Fußstapfen

Volume XV Number 4

Fun, Fitness, Friendship

July/August 2014

The Prez Sez...



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This newsletter is coming to you a bit later than usual because I was busy planning a trip to see my son and his family and simply forgot about it. My apologies.

Our first group event of the summer is on July 19th. A group of about two dozen has signed up for the picnic and Stormchasers ball game.

The next group event is

the Tempo of Twilight Concert at Lauritzen Gardens on Tuesday. August 12th featuring Blue House with the Rent some help with that if a to Own Horns, a local blues band. Please plan to attend—no advance sign-up is needed. Attendance is free for members of the garden, and \$7 for nonmembers. You can bring your own food and drink (including alcoholic beverages) and lawn chairs or blankets to More information on that sit on and the enjoy the music, which will start at 6 pm and last until 8 pm. If you don't want to pack in your own food, the garden café will be featuring fried chicken with red beans and rice. to complement the musical themes.

Based on past experience, you should plan to get there before 5 to secure the best

seating locations. I will try to get there early and stake out some spots, but I would appreciate few others want to come a little early.

In September we won't be having our usual breakfast walk because our start point is a small wine and beer tasting venue in Fort Calhoun called Too Far North. will be forthcoming. Some of us have been there before and enjoyed

October's walk will be in Bellevue. November's in Blair, and December will once again bring our downtown lights walk.

Happy Trails.

~Mel

Questions? Suggestions? Call!!!



NWTB Officers

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Secretary Sheila Goeltz Vice President Larry Boehm 402/393-5697

Treasurer **Butch Spaulding** 712/322-2797

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Jottings from Jim

You probably know that I'm from

Wisconsin. Ashland. Yes, way up there where the winter's are real – right on the shore of Lake Superior. We go up every June or July for my annual swim, but in Diamond Lake, an inland body of water where the Goeltz cabin is located. Every year we look in the *Start Point* for volksmarches in Wisconsin. We find a few in the southern part of the state such as around Madison, Milwaukee and Fon du Lac. Nothing up north. Until this year.

I was quite surprised when I picked up the 2014 copy of Start Point and checked Wisconsin. There they were: Ashland and also Washburn, which is right across the bay. And another about 90 miles south in Rice Lake. However, the two in Ashland and Washburn were sponsored by someone out of St. Paul. MN. Good for them! Both were credit only with 5k and 10k options. Traveling up and down US Highway 63 the view was green (forest), white (daisies), yellow (buttercups) and orange (Indian paint brushes). Miles and miles and more miles of the pretty white, orange and vellow fields.

The first thing we did after arriving in Ashland on June 27 was to check in at the start point, which was the big Chequamegon Hotel overlooking Lake Superior. The lady behind the desk at the hotel knew exactly where the folder was containing instructions. The route was on two former railroad beds, one along the lakefront and the other about six blocks from the lake. Both 5k and 10k routes take in the many murals in Ashland which two young ladies have painted on the sides of buildings. In all, my home town has 18 murals, three of which are inside businesses: the service department of a Honda dealer, in the conference rooms of the Bureau of Indian Affairs. and one inside McDonald's. All depict the heritage of Ashland which includes lumber, trades with the Indians, and the shipping of iron ore on the Great Lakes. The ore dock mural is especially beautiful as it covers the entire side of one building and around the back. All the murals depict people and buildings larger than life.

The weather was so good we walked the Ashland and Washburn volksmarches three times. Murals are not only in Ashland but extend south to the village of Marengo and the small towns of Mellen, Glidden and Butternut. All done by the same two ladies.

Of course, one of the main reasons for going to Ashland was the swimming at Diamond Lake. The Goeltz cabin—located a few feet from the water—has a very comfortable sandy shore line. Mosquitoes? Yes, in abundance. But my nephew had a campfire going on the shore and a south breeze chased the bugs into the woods. Nephew Mike and I went swimming five days. As usual, water was excellent.

Enroute home after the 'Fourth' we opted to stop in Mason City IA for the volksmarch there. Try Ashland WI sometime. You'll like it. But go in summer—it doesn't last long.

~Jim

forward to our summer events. I always enjoy a good ballgame (hope it stays cool out!) and music in the gardens is a nice way to spend an evening.

We were lucky enough to travel with the Des Moines group to Scandinavia. We had some wonderful walks, fun traveling companions and found some roots as we met our marvelous relatives for the first time. I fell in love with Norway. It is where my grandmother was born and she always alluded to the beauty of the fjords. She was not exaggerating. My 800 pictures are a testament to the fact. It was hard to come back to the real world, especially the workplace.

We have the trail for the Walk and Wine event in September all planned. There are a few mild hills on the 10 K, but the 5 K is totally flat. There will be lots to do at Fort Atkinson State Park, activities beginning at 10:00. You can visit corpsmen, trappers, families, blacksmiths, tinsmiths and more from the 1800's during living history days. The smell of fresh baked bread coming from the earthen oven and the sounds of the cannons being fired adds to the stimulation of all of your senses. At the end, for a small fee, enjoy some wine tasting with our hosts at Too Far North. For \$5 you get 4 one oz. shots. There will even be a drawing for two bottles of wine. Maybe you will be a winner. This walk is only nine miles north of Omaha. Hope to see you there!



Sandy peaks

Summer is here. We have been lucky to have had some nice days to enjoy those year rounds. We are way behind on walking them this year. But we will catch up. If anyone is planning on walking and would like some walking buddies, give us a call. In the meantime, I am looking

~Sandy



Have you checked out our club's Facebook page? Just click this icon to catch up on the Trailblazers' most recent

events and photos. While you're there, be sure to "like" our page!

Remember, if a trail takes you into the street, walk on the left and FACE TRAFFIC.

Don't forget our upcoming club walks!!



September



October

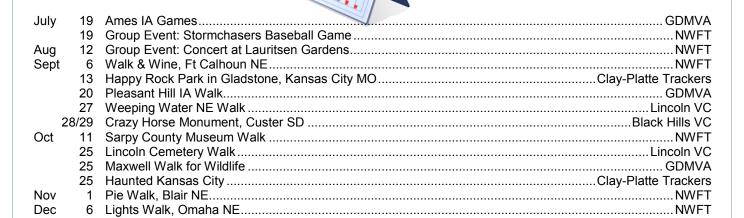


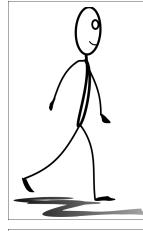
November



December

Mark your calendars

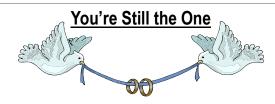




Event Awards for Club Members

Distance

Joe Houfek 17,000 KM



July 1 W.P. & Sharon Hofstad

3 Mel & Vicki Bohn

7 Dave & Judy Zimkmund

Aug 4 Bruce & Janelle Piercy

9 Stan & Carol Fraas

31 Tim & Julie Brown

Birthday Wishes

July

17 Jerry Golmanavich20 John Boggs



August

- 4 Robert Glenn II
- 8 Bruce Piercy
- 9 Karen Dix-Johnson
- 14 Mark Conway
- 17 Sharon Sullivan
- 23 Tim Brown
- 24 Mary Brown
- 28 W.P. Hofstad
- 29 Jeanne Miller
- 29 Linda Gissendanner

Meeting News

The next club meetings will be September 8, October 6, November 3 and December 1, 2014, at Morning Star Lutheran Church, 331 S 85th Street, Omaha NE. The meetings start at 7:00 p.m. We try to have a short program before the business meeting. Just a reminder that the club meetings are the 1st Monday of the month at 7:00 p.m. with some exceptions: no meetings in January, July or August, and it is the 2nd Monday in September. Don't forget that at each meeting, we have a drawing for a \$10 door prize. Contrary to popular belief, you don't have to be a club member to win this.

Membership Dues

May & June dues are now past due (check your mailing label—email message will be sent out as a reminder). Renewal is \$10 for a single membership and \$15 for a family membership. Please send renewals to:

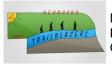
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Newsletter Info

To place info/articles/photos in the next newsletter, simply email: nwftprezmel@cox.net

Or snail-mail by August 15 to:

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