

# Footsteps

Volume XVIII Number 3

Fun, Fitness, Friendship

May, June, 2017



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## The Prez Sez...

Think hard, what is approaching faster than you think—summer, mowing yards, the Eclipse Walk, our July club activity, the AVA

national convention, the Florence Days walk, beautiful time to Volkswalk with friends and family, or all-of-these? Of course, the answer is all-of-these—and more.

So, while I am on a roll asking questions, are you set for walking safely—are your shoes in good shape (arches not broken down, good tread), have you checked your walking posture lately (winter can take a toll on good posture), how about carry-along items like ditty- or diddy-bag, waist pouch, fanny pack (all those things you carry small items and power snacks in)? Got your sun protection, bug protection and water bottle (hydration is essential, you lose water walking and sometimes don't even know it)?

Yes, walking hats are sometime annoying (maybe even not one's best look), but a lightweight hat with good air flow and a large brim can help protect your head, face and back of your neck from harmful sun rays. Good UVA/UVB/Polarized sunglasses are great protection to have also.

I'm not a doctor (the kind that helps people anyway) and I am not a physical therapist or optometrist, but just thought some common-sense walking tips might provide everyone with a safe, healthy, summer of walking activities. If you are computer savvy look up "good walking posture." There are great tips and even You Tube videos on good walking posture.

Also, one more hint, if you are "weak kneed" like me you may want to ask your doctor about knee support and using a walking stick. Especially if you plan on anything more difficult than an AVA, 1A-rated walk (very small hills or very little stair climbing, elevation from start point is no higher than 500 feet; almost entirely on paved surface).

Just a couple of last thoughts. Our club has grown in numbers this winter thanks to the great job *The Committee* is doing with new walks ideas, Meet-n-Eats and making MeetUp connections. If you see someone you don't know, go up and greet them, make them feel welcome, and invite them to walk with you.

~Lee

Walk to Live, Live to Walk

## NTB Officers

President  
Lee Frantz

Vice President  
Larry Boehm

Secretary  
Tricia Abel

Treasurer  
Butch Spaulding

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



**A Publication of the Nebraska Trailblazers**



**(Don't) Look at the Sun!!**

Have you registered for our (Don't) Look at the Sun! events this year in Central Nebraska on August 18<sup>th</sup> – 21<sup>st</sup>? 70 other people, from 17 states, already have! We only have 100 eclipse viewing glasses on hand, so get your registration in now! May 25<sup>th</sup> is the cut-off for ordering patches and shirts, but registrations for walks and the swim will be accepted right up until the moment you start walking (or swimming). You can find the registration forms at <http://www.netrailblazers.club/total-solar-eclipse-events/eclipse-events-registration-form/> or ask Sandy Spaulding (when she's in town!) for a print copy.

The Committee has been busy creating routes, filling baskets, designing menus and making lists of all the details that go into a busy weekend. Of course, we need volunteers to staff check-in and finish tables, mark trails, fill water

jugs, and welcome and walk with our guests. We need help to put on our Meet and Greet on Friday night, our walks on Saturday, Sunday and Monday mornings, the walk on Sunday evening and the swim on Saturday afternoon. Only volunteers can buy the special silver wicking t-shirt for \$10 – participants pay \$15 and get a "sky blue" wicking t-shirt. Let Sandy Spaulding know if you want to be part of that special group of people who turn good events into GREAT events!

Our club's own Kim Moss-Allen gave a great talk at the April meeting about the summer sky and what to look for during the Star Party during our Eclipse Events. Learn more about the eclipse itself at free lectures given by UNO Professor Dave Kriegler at the Durham Science Building on Saturday, June 10 at 6 p.m. and Sunday, June 11 at 2 p.m. You'll find out what to expect – and just why those special eclipse viewing glasses will be so necessary when you (Don't) Look at the Sun on August 21<sup>st</sup>.

*~Jeanne*

**Eclipse Event Hotels**

For any of you who might have wanted to come to the eclipse events but have not been able to find a hotel, our host in Aurora, Dan Glomsky, has said there are still some rooms at the Budget Host in Aurora. This is a family owned, clean hotel that is not on the internet (which is why there are still rooms) You have to call the hotel to reserve: 1-800-BUD-HOST or 402-694-3141

There are also rooms in Kearney. The Mainstay Suites in Grand Island still has rooms in our block for Friday and Saturday, but not Sunday. So, if you want to stay there for the first two days and then get one somewhere else for Sunday night, that is another option. To get those rooms, you have to ask for the Trailblazers block.

If you are interested, call as soon as possible. He has told this to a room full of people, so they may all be on the phone!



**2017 Meet & Eats**

<u>Date</u>	<u>Time</u>	<u>Where</u>
June 17	8:00 a.m.	Chalco, meet at south parking lot; Brunch at Cracker Barrel
July	No M&E	Meetups are invited to join us for whatever monthly event we plan—too hot to walk! Suggestion was to go back to the ballpark
August	—	No M&E due to Eclipse events
September 16	TBA	Evening walk at Fremont Lake followed by a picnic
October 14	10:00 a.m.	Bennington. Eat at the Warehouse
November 18	TBA	Hanscom Park followed by Leavenworth Café.
December	—	No M&E due to busy time of year

*The Great Plains Walking Club*

## Talk-the-Walk #2

### Special Programs: Who, What, Where & Why?

Do you carry an AVA Event Record book? How about an AVA Distance record? Have you heard people talk about event counts, distance totals, and just maybe they've talked about *Walking the USA*, *Walking the Capitals*, *Walking A-Z*, or especially in our club, *Doin' the Louisiana Purchase* books? So besides keeping record of events and distance in books what are these other books about? They are part of AVA Special Programs. Wait a minute, what, where and why are there special programs?

The **why** is easy, it is almost the same as the AVA purpose—to have fun, walk for fitness not competition, and build friendships. It also helps bring extra funds into local clubs and AVA while promoting Volkssporting (something to talk to your friends about when you invite them to join in our walks).

The **what** is simple, it is a “predetermined number of qualifying events to earn awards and recognition.” Each program has a theme (AVA uses the big word parameter). Basically, you focus on walks that meet the theme—such as the one that requires you to walk in every state that was whole or partially in the original purchase agreement between the US and France. Programs are approved by AVA based on “historical significance, scenic interest, geographic area, ease of understanding, and entertainment value. See, it is about fun!

So **where** are these books, how do you get them and where are these walks? OK, two where(s) for the price of one. Special programs are listed on the web at <http://www.ava.org/specprog.php>. Each year new ones are approved and added and old ones expire. By the year 2020 there will only be 12 special programs available each year. Information on new or expiring Special Programs can also be found in the AVA newsletter, *The American Wanderer (TAW)*. To participate in a special program, you need to contact the person in charge at the club that sponsors the special program. Upon providing the necessary contact/registration information, and the payment for the book, it will be mailed to you. Then when you have stamps in all the required spots in the book, you mail it in (redeem it) and your patch for that program will be mailed to you.

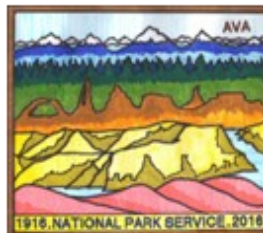
“Special programs are only approved for a specific period of time (normally three years of book sales and one additional year to compete the program.” Be sure you know the end date of the program and complete your book and mail it in on time.

Here are some sample patches and programs. If interested be sure to look at the webpage for current



**Amphitheatres**  
Program runs January 1, 2015 -  
December 31, 2017.

Redeem completed books by  
December 31, 2018.



**National Parks Centennial**  
Program runs January 1, 2016 -  
December 31, 2018.

Redeem completed books by  
December 31, 2019.



**Border Crossings**  
Program runs January 1, 2014 -  
December 31, 2023.

Redeem completed books by  
December 31, 2024.



**Take a Walk In a City Park**  
Program runs January 1, 2016 -  
December 31, 2018.

Redeem completed books by  
December 31, 2019.

## The Committee: What Do They Do

If you attended the annual dinner, you received a handout with a description of “*The Committee*”! So, what is it, and what does it do for the club?

Several years ago, an enterprising and energetic group of members wanted to have a brainstorming and planning group to promote and publicize our club and organize our traditional and special events. These dedicated volunteers started meeting with the encouragement of the whole club and many new endeavors have come out of *The Committee*, such as: starting an online Meet-Up place for the club, planning group walks on our year-rounds, driving a new logo contest for the club, organizing shirt orders, creating and planning major traditional events like The Eclipse Event, creating business cards for members to hand out, and just plain getting the word out about the NWFT club and AVA. Here in the

committee’s own words are their “**walking orders:**”

### **The Committee**

**Assists:** the Nebraska Wander Freunde Trailblazers (NWFT) by:

- Locating, securing and promoting walk start points for Traditional Events
- Promoting and publicizing our club’s and other clubs’ Year-Round Events (YREs), including by staging Group Walks
- Organizing and promoting special events (e.g. August 2017 Eclipse Walk, AVA’s 40<sup>th</sup> Anniversary)

**Answers to:** NWFT Club Officers and the NWFT

**Meets:** Quarterly or more frequently as needed

**All Members** of *The Committee* should have enthusiasm for our club’s activities, especially walking. Other needed skills and qualities include (but are not limited to, and need not be present in each member):

### Communication Skills

phone, letter, email, Facebook, Twitter, text

### Recruiting Skills and Willingness

individuals, businesses, organizations, governmental entities

### Organization Skills

travel arrangements, timelines, event coordination

### Publishing Skills

for brochures, flyers and newsletter, website and Facebook (we have these covered!)

So, be sure to say thanks to current members when you see them, and if inspiration hits you be sure to pass your idea to this great group of club members. Current Members are: Sandy Spaulding, Chair, Jeanne Miller, Diana Fenlon, Sheila Goeltz, Jill Champley, Karen Dix-Johnson and Julie Brown.

## Calling all Walkers

With the excitement of Nebraska’s 150<sup>th</sup> Birthday this year and our spectacular NWFT Eclipse Event in August, it seems like a great time to put together some auction items for the traditional silent auction at the national AVA Convention. Sandy and Butch plan to drive, so taking items along from the club will work fine this year.

Clubs around the nation participate in this activity at the convention and the funds go to AVA—our parent non-profit organization. Since we already have a physical basket in the shape of Nebraska, what started out as one basket from our club (in our board’s minds) is becoming two.

The themes will be *Nebraska 150 & Honoring the 2017 Solar Eclipse*; we already have an Eclipse shirt too. Please bring theme related items, to donate to our baskets, to either our April 22 Meet-n-Eat, May 7 Pre-Walk for May, May 1 meeting at Morning Star Lutheran, or May 13 walk in Florence. May 13 will be the cut-off so Jill Champley can artfully arrange our baskets in time for the trip to Billings, MT.

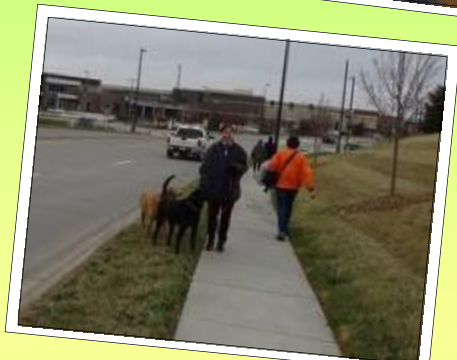
With so many great minds in one club, I expect we will have some amazing *Nebraska 150* or *Solar Eclipse* items for these two baskets. Contact Sandy or Lee with any questions.



Thanks to all who kindly sent get well wishes and cards my way during my recent hip replacement surgery. It meant a lot to know you were thinking of me! I’m making great progress and looking forward to joining you on the trails soon!

~Julie

# i-SPY



3 Generations walking together



Des Moines Contingent



Shorts??? Brrrrr!



Aaahhh, that's more like it!



March Meet & Eat

# March Meet & Eat



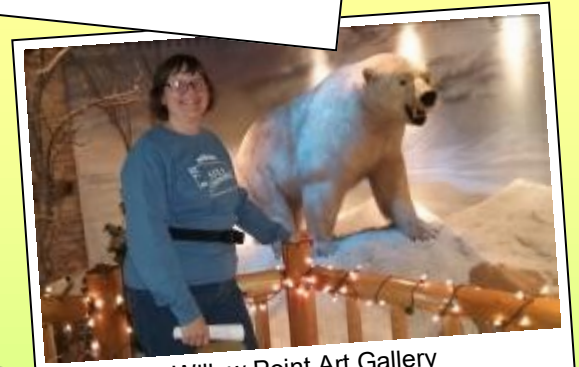
# April Meet & Eat



Lunch at Cherio's



5K Walkers



Willow Point Art Gallery



Spring Tulips



10K Walkers

# big give 2017

The American Volkssports Association (AVA) annual fundraising campaign, the *Big Give*, is May 4. This year, donations can be made through the Big Give website beginning April 27- May 4!!

On May 4th, 2017, the American Volkssport Association will join San Antonio and surrounding counties in the Big Give, a 24-hour day of giving that brings donors and nonprofits together by creating a shared region-wide experience and connecting people to the causes that matter to them the most. In the case of AVA, this is a nation-wide experience and our only annual fundraising campaign to support the continued mission of the AVA. It is important to note that funds raised from this campaign help us offset the decrease in participation revenues so fees are not increased.

Last year individuals, clubs, and state associations came together to raise \$53,336, of which \$11,000 was matching funds contributed from the AVA National Executive Council (NEC) and private sector donors. The goal this year is to raise \$60,000. Thanks to a generous contribution of "10K for the AVA" by Nancy Wittenberg, Northwest Regional Director, we are off to a great start!

Please join the NEC on May 4, 2017, by going online at [www.TheBigGiveSA.org](http://www.TheBigGiveSA.org) and contributing of a minimum of \$25 to support the mission of the AVA. If you prefer to send a check, it will be applied towards our goal of \$60,000.

How you can participate:

1. Send us a check before May 31, 2017
2. Make an online contribution ([www.thebiggivesa.org](http://www.thebiggivesa.org)) anytime from April 27–May 4th, 2017
3. Make an online contribution the day of May 4, 2017 to help us leverage additional cash prizes.

Please be sure to put "Big Give" on the memo line and note the campaign will run the whole month of May until the 31. Mail your check to:

American Volkssport Association  
1001 Pat Booker Road, Suite 101  
Universal City, TX 78148

All donations are deductible from personal income taxes within current applicable IRS tax codes.

*This year, individuals and clubs who donate during our two targeted hours on May 4 are eligible for AVA prizes! For the Central time zone the hours are:* 12:00 a.m.—1:00 a.m.  
4:00 p.m.—5:00 p.m.

All donations made through May 31 are eligible for a Grand Prize (TBA). Winner will be announced at the 2017 convention. Prizes include:

- 2018 Starting Point books
- Event books
- Distance books
- Customized stamps (clubs)
- Gift cards
- Free walker packets



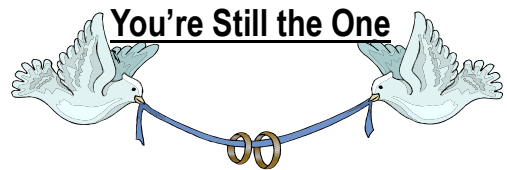


## Mark your calendars: Upcoming Events

- May**
- 4 Big Give—please donate!
  - 6 Walk, St. Louis MO ..... Gateway Milers
  - 6 White Bear Lake MN ..... Twin Cities Volkssport
  - 6 Sturgis Volksmarch, Sturgis SD ..... Black Hills Volkssport
  - 13 Florence Days, Omaha..... NWFT
  - 13 Myre-Big Island State Park Walk, Albert Lea MN ..... Northstar Trail Travelers
  - 13 Cuba Mural City Walk, Cuba MO ..... Rolla Roadrunners
  - 20 Northeast Art-A-Whirl, Minneapolis MN ..... Lake Country Wanderers
  - 20 25th Anniversary Walk, Kearney MO ..... Clay-Platte Trackers
  - 20 US State Walk, Rapid City SD ..... BHV
  - 20 Spring Flower Stroll, Bruce SD..... Prairie Wanderers Volkssport Club
  - 26 Summertime Celebration Night Walk, Washington KS ..... Sunflower Sod Stompers
  - 27 Summertime Celebration Walk & Swim, Belleville KS ..... SSS
  - 27 Memorial Weekend Walk, St. Louis MO..... St Louis-Stuttgart Volksmarch Club
  - 27 Big Pine Trail Head to Mt. Rushmore , Keystone SD..... BHV
  - 27 Summertime Celebration, Chester NE ..... SSS
  - 28 Summertime Celebration Walk & Swim, Concordia KS ..... SSS
  - 28 Summertime Celebration, Mankato KS ..... SSS
  - 29 Summertime Celebration, Beloit KS..... SSS
  - 29 Summertime Celebration, Minneapolis KS..... SSS
- June**
- 3, 4 Crazy Horse..... BHV
  - 17 Lead-Eagle Cliff-Bratwurst Trail, Lead SD ..... BHV
  - 24 Ledges State Park, Madrid IA ..... Greater Des Moines Volkssport
- August**     **Special Eclipse Weekend—Don't miss out, register soon!!**
- 18-21 (Don't) Look at the Sun, Grand Island..... NWFT

### Event Awards for Club Members

	<u>Events</u>	<u>Distance</u>
Donna Campbell	300	
Lee Frantz	300	



May	20	David & Carol Johnson
June	2	Larry Boehm & Anna Nelson
	3	Dale & Sharon Nielsen
	4	Robert Glenn II & Diane Glenn
	9	Jim & Cathy Oschner
	16	Jerry & Karen Dix
	25	Jim & Diane Fenlon

### Happy Birthday to You!!!!

**May**

- 3 Steven Dowling     12 Linda Berens
- 4 David Johnson     14 Ted Cieslak
- 4 Misty West         16 Barbara Stuckey
- 9 Martha McGahan   18 Julie Brown
- 9 Dannie Peters      18 Norma Wessel
- 10 Ann Drebot         30 Tricia Abel



**June**

- 14 Sandy Spielman
- 17 Lori Sue Anderson
- 20 Lina Cashin
- 28 Eric Allen
- 28 Shannon Cashin
- 30 Joe Houfek



## Meeting News

The next club meetings will be 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

March & April 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:



snail-mail by June 15 to:

NWFT  
PO Box 8147  
Omaha NE 68108

### *Thank You to Everyone from Claudia*

It is hard to know where to start. Thank you to Jim and Sheila Goeltz for putting the memorial in our last newsletter of the passing of Pete Dowling, our beloved husband and father. Thank you to all the club members who sent cards and memorial money. Many of you have sent additional cards just to say hi and that you are still thinking of us. Thank you, Shelia, for passing the card for us at the annual dinner and meeting. It was very generous of the club members to remember Pete and us in such a way.

Thank you again, Claudia and Steven Dowling

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