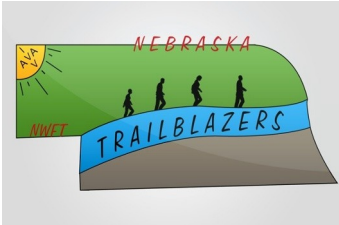


Footsteps



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Questions?

Suggestions?

Call!!!



For the latest on events and news visit our website:
<http://www.netrailblazers.club/>
or like us on Facebook



The Prez Sez...

Really, Unadilla Phil (Nebraska's groundhog prognosticator) says spring is just around the corner and that means great times for walking aren't far away. Last year Donna and I managed to get a lot of walks on our own NWFT Year-Around Events (YRE), most of our Traditional (one-days), a few Meet-n-Eats, and made progress on the one Special Program we are doing, *Walking the USA*. Notice I didn't say Capitals, we will be lucky to finish all 50-states someday—hats off to those who been around the states or capitals more than once. So, where are you in Volkssporting? What are your plans for this year?

If you see my goals in a separate article in this issue, I really want to encourage members to support our own great walks. The Committee has done a great job by creating Meet-n-Eats to support our walks, but only 49 out of 100+ club members did one or more of our own walks. Be sure to see the incentives in the article for doing our own YREs and make plans to walk our walks. Don't forget, the Westroads walk is more than a deep-winter alternative. When the outdoor temp hits above 95°F or in the 80s with high humidity, Westroads is an awesome air conditioned alternative—just watch out for those pesky pretzel, donuts, burgers, and chicken strip places.

So, maybe this is the year you pick up on a Special Program. There always several

Special Program books you can work on and it can make your walking much more adventurous and fun; **and** you can get patches. Of course, patches may be of more interest to an old Boy Scout/Military Veteran like me. I always joke that I just collect walk patches so one day when I am gone, my kids can scream, "what in the world do we do with this *stuff*?" One of the information pieces I want to write this year will be on Special Programs, watch for it later this year. The latest AVA Special Program will start on January 1, 2018 and is, *Walk Like an Olympian*. This program involves walking in a city where Olympics have taken place or a city that just has the same name as where summer or winter Olympics have been held.

Bottom line, with spring approaching, make a plan for Volkswalking. There is an old management adage that says, "if you don't know where you're going, you won't get there." Take out your calendar and write in dates now for Traditional Events, YRE and Seasonal, and Special Programs you plan to enjoy. NWFT walks have a lot to see, no matter how many times you do them. Also, our own Special Program, *Walking the Louisiana Purchase* has wonderful opportunities for travel—and a really nice patch.

~Lee

Walk to Live, Live to Walk

NTB Officers

President
Lee Frantz

Vice President
Larry Boehm

Secretary
Tricia Abel

Treasurer
Butch Spaulding

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Sandy peaks

Ahh, I am back where I belong—at the bottom of the newsletter. Great thanks to Lee Frantz, our new president. I

am impressed with his knowledge of protocol and think he will make a marvelous president! I know our club members will give him all of their support.

We are looking forward to another great year of walks and, on a personal level, another great year of retirement and travel. I loved being a nurse, but I love retirement more.

The committee has been meeting regularly to work on the upcoming Eclipse events. This will be a huge undertaking. We recently looked at all of the volunteer positions we will have. There are 60 volunteer opportunities over the four days of events. I hope you will plan to fill one or two or more. If not, your poor committee members will be too exhausted to even think about enjoying the eclipse. Whether you can come for the whole weekend or drive out for a day, we would appreciate your assistance.

We will need someone to mark trails, work checkpoints, walk with new walkers, count laps at the pool, sweep trails at the end of the walks and much more. If you keep track of events and are not able to participate in the event, you can get credit for the event as a volunteer. As of this

writing, we have over 30 preregistered participants from ten different states. There are still a few rooms left in our reserved hotels.

Our meet and eats have proven very popular with our newest members and Meetup participants. Although we did not have a lot of participants, the January walk in Fremont was delightful. Perfect walking weather (except for a little wind), good company, great pastries from the International Bakery, and good food at Hy-Vee. Look for our upcoming Meet & Eats on February 11 (Des Moines Skywalk), March 25 (Omaha Downtown historic followed by lunch at the Mattress Factory) and April 22 (at Ashland followed by lunch at Cheri O's).

See you on the trail!

~Sandy

AVA and NWFT are 501(c)3 Organizations

Did you know **your club**, by being a member of the American Volkssport Association (AVA) **is a non-profit** organization? Surprise, we are! Now, **for those of you who only want to just-do-walks and don't care about tax exemptions**, please avoid the rest of this article.

In Section 1, Para. 02, Sub-Para I (got you interested now) it states: The internal Revenue Service (IRS) has granted tax-exempt status to the AVA under Section 501(c)(3) of the Internal Revenue Code (IRC)...To be eligible the Member Club...must: 1. Be in good standing with the Articles of Incorporation...and AVA...By-Laws.... 2. Not have ties to a for-profit organization.... 3. Operate ...fiscal

accounting (from) July 1 to June 30.... 4. Obtain an Employer Identification Number (EIN form the IRS).

So, what does this mean? First, talk to your tax accountant, don't rely on this little article. Second, to avoid the confusion most non-profits have in Nebraska and Iowa, this *does not mean* we don't pay sales tax on what the club buys.

We pay sales tax.

Non-Profit status simply means that if you give a financial gift or a qualified gift-in-kind to NWFT, that you receive no return value for, you can deduct it from your income tax at filing-time. Have you, out-of-pocket, paid for materials to help with a walk, ever just written a check to help the club with an event, been an officer and spent money on club work? You may have a tax-deduction (check with your accountant). Did you give the club a camera, did you give the club a measuring wheel, did you give the club your right-arm (maybe not!)? The value may be deductible. Watch for a club in-kind value form coming soon. Lastly, as with any non-profit the club can be included in your will or estate.

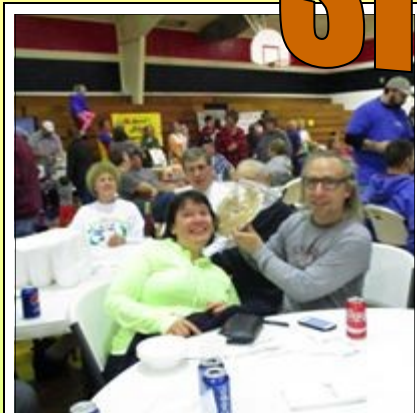
Now, if we start to get offers of significant gifts, the board will need to set parameters of how to invest and how to use money outside our operating monies. Ideas forming in President Lee's mind, **that would of course need board and club approval**, are hosting bigger and bigger events (think the Eclipse Walk) to attract walkers nationwide, host a national convention (some year), and create board-approved memorials for long time members such as a bench along a trail (like the Shelby Trail) or _____ (**←your idea goes here**).

So, put this in your tax file, you may have just hit the \$10, \$50, or \$5,000 tax-deduction jackpot.

Fremont Group Walk



Shelby soup Cook-Off



Lemon Chess Pie high bidders!
Delicious!



Over 200 bowls consumed!!



Aaand, we have a winner!



3 tables of members enjoyed a variety of soup

Annual Dinner!



Jim & Martha present Walker of the year to Ann Drebot



Clever table decorations!



DM Skywalk



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Talk-the-Walk #1 Trailmaster, What's That?

Have you ever walked a Seasonal, Traditional or Year Around Event (YRE) and wondered, "who drew this out and who rated this thing?" Ever been on a walk that went left one block, right one block, right two block, right one block and left one block and felt like you are back where you started—and you would be correct? How about the 1A rated trail (small hills almost entirely on pavement) that seems to go up three blocks, at a 7% grade, with the last 20 yards on gravel and wonder if it should have been a 2B? If it gained 200-1,000 feet and had a heavy gravel obstacle it should be 2B.

To avoid poorly planned walks, AVA has a *Trailmaster Guide and Certification Program*. The guide and exam are all contained here. [http://www.ava.org/Admin%](http://www.ava.org/Admin%20Header/Trailmaster_Guide.pdf)

[20Header/Trailmaster_Guide.pdf](#) "(The) lessons in this manual include the art of trail making, how to create interesting routes, effective marking of routes and skills for obtaining permits and preparing walk budgets." Every walk is unique from start to surrounding area to distances offered. Once a route is chosen, the next item to emphasize is safety. A good route includes what to see (buildings, parks, trails, lakes, and historical sites) and locations that will include active AVA Special Programs. Safety includes shade or shelter, handicap/wheelchair accommodations, checkpoints, restrooms, and good communications between start-points and checkpoints. How to rate a trail is found at http://www.ava.org/checkpoint/2012/August/Trail_Route_Ratings_7-6-12.pdf

Hopefully, NWFT will have at least three new certified Trailmasters in 2017 (see President's 2017 Goals in this issue).

Mark your calendars: Upcoming Events

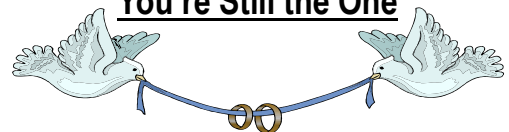


Mar	4	Soup's On! Walk, Omaha	NWT
	18	St. Patrick's Walk, Lincoln	LVC
	18	St. Patrick's Walk, Des Moines	GDMVA
	22	Southwest City MO Walk.....	DT
	25	Downtown Omaha Meet & Eat (lunch at Old Mattress Factory)	NWT
Apr	1	I-Spy Walk, Omaha	NWT
	1	Agate Fossil Beds National Monument Walk, Harrison NE	BHVA
	8	Swan Lake National Wildlife Refuge Walk, Sumner MO.....	SSS
	8	Walt Disney Boyhood Walk, Marceline MO.....	PSVC
	8	Ferguson MO Walk.....	SL-SVC
	22	Ashland Meet & Eat (lunch at Cherio's)	NWT

Event Awards for Club Members

	<u>Events</u>	<u>Distance</u>
Becky Holford	10	
Norma Wessel	1,250	
Ted Cieslak	1,400	

You're Still the One



Mar	15	Ray & Lynn Richardson
Apr	4	Jerry & Betty Golmanavich
	7	Alicia Mathews

Happy Birthday to You!!!!

- March**
- 3 Bob Stotler
 - 4 Kurt Goeltz
 - 11 Sheila Goeltz
 - 13 Marnita Jondle
 - 21 Alicia Mathews
 - 22 Phyllis Olson
 - 23 Diane Glenn
 - 30 Nancy Lane



- April**
- 1 Karen Dix
 - 1 Maureen Smithberg
 - 16 Susan Pinneke
 - 20 Carol Fraas
 - 23 Bob Bastarache
 - 28 Jeanie Wagner
 - 29 Sandy Spaulding

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Meeting News

The next club meetings will be March 6, April 3, May 1 and June 5, at Morning Star Lutheran Church, located at 331 S 85th Street in Omaha. 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

January & February 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:

NWFT
PO Box 8147
Omaha NE 68108

Newsletter Info

To place info/articles/photos in the next newsletter, mail by April 15 to:

NWFT
PO Box 8147
Omaha NE 68108

NWFT 2017 President's Goals

During the annual dinner, newly installed President Lee Frantz set some personal goals for his 2017 club year. Although they are his, the club is welcome to try them on for size.

- Expand member knowledge of Volkswalking (who, what, where, why and how) by presenting really short *Talk-the-Walk* (his now copyrighted term, LOL) sessions at meetings and in newsletter updates.
- Encourage walking our own NWFT Club *Year-Around Walking Events (YRE)* in 2017.
- Have three additional members complete *Trailmaster Certification* during 2017.

To turn his goals into actions Lee has planned several strategies (and this is where we find out who really reads these newsletters):

1. Have a short *Talk-the-Walk* informational time at monthly meetings with a follow-up article in our Newsletter (see *Talk-the-Walk #1, Trailmaster: What's That?* in this issue).
2. Lee is offering to pay, out of his pocket, for the 2018 membership of the first club member to do 50 of our own club Year-Around walks. These are stamped, verified, start-card submitted, waiver signed and fee-paid NWFT Year-Arounds. Treasurer Butch tracks these and will know when the threshold is met. Two members got close last year with 47 and 49 of our own YRE done. Whose game for 2017? Don't forget, the first time in a calendar year that a club member walks a club YRE the normal rate of \$3/event applies, the rest the year that event only costs you \$2 each time. This is cheaper than most fitness club fees.
3. Market the *AVA Trailmaster Certification Program* to club members, encourage monthly (by being a persistent President) at least two members, and more, to join Lee in studying and taking the **AVA Trailmaster Guide and Certification Examination**. Here is the link for those ready to start http://www.ava.org/Admin%20Header/Trailmaster_Guide.pdf The best thing about this 'national' certification—there is no charge for the exam, certification, or Trailmaster patch.

So, "walk" on board with Lee's goals, be the first to have 50 NWFT-YRE done, and get certified as an AVA Trailmaster. Walk to Live, Live to Walk!