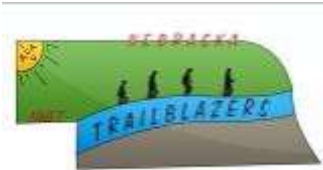


Footsteps

Fun, Fitness, Friendship

Volume XIX Number 3

May/June 2018



The Prez Sez...

The *Pete Dowling Memorial "Spyngo" Walk* was held April 7. It was an

unusually cold day and as expected the attendance reflected the temperatures. Regardless, folks were ready and able to enjoy an otherwise beautiful day. Jeanne Miller and Jill Champley had an excellent plan and club members worked together to cover all the bases. The walk itself successfully added an interesting new dimension with the engaging game of Spyngo. The start point had a nice display to remember Pete. It was a real treat to have Pete's wife, Claudia, spend the day with us and we were fortunate enough to have their son, Steven, join us later on. It was good to reminisce about Pete and learn a few new things about him as well.

On April 21 we had a Meet and Eat utilizing the Shelby, Iowa, Year Round Event (YRE). The day was a bit chilly but otherwise, the excellent and well-maintained trail made for an enjoyable walk. Lunch was at the start point location – the always accommodating Corn Crib Restaurant. Overall, thanks to the planning of The Coordinating Committee, the Shelby community, and a lot of great attitudes we had a very nice event to take in.

As mentioned in the last issue of Footsteps, the *Bird Seeds to Trails Walk* is on May 12. The Wild Bird Habitat Store in Omaha is generously hosting the start point.

Given that this is a new walk for our club and the variety it offers, it should be interesting. As a reminder, the pre-walk is April 28 at 2:00 p.m. and all are welcome to attend this also.

The *National Trails Day Walk* is on June 2. We are fortunate to have an excellent start point—the Chalco Hills Visitors Center. This route was not made for motorized vehicles and as such it is a nice walking surface and presents a good opportunity to take in the lake, wildlife, plants, and people. For the walking "purist" this walk is exceptional.

In case you have not heard our Treasurer, Butch Spaulding, is also the Deputy Regional Director for the North Central Region of the American Volkssport Association (AVA) which includes the states of IA, MN, NE, ND, SD, and WI. Once again Butch congratulations! Speaking of Butch, he and his wife's Sandy's pictures can be found on the "Let's Get Started" section of the AVA website. Good on Butch to have the presence of mind to have the NWFT logo showing on his shirt!

The American Wanderer was kind to NWFT again in the April/May issue. The North Central Director's page has photo of our Commendable Service and Meritorious Service award recipients. In addition, members were recognized in the IVV Event and Distance Awards sections. It is fun to see if you recognize any names in these sections. Hopefully you will find your own name on the lists.

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

or like us on Facebook



The Prez Sez... continued

Our initial planning for the 2018 Night of Lights Event has been well underway for some time and we just needed to identify the right folks to lead the charge to the finish. Well we have now found them; Dave and Mary Brown have volunteered to take on being the event POCs. This was a top priority for us and it keeps our planning on track. Thank you Dave and Mary.

A couple of notes from the April monthly meeting. First our Historian, Diane Fenlon, presented the beautiful club scrapbooks she created to capture the club happenings during 2017. It is amazing how her work is able to highlight just how much our club experiences in one year. Secondly our guest speaker was Elmo Diaz from the Blacksmith Shop in Omaha. Elmo gave a fascinating presentation and as it turns out he has participated in about 50 volksmarches himself.

We have a lot going on to include the many top-notch events this summer and beyond. I hope you are able to take advantage of the opportunities whether it be through your participation, volunteering or a combination of the two. All levels of member involvement add value to and help shape the Nebraska Wander Freunde Trailblazers

~Bryan



Sandy speaks

My first note for this article: Here are some things you must get on your calendar. There is a little bit of travel to do, but the walks will be well worth it.

First is the North Central Round-up at Pearl Park in Minneapolis September 7-9. There will be some great walks there, a chance to meet some of your fellow North Central Region members including your regional director. More information will be coming, but reserve this weekend. This was the reason we moved our regular September event.

Second is the great walk sponsored by, guess who, the Nebraska Trailblazers, on September 15. This walk is in Malvern, Iowa and will be a great walk. It is in conjunction with the Southwest Iowa Art Tour and will pass some great art venues and along the Wabash Trace. A short drive from Omaha and definitely worth the trip.

Finally, don't forget our Small Town Iowa Weekend October 5-7. We have some terrific walks planned as well as fun and games. If you haven't made reservations yet, check the brochure for some ideas and come spend the weekend with us. We promise you will see things you have never seen before. The small towns are excited to welcome us and will be opening venues that are normally closed at the times we will be walking. Opening just for us!

If you did not come to our Gretna Spyngo walk, you missed a great one. The 31 walkers who did make it all complained that they were overdressed. The sun and lack of wind made it feel a whole lot warmer than the temperature said. They all enjoyed the route, had a great time finding the items on the Spyngo card, and enjoyed treats and a blast from the past with Claudia's display for Pete's Memorial. Thanks go out to Jeanne for a great trail, Jill for a fun game, Claudia for those delicious cookies and Butch for the yummy brownies. No one was all that excited by my *not* homemade Oreos!

See you on the trail!

~Sandy

What Does *That* Mean????

Year Round Event (YRE): This is a self-directed walk which individuals can come to any day they choose. Details are found under "Events" online at ava.org and in the publication *Starting Point*. Here walkers will find a "Walkbox" (or Start Box) where they register, obtain instructions and stamp their books. A newer development is the On Line Start Box which allows a virtual alternative for some designated walks. Not all climates allow YREs, but many walks, including capitol walks, are available nearly every day of the year to accommodate traveling Volkspotters.

from *The American Wanderer* article "AVA Speak" by Carolyn Adams, Northeast Deputy Regional Director
Twin State Volkssport Association

Walking a Year-Round in 6 Easy Steps

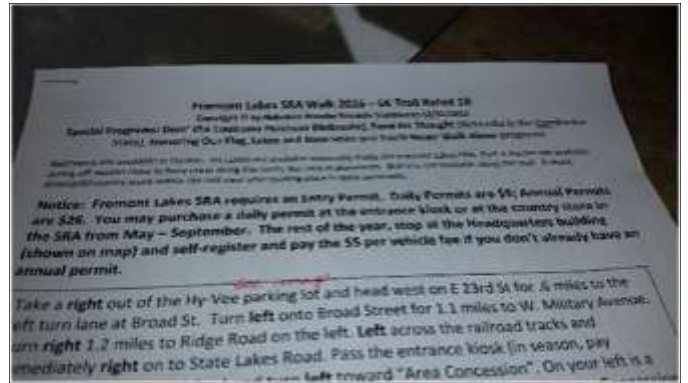
If you are a new member (or a long-time one who is just out of practice) and aren't sure how to participate in our Year Round Events, here are some handy tips to get you started!



1

Ask for "The Walk Box" when you go to sites described as hosting a Walk Box. It should look something like this if you are going to one of our clubs' 10 YREs (Year Round Events).

4



Take a set of directions and maps. The directions will indicate whether you start walking from the parking lot of where the Walk Box is located, or whether you have to drive to a different location.

2



The Walk Box is organized with a registration log, Start Cards, envelopes, stamp and stamp pad and a set of both 5k and 10k maps and directions.

5



If you are a credit walker, be sure to stamp your book(s) before you head out the door. If you do not stamp books (you are a Fun Walker), skip this step.

3



This is a picture of a registration log, with Start Card color coded to each of our club's YREs and an envelope in which to mail back the Start Card and relative fees.

6

Print your name and address in the registration log, sign it and indicate how much you are paying (Fun Walker or Credit Walker fee).

Return the Walk Box to the front desk or counter and thank the personnel there for giving you the box and letting us start our walk from there.



Other clubs' Start Cards may look like this.

Pete Dowling Memorial Spyngo

Gretna NE
April 7, 2018



Claudia, Butch & Sandy



Mementos of Pete's
volkssporting years



Elmo Diaz entertains the club with info
about his blacksmithing business
at the April meeting



Mark your calendars: Upcoming Events!!

May

- 5 Waterville Walk, Waterville MN NorthStar Trail Travelers
- 12 Bird Seeds to Trails Walk, Omaha NE Nebraska Trailblazers
- 12 White Bear Lake Walk, White Bear Lake MN Twin Cities Volkssport
- 19 Brenton Arboretum Walk, Dallas Center IA Greater Des Moines Volkssport
- 19 Art-a-Whirl Walk, Minneapolis MN Lake Country Wanderers
- 19 Maplewood Historic, Maplewood MO Gateway Milers
- 19 Wildlife Walk, Bruce SD Prairie Wanders Volkssport Club
- 19 Terra Sancta Volksmarch, Rapid City SD Black Hills Volkssport

June

- 2 National Trails Day, Omaha Nebraska Trailblazers
- 2 Crazy Horse Memorial Spring Volksmarch Black Hills Volkssport
- 8-10 Kansas Walks: Clay Center, Alma, Wamego, Holton, Valley Falls Sunflower Sod Stompers
- 9 Homestake Trail, Lead SD Black Hills Volkssport
- 23 Rondo Underground Railroad Walk, St Paul MN Twin Cities Volkssport

July

- 8 Silver City Pie & Ice Cream Social, Silver City SD Black Hills Volkssport
- 14 St Cloud MN Central Minnesota Volkssports
- 21-22 Elba MN NorthStar Trail Travelers
- 28 Custer Walk, Custer SD Black Hills Volkssport

Event Awards for Club Members

	<u>Events</u>	<u>Distance</u>
Bryan Taylor	30, 50, 75	
Jeanne Miller	500, 525	5,000



NWTB Officers

President
Bryan Taylor

Vice President
Larry Boehm

Secretary
Jill Champley

Treasurer
Butch Spaulding



May Karen Dix
Julie Brown

June Mary & Dave Brown

Sept Open

Oct Open

Nov Donna Campbell

Dec Tricia Abel

Meet & EAT 2018

June	23	Giving Walk Gallup parking lot 8:00 a.m.
July	4	Seward NE 10K 9:00/5K 9:30/lunch 11:00
Aug		No M&E
Sept	22	Apple Jack Festival Nebraska City NE Time TBA
Oct		Lincoln Cemetery Walk Time & meeting place TBA
Nov	23	Opt Outside Black Friday walk instead of shop Time & meeting place TBA

Meeting News

The next club meetings will be May 7 and June 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

February and March 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, please send by June 15 to:



NWFT
PO Box 8147
Omaha NE 68108