom this month and again in March.

Monday, February 15 at 6:30 pm

From a mobile device:
https://us02web.zoom.us/j/84801540322?pwd=UFhFVXoxSlZvalAzKytBcHVvNGw3Zz09

Call in by phone: 346 248 7799 Meeting ID: 848 0154 0322

If you have trouble connecting, call Jan at 641.340.0114.

How do you display your volkswalking awards? We'd love to know! Join us for Volkswalking Awards "show and tell" at our February membership meeting.

Please consider helping with a walk! POC's: this is the time to start lining up help with your walks! We'll be asking for volunteers for walks beginning in March.

Walking together starts in March

The **St Patrick's Walk in Beaverdale** kicks off the season this year. We've waited until we can be outside to walk together. What this means, in the time of COVID-19, is taking registration out of doors, requiring masks and social distancing. The start is open 9am - 11am. Finish by 2 pm. The 5K and 10K routes on city sidewalks feature Beaverdale Bricks, the iconic brick Tudor style house of this Des Moines neighborhood. So bring your walking shoes, a mask and a smile and meet us at the start for a fun-filled morning. $3.00. Find our tent in the parking lot: 2629 Beaver Avenue, Des Moines.

2 - Please bring an item for the Food Bank.

Follow me...

....to Creston's (Union County) historic McKinley Park for our first in-person membership meeting. We'll start with the 6K walk through the park and around the lake on the Park to Park trail. Mark Saturday, April 17 10 am on your calendar as we celebrate getting together again. This event will be held 100% out of doors & COVID-19 protocols will be followed. You'll find us at a shelter near the Bear Cage parking area. Details to be included in the March newsletter.

3 - McKinley Lake, Creston (Union County)

4 - Look for the carved wooden bear when you arrive at Creston's McKinley Park. We'll be starting from this parking area.

5 - This urban lake is being restored. Upstream pollutant mitigation and a system of filter ponds have been completed. Next step is to dredge the lake. Look for improved water quality in this popular destination!

Special Programs: Walking with America's Veterans

6 - Follow the Park to Park trail as it meanders through the park and around the lake.

We walk for fun, friends and fitness

7 - 1500 Events!

We had a lively discussion at the January membership meeting about tracking our walking distance and events or what we call "walking for credit". Some very impressive event numbers and distance were shared, including Phylis (pictured on the Pella walk). .

Many of us agree that tracking our walks and stamping our books is fun and motivating. Whether you are a stamper or not, we're glad you are walking with Iowa's Walking Club.

Why we walk...

- To be in nature
- To see my buddies
- I love seeing the people
- Seeing new and different things
- Travel!
- I'm in it for making friends

What better place to have our annual meeting than Amana!

This will be a social event with a group walk *May 15th at 12:30 pm.* We're making up for the COVID cancellation of the Holiday Party and kicking up our heels in Amana. The Millstream Brewing Co, our start box location, is expecting us!

8 - Amana lily pond viewed from walking trail.

Membership Matters

We love our members! Go to www.iowaswalkingclub.org where you'll find a link to the membership form on the home page. Click, print, and send in the form with your check! We renew all memberships in January for one year: $10.00 single and $12.00 household.

Club membership is not required to participate, but without clubs there would be no sport.

Your membership is greatly appreciated!

National Walking Week April 1 - 7

9 - Why we love National Walking Week

1. **It gets us outside** Getting outside is an important element to maintaining a healthy lifestyle. Walking is a great way to get out doors!
2. **It improves our health** Walking is an effective way to improve your own health.
3. **It's easy to do** No weights necessary. No running. No special skills or talents. Just get out there and walk!

April 1 - 7 Iowa's Walking Club is celebrating National Walking Week by sponsoring a week of walking events throughout the state of Iowa. These walks are casual and just for fun. They aren't sanctioned. Just come out and walk for 45 - 60 minutes at your own pace. Know someone who you'd like to introduce to our club? These walks would be perfect.

We would love to have two more walks added to our list

1. Ankeny
2. East side of Des Moines/Altoona/Pleasant Hill

CONTACT: POC Susan Pinneke 515.423.8437 if you would like to host a walk

Susan will walk you through the process: You choose the location, day and time of day. Walks can be 30 minutes to 60 minutes. You don't need to map or do step-by-step directions. Good opportunity to share your love of walking with friends!

Contact Us

Email or address change gdmva.iowa@gmail.com

Treasurer susanpinneke@gmail.com

Facebook knockfamily@gmail.com or peggywatts@mchsi.com

Quick links

Iowa's Walking Club

The American Volkssport Association

The International Federation of Popular Sports

Facebook at facebook.com/iowaswalkingclub.org/

2021 Officers

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The newsletter is published the first week of the month. The deadline for photos and proposed articles is the 2nd Monday of the month. Send your photos and articles to Jan knockfamily@gmail.com.

Visit us on the web at www.iowaswalkingclub.org