

A Publication of the Nebraska Trailblazers



Sandy Speaks

Well, walking season is in full swing! As I write this, we are off to convention and

lots of great walks. We return just in time to do the group walk at Chalco on June 17, a great walk put on by Des Moines in Ledges State Park on June 24 and then we are off to the northeast. I am sure we will get a few walks in along the way. I am really excited about doing walks in New York City. A whole new place for us. When we get back, there will only be 4 weeks until the Eclipse Events. And we babysit our grandson for a week in between. This summer will disappear before we even

have a chance to take a breath.

And now it is time to think about next year. Where should we walk? Should we do a unique event like we did this year? (Maybe not so work intensive) We could do some county walks. We could do a trip. I have heard a suggestion that we plan a walking trip to do some walks on the Appalachian Trail. Would you join us? Have you enjoyed doing the walks in conjunction with festivals such as Florence and our upcoming Plattsmouth? Ready to venture a little further so we can walk in new areas? Give our president some ideas. Let's be adventurous and creative. Tell us somewhere you have always wanted to walk. Or someplace we have walked in

the past that you want to walk again. I can't wait to hear what kind of ideas you have!

~Sandy



Wow, check it out! Our Trailblazer logo won 2nd place at the convention!! Thanks to **Donna Campbell** for her design!



2017 Meet & Eats

<u>Date</u>	<u>Time</u>	<u>Where</u>
July 8		UNO Eclipse Presentation (no M&E).
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.

No Meet & Eats in August and December

Convention 2019

Our next AVA convention will take place June 1-8, 2019, in Albany, NY: *A Walk through History.*

This should be a great convention with well organized walks. It is a large club and the first time this region has hosted a convention. Watch for their donkey! Make plans now!

Convention 2017 Report

Well, we returned from Convention in time to add a little bit about our great experiences in South Dakota, Wyoming and Montana. We were blessed with great weather, always a plus when you are climbing mountains or even strolling a nice flat trail. We started at Crazy Horse where we got to hike up and down with a few fellow members. As well as thousands of others. The trail was great this year, with lots of it in the woods. They extended the area up on the arm so we were able to walk out farther than we ever have. Gave us great views of the work they are doing as well as the countryside. Karen, Jill, Butch and I took a detour to Devil's Tower. Another walk that took our breath away—both because of the great views and due to the elevation. Then we were off to the preconvention walks. In Buffalo, we didn't even notice the gradual uphill of the next walk. It was really flat compared to the first two walks. Beautiful trail along Clear Creek. Then it was off to Little Bighorn Battlefield. A very sobering walk with great views. On June 7, the first convention walk was along the Yellowstone River. The river was running high and fast due to the heavy snows melting in the mountains. Another great walk. The meetings started with presentations of officer candidates and necrology. That night was the meet and greet. It was great to see so many of our own members there. We had members from North Platte, Seward, Omaha, Council Bluffs and Des Moines. On Thursday, they had workshops that some of us attended. Butch had some training for his new position and I learned about the history of Billings. The afternoon meetings were presentations of awards. We were proud to accept the first place award for our website (Kudos to Jeanne Miller) and second place for our logo (equal kudos for Donna Campbell). The vote for the AVA mascot was a definitive vote against any of them. The evening walk was the President's walk and was a tour of the downtown breweries. Since we aren't beer drinkers, Butch and I served as the checkpoint for this walk. Everyone was very glad to stop and have some nice cold water since this was the one really hot day. By Friday, it cooled off for The Rims walk in the morning. The Rims are a set of rocks above the city of Billings that has been made into parkland with a nice trail. We had our final meeting with election of officers. The Secretary and Vice President ran unopposed. David Bonewitz won the presidency by a landslide. It was a very close run for the Treasurer with Bob Morrison winning by a mere 2 votes. An election where our vote actually counted! We finished the convention with a nice dinner and guest speaker. We had a table filled with our members. We finished off the convention by doing the Red Lodge Walk in the morning and the Cody walk in the afternoon. Both nice walks. It was a good convention put on by a very small club from Colorado. They did a great job putting this together from a distance. We did bring back some ideas for our own Eclipse Events. Look for some nice surprises!

~Sandy

Talk the Walk #3 and #4

At several recent meetings, I have presented short “Talk the Walk” presentations and then put the information in our newsletter. This issue I am including April’s and a preview of September’s.

3 *The American Volkssport Association (AVA)—National*

(AVA) is the parent organization that our club is responsible to. They sanction walks, track walk accomplishments, provide news, connect walkers across the nation, and oversee all club and walker activities in the US. They provide insurance for walk locations and our umbrella 501(c)3 non-profit status.

Any of our walks can be done as fun or credit walks without membership in a club or AVA; but it takes many members to cover organizational costs, keep clubs and walkers connected, and provide the record keeping that serves us all. Not the least of AVA member benefits are the national webpage, walk search links, and news found in the *American Wanderer*—AVA’s premier print newspaper. This paper provides information on walks and special programs, and regional and 50-state Volkssporting news, and is worth the membership fee by itself. To join AVA and learn more, visit their webpage <http://www.ava.org/about2.php> or contact them at American Volkssport Association, 1001 Pat Booker Road, Ste. 101, Universal City, Texas 78148; Ph. 210.659.2112.

#4 Walking a Year-Round Event (YRE) or Seasonal Event (SE).

Unless a new member gets someone to walk with them, finding and doing a YRE or SE walk can be nerve-racking. First some definitions, then the *How-To*:

- A **Volksmarch (walk)** is a noncompetitive 5 km (3.1 mile) or 10 km (6.2 mile) walk.
- **Traditional Walking Events** are organized by clubs, sanctioned by AVA, and held on one day—they are group walks. The stamps are good for that day only.
- **Year-Round Events (YREs)** are events *sanctioned for at least eleven continuous months* in a calendar year. They have a continuous start time that allows the completion of the event during daylight hours.
- **Seasonal Events (SEs)** are events *sanctioned for less than eleven continuous months* during the year, with continuous start times, and done in daylight hours. These are usually found in colder climate states.

By using the AVA publication *Start-Point*, or by searching the event maps online, at http://clubs.ava.org/ava_search.asp you can find over 4,000 YRE/SE walks in the US. Here is the step-by-step to get your feet on a YRE/SE?

- Go to the webpage above.
- Click on the *Select Area* dropdown for the state you want.
- Find the city/area you are interested in by zooming into the Red Pins.
- Click on the Pin.
- Pick a walk and click on the walk name (there will be one or more walks for each pin).
- You now have one-walk with a description of the walk and how to find the start-point.

Continued on next page

#4 Walking a Year-Round Event (YRE) or Seasonal Event (SE)

The best way to drive to the physical start-point is to print this description and find it on a map or using a GPS. *Note:* there may be restricted times the start-point is open. All types of start-points exist: hotel front desks, quick shops, community visitor centers, resorts, grocery customer service counters, national park offices and more. So, it may be at a city visitor center or a store that is only open from 9:00 a.m. to 5:00 p.m.

Once at the physical start-point, politely ask for the “walk box.” In places with high employee turnover you may have to show your walk books and say what you are looking for different ways: walk box, Volkswalking instructions/walk, walking folder, instruction to go on a walk, etc. Some start-points don't have actual boxes anymore, they use accordion-like document holders. Please respect customers at business start-points; they come before asking for a start box.

- Inside the box will be a log to print, sign and note the type of walk you will do; it is controlled numbered 1, 2, 3...28, 29, 30... and on. Many walkers carry personal mailing address stickers as a quick way to register on this log sheet. Your signature on this log is also your liability waiver for the walk. Log numbers go on your start card.
- In the box will also be a start card and payment envelope. These come in different forms. Start cards can be an old AVA form, unique by club on cardstock, printed on the envelope or other club designs. Watch for tabbed-folders in the box for start cards, envelopes and other materials. Many envelopes are mail-in; some clubs provide postage, others need a stamp. Some clubs have a folder or bank bag in the box and want the start card/payment/envelope left in the box.
- Boxes also contain maps and directions for the walk. These are for you to keep, though some clubs put their start card at the bottom to tear-off and return.
- *Special Note:* some clubs have more than one walk in the same location box. Be sure to get the walk folder, map and instructions, start card and directions for the walk you want.
- Carry the start card with you on the walk. This is both for identification if you are injured and need help, and to record any check-points the club asks for. Often, 5K walks do not have check-points, but always look for check-point requirements on each instruction sheet.
- Once you complete the walk, mail in the payment envelope with your check and start card, or drop them in the box, as required. Cash is allowed if the envelope is being left in the box; but don't mail cash.
- Stamp your books. Ask for the box back and use the stamp and ink pad provided. The stamp should be facing so the year will be on the left and sanction number on your right when you place it in the book.
- Always thank the business/location for hosting an AVA box.

T-Shirt Recycle

Claudia Dowling believes in recycling! Take a look at her repurposed Wander Freunde t-shirts!! I'm sure some of you will recognize these!



Florence Days Walk



Walkers from Central Nebraska, Colorado and South Dakota



Fairy Garden



Registration



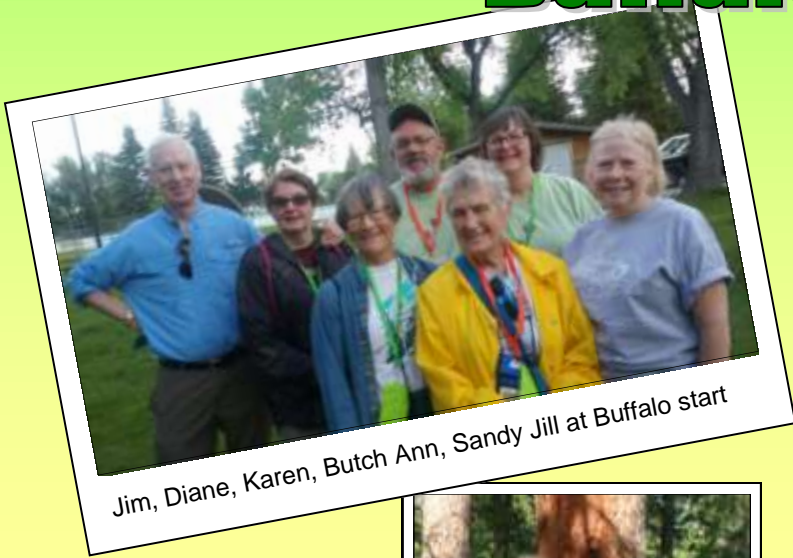
Junk Gallery

So, on our way to the convention, we stopped at Crazy Horse...



The Convention Album!

Buffalo WY



Jim, Diane, Karen, Butch Ann, Sandy Jill at Buffalo start



Supper at the Occidental, oldest brothel/saloon in Buffalo WY



Jill & Karen smelling butterscotch 😊



Karen & Custer

Meet & Greet in Billings



A plethora of Dianes, Dianas, Diannes

Little Big Horn National Monument



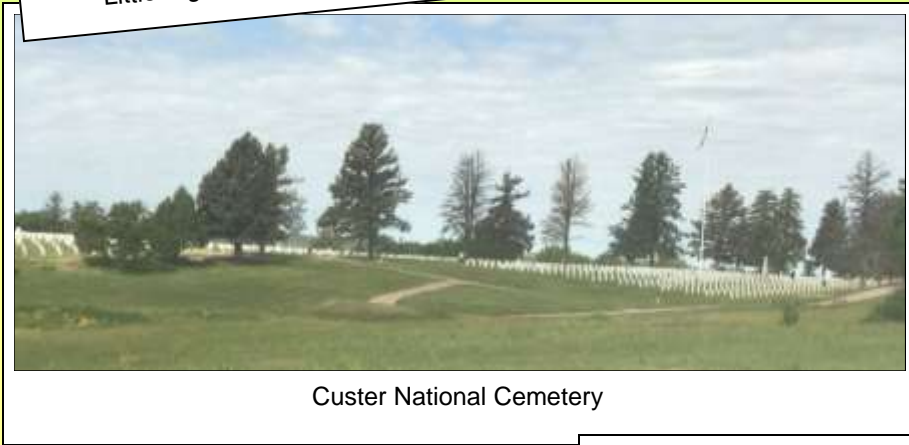
Little Big Horn National Monument



Little Big Horn Nat'l Monument



Little Big Horn Battlefield National Monu-



Custer National Cemetery



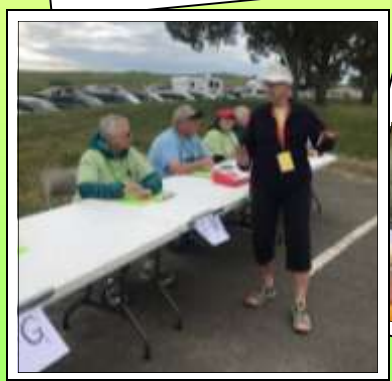
Larry, Judy, Sandy, Butch, Jill, Karen
Little Big Horn Nat'l Monument



Little Big Horn Nat'l Monument



Little Big Horn



Rim Walk



Over There



No danger of that today, girls!!



Karen & Jill take a break

Presidents Walk, Billings



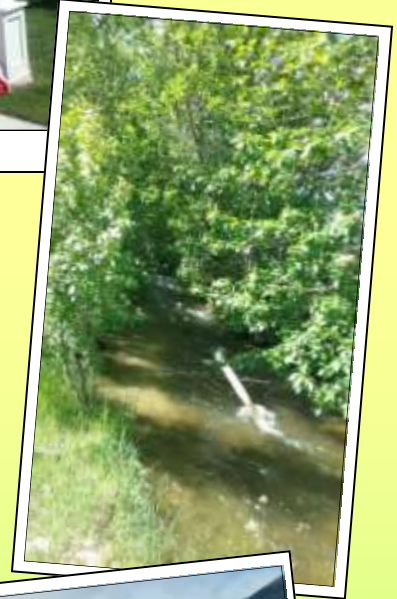
Red Lodge MT



Peter Toth Totem



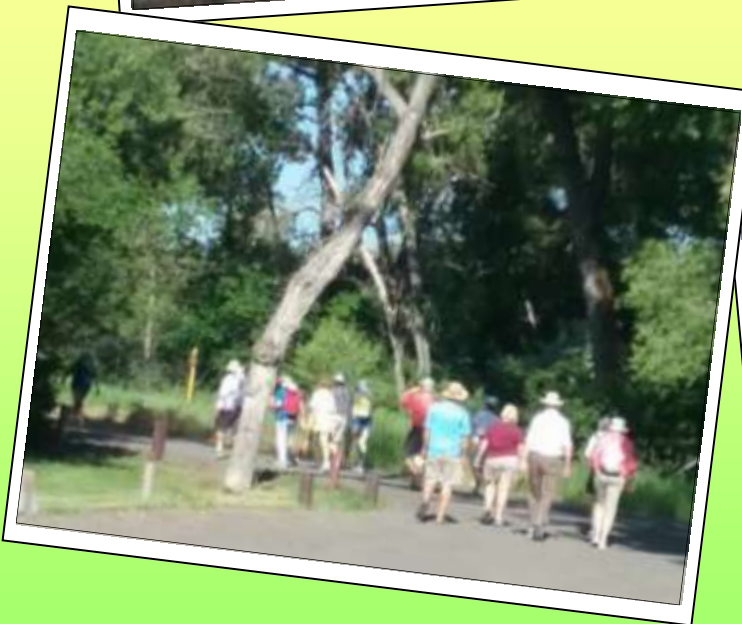
Music in the Park



Billings MT



Goose Nursery



Yellowstone River — High & Fast

Cody WY



Convention Auction



Check out the TWO baskets our club donated to the Silent Auction! Basket one: Celebrating 150 Years of Nebraska Statehood. Basket two: (Don't) Look at the Sun! Total Solar Eclipse Multi-Event Weekend.



Susan, winner of the Eclipse Basket, modeling her prizes

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Chalco Meet & Eat



The Great Plains Walking Club



Mark your calendars: Upcoming Events

July

- 7 Iowa Games, Ames IA Greater Des Moines Volkssport
- 8 Flandrau State Park Walk, New Ulm MN NorthStar Trail Travelers
- 9 Silver City SD Black Hills Volkssport
- 15 Bear Butte State Park, Sturgis SD BHV
- 15 Rockville MN Central Minnesota Volkssports
- 15 Elk River Walk, Elk River N Twin Cities Volkssport

August

- 12 Roseville Arboretum Walk, Roseville MN TCV
- 18-21 (Don't) Look at the Sun Eclipse Event, Grand Island NE Nebraska Trailblazers
- 19 Leavenworth KS Kansas JayWalkers
- 26 Spring Creek, Rapid City SD BHV

September

- 2 Summit Ridge Lookout, Custer SD BHV
- 9 Plattsmouth Harvest Festival Walk & Breakfast, Plattsmouth NE NT
- 9 Holy Terror Days Walk, Keystone SD BHV
- 11 March to the Arch, St Louis MO Gateway Milers
- 16 Fall Foliage Stroll, Canton SD Prairie Wanderers Volkssport
- 16 American Heart Walk, Rapid City SD BHV
- 16 Historic Hastings Walk, Hastings MN TCV
- 23 Outdoor Expo Walk, Des Moines IA GDMV
- 23 Polk County Walk, Bolivar MO Dogwood Trailblazers
- 23 Cedar County Walk, Stockton MO DT
- 30 Outlaw Ranch Volksmarch, Custer SD BHV

Event Awards for Club Members

	<u>Events</u>	<u>Distance</u>
Phyllis Olson	1,250	
Lee Frantz		2,000
Norma Wessel		12,000



July	3	Mel & Vicki Bohn
	4	Sharon Sullivan
	6	James & Lina Cashin
	7	Dave & Judy Zikmund
Aug	5	Mark & Mary Anne Conway
	9	Stan & Carol Fraas
	15	Larry & Judy Seger
	16	Deb Gaskins
	31	Tim & Julie Brown

Happy Birthday to You!!!!

July

- 2 Gabriella Castro
- 12 Richard Andrews
- 14 Ellen Peters
- 16 Ardith Ortgies
- 17 Jerry Golmanavich
- 20 John Boggs
- 27 Dudley Allen
- 29 Jeanne Van Houweling



August

- | | |
|---------------------|-------------------|
| 4 Robert Glenn II | 23 Tim Brown |
| 9 Karen Dix-Johnson | 24 Mary Brown |
| 12 Heidi Bober | 24 Sandi Palensky |
| 14 Mark Conway | 28 Dee Willemssen |
| 15 Dale Nielsen | 29 Linda |
| 17 Sharon Sullivan | Gissendanner |
| 22 Becky Holford | 29 Jeanne Miller |

Meeting News

The next club meetings will be September 11, October 2, November 6 and December 4, 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

May and 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:

NWFT
PO Box 8147
Omaha NE 68108

Newsletter Info

To place info/articles/photos in the next newsletter: snail-mail by August 15 to:



NWFT
PO Box 8147
Omaha NE 68108



Breaking news!

We've added one more walk to our Eclipse Weekend!

Up to FIVE walks and a swim—plus our friends to the southwest, the Sunflower Sod Stompers, are in the planning stages of some swim events to keep you cool between walks. Woo-hoo, we're sizzling—and I don't mean the temperature!

Our Eclipse Committee has been working, working, working! Over 100 people have signed up for events on each of Saturday, Sunday and Monday.

With the large numbers, we have had to move our Meet and Greet on Friday evening to a different venue. We will be meeting (and having preregistration package pickup) at St. Mary's Cathedral, 112 S. Cedar Street in Grand Island.

We have taken advantage of its central location to add a 5 and 10 km route in this historic downtown area. The "Stars" of this walk will be the historic County Courthouse, Pioneer Park and the famous Lincoln Highway. This group walk will leave from the cathedral immediately after the Meet and Greet. We hope you will join us.