

Footsteps

Fun, Fitness, Friendship

Volume XIX Number 6

November/December 2018



The Prez Sez...

The past couple of months have brought many successes. Looking at the irons we currently have in the fire you can expect more of the

same through the end of the year. Some highlights follow.

Those attending the Wabash Trace / Art Tour Walk in September 15 were given a good example of why folks in our part of the country like to say, "it's not the heat it's the humidity". Regardless it proved to be a great day. The Classic Café was very accommodating and proved to be an excellent starting point, the Malvern community provided a fun and interesting atmosphere, and many club members worked together to make an event of which to be proud.

Fortunately, our next outing proved that our events also fall on beautiful days. On September 22, we had a Meet and Eat in Nebraska City in conjunction with the Applejack Festival. The weather was just what one would hope for that time of year! Nebraska City offers much to see in itself and the Applejack Festival only gave people more options. A well-deserved thank you goes out to Sandy Spaulding and the Coordinating Committee for their efforts.

Back to adverse weather conditions. Our three day Discover Small Town Nebraska event was held October 5-7 consisting of walks and other events in four Nebraska counties. It seemed that no matter where we were and when we were there it was cold and rainy but at least it was consistent! Furthermore, late issues due to the rain and Murphy's Law made this an especially challenging event to plan. However, we had a couple of things on our side to overcome anything which was thrown our way. First, we had superb planning with contingency plans in place which were supplemented by smart adjustments just before and during the weekend. Second, the great attitudes of those attending allowed folks to enjoy the walks and take in all the other events

undeterred. Much thanks go to all the people and organizations in Brownville, Falls City, Pawnee City, and Tecumseh who supported us. Within our club a big and special thanks to Jeanne Miller, Sandy Spaulding, the Coordinating Committee and many others for all the work leading up to the event and for overcoming the many last minutes obstacles.

We will get a quick start on the last couple months of the year with the Rita Eldrige Memorial Pie walk in Blair on November 3. Rita was one of the early members of our club and was an integral part of what we do until her passing last year. Knowing Rita a good way to honor her would be to come to the walk and have a piece of pie! Also, Blair is a nice city to take in and we have a 5K route set-up which is particularly good to walk.

Closing out the year is our Night of Lights Event on December 2. Our early indicators are pointing to another turnout along the lines of the nearly 700 walkers we had last year. The folks with the Landmark Building are once again generously allowing us to utilize their conveniently located and beautiful atrium as our start point. This start point is ideal for planning walks which best take advantage of the holiday lights display on the Gene Leahy Mall and throughout the downtown area. If you never experienced this walk before or if you would like to experience it again then this is the year to do it. Next year neither the Gene Leahy Mall nor the Landmark Building will be able to support us as there are plans to repurpose these properties to serve other needs of the community.

This is the time of year which traditionally yields many nice days. Hopefully you are making a special effort to find time to walk and take advantage of the pleasant conditions.

~Bryan

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

or like us on Facebook





Sandy peaks

Butch and I have managed to finish half of our Appalachian Trail walks. We started in the spring by doing Baxter State Park in Maine. It was a great walk, but not easy to get to. Lots of rules in Baxter State Park and a very slow speed limit. It takes

at least two hours to traverse the 40 mile long road through the park. Luckily, we did not have to travel the entire road to get to the start of the walk. We did manage to see a bear and a minx, both from the comfort of our car. The walk itself had a choice of three loops two of which went uphill to waterfalls. Little Niagara is little but still beautiful. The third loop was a little flatter around a lake.



After our wet walks in Small Town Nebraska, we took off for warmer and hopefully dryer climates starting at the south end of the AT. Unfortunately, we were right on the tail of Hurricane Michael. Meant some rainy weather driving. We spent the night in the little German town of Helen. Very cute town with great German food, a nice view of the river and friendly people. After a 1:00 a.m. phone call that was totally strange, we woke early to sunshine. We started our first walk in Hiawassee, Georgia. This trail was typical AT with hills, roots and rocks but beautiful views.

On to Tennessee for a very cool but clear morning where we started at the State Line for Tennessee and North Carolina. You could walk either state just by crossing the street. Again, very typical AT. You think you are starting at the top of the mountain, but the trail continues up.



Then it was off to Hot Springs, NC. We did the in town part of the walk in the afternoon. Instead of white blazes, the in town portion was marked in the sidewalk. Our hotel was one of those cute historic hotels, which means no TV, no cell service, no internet and no heat in a room the size of a closet. After a few games of Yahtze, we cuddled down to stay warm till morning. Got up before the sun to walk the rest of the trail which

again was hilly, rocky and quite a challenge in the semi-dark cloudy morning.



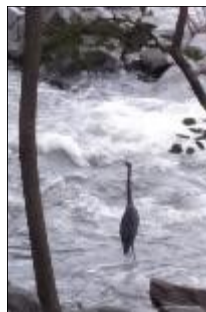
On to Damascus, Virginia. The trail here was quite a surprise. Almost totally flat with most of it in town. Instead of white blazes, it was marked in the sidewalk.

Our last two walks both started in the same town-Harper's Ferry. Our hotel was a block from the West Virginia Trail so we were able to walk to the trail. First mistake we made was not reading the fine print. The computer printout from the AVA website listed the rating as a 2B. No need for walking sticks on a 2B trail, so I left mine in the hotel. Luckily my kind husband let me use his. The AT trail was actually rated 3D according to the walk description. (I thought it was a 4D as I don't remember walking a single flat area other than crossing the bridge). It was our toughest trail with lots of rock, steep climbs, leaves covering the trail and lack of white blazes in areas so we had to



search at times to be sure we were still on the trail. It did finish in town, but the town is again very hilly and the streets and sidewalks are paved with cobblestone so not an easy finish.

Our final walk from Harper's Ferry crossed a railroad bridge into Maryland. The trail followed a canal and was totally flat. A great relaxing finish to our trip. Five minutes after finishing this last trail, the rain started. And continued most of the way home. Can't complain. Able to do all of the walks in dry weather.



~Sandy



Walker of the Year Nominations

We have two candidates for Walker of the Year. Be watching your email for a ballot via Survey Monkey around November 19, due by Nov 30. Votes will be tallied at the December 3rd meeting.



Jill Champley

Since joining the club, Jill has been very active in volksmarching. She is currently our club secretary. She keeps accurate minutes of club meetings and her reporting of them is clear and concise. Jill has been very active in The Committee, offering sound advice in volksmarching matters that pertain to the club. Jill has been a credit to the club. Besides all that, she brings wonderful treats for members to enjoy after a meeting!

Lee Frantz



During his term as president our club had one of the busiest and most productive years we have ever had. The eclipse events were attended by over 340 people. There were more than 680 walkers at the lights walk.

Lee spent many hours coordinating, communicating, arriving early for and staying late at meetings to pull everyone together to organize the club's events. He always thanked the members who worked on the events. During his presidency the bylaws were revised, improved, and brought up to date. He has adopted several walks personally and is the contact person for one of our year around walks.

Lee has been certified as a Trail Master, and this will help our club for years to come. Through all of this, Lee has been approachable, understanding, humorous, hard-working, organized, and a joy to work with.

Lee & Jeanne Become Certified Trailmasters!



Butch awards certificates at September 10 club meeting

TRAILMASTER

Congratulations to Jeanne Miller and Lee Frantz on achieving Trailmaster Certification!

Trailmaster certification is a knowledgeable resource in the art of volkswalk trail making. To receive this recognition, the applicant starts by reading manuals outlining the how-to's and wherefores of creating an event: where to have the walk, what you want to see, mapping the route, marking the trail, publicity, walk maps and instructions, workers' walks, Traditional or YRE, budget, trail ratings, Start/Finish and checkpoints, and cleaning up the trail after the walk. And there's an exam at the end!! Whew! That's quite an accomplishment, you two!

Trip Report

Karen Dix-Johnson Discovers Small Town Nebraska

October 5, 6, and 7 the Nebraska trailblazers held a special four county walk in Southeast Nebraska. Four small towns were featured with all new walks, events, plus things to see and do!



Artsy, old and charming Brownville was the first walk. At the winery start point, we discovered an old brewery cave dated 1866 and a museum documenting the Indian Congress. Missouri River

high water level made most all walkers cancel lodging on the B&B River Cruise boat along with our game night.



The Falls City walks Saturday yielded charming neighborhoods, city Square, wonderful residents so willing to share their town and museums. Going to different places to eat

and socialize is always a plus and the Six Mile Inn, just north of Dawson, proved to be a great meet and eat!

Our afternoon walk was in Pawnee City



starting at the county museum. This was an amazing collection of buildings complete with everything that was needed to make true to the

past. Another wonderful town with so much to share—a motorcycle museum and a museum with hundreds of all restored toys from the past.



Tecumseh was the location for the Sunday morning walk. The continuous heavy rainfall was disappointing, however this made the exploring of the museum and other points of interest

become the focus!

Even though the weather didn't cooperate, the walks, locations, things to see and do were fabulous! I know that I plan to return to each town to further investigate some of the amazing buildings and museums!

~Karen



Susan & Pam guests at our club meeting—hope to see you on future walks!!

October 5-7
2019
Great Plains Walking Club

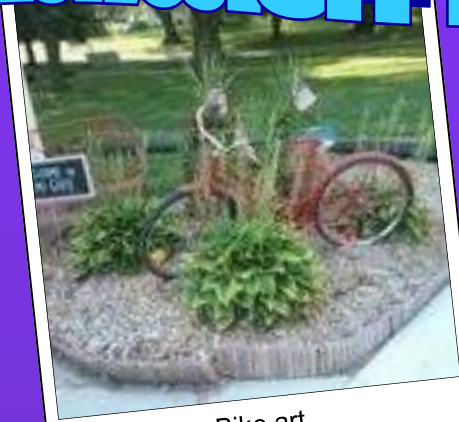


How cute is this? Veggies & hummus in fine Halloween form for meeting treats!

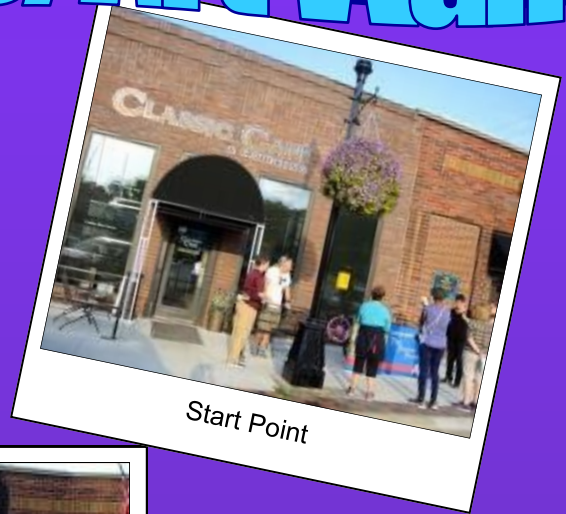
Ashland Meet & Eat



Wabash Trace/Art Walk



Bike art



Start Point



Group Walk



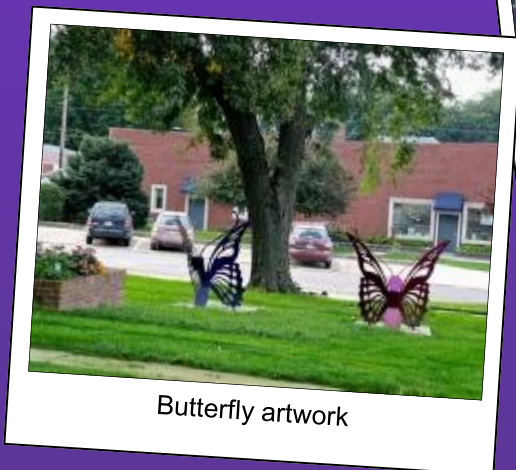
Happy Walkers



Beautiful artwork



Jim & Sheila



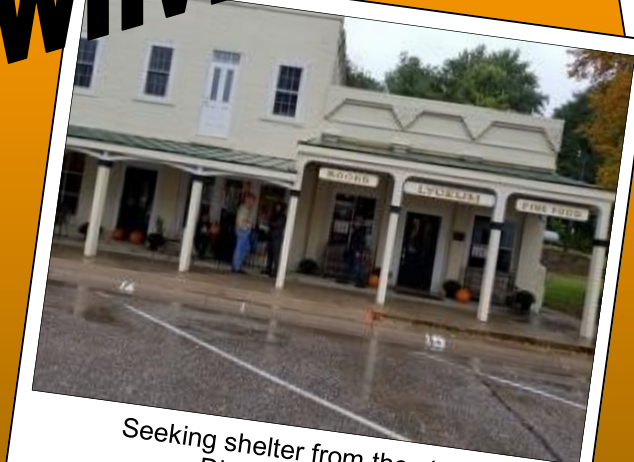
Butterfly artwork



Mural

Discover Small Town Nebraska

Brownville!



Seeking shelter from the storm!
Dinner here later.



Great weather—for ducks!!



Anna & Larry @ the Carson House, Brownville NE



Tim & Bryan at Whiskey Run Creek
Winery, Brownville NE



South Dakota Walkers



Gathering for the group walk

Falls City!



John Falter Museum, Falls City NE



Jill, Bryan and Diane



This jailed walker claims he was framed!



Exploring John Philip Falter Gallery



Missouri Walkers

Pawnee City!



Curator
Pawnee City Historical Society



Dinner at
Schilling Bridge Winery



Sandy at Pawnee City
Historical Society & Museum



Pedal Clinic Museum



Enjoying a walk
at Pawnee City



Curators
Pedal Clinic Museum



Pedal Clinic Museum

Tecumseh!



Waiting for the rain to pass—it didn't!!



Johnson County Museum



Johnson County Museum



Anna & Larry come in out of the rain!



Mark your calendars: Upcoming Events!!

November

- 3 Bridgeton MO St Louis/Stuttgart Volksmarch Club
- 3 Springfield MO Global Adventurers
- 3 Rita Eldrige Memorial Pie Walk, Blair NE Nebraska Trailblazers
- 10 Walking Company Walk at Rosedale Mall, Rosedale MN Twin Cities Volkssport
- 23 Opt Outside, Council Bluffs IA Nebraska Trailblazers

December

- 2 A Night of Lights Walk, Omaha NE Nebraska Trailblazers
- 8 YMCA Skyway Holiday Walk, Minneapolis MN Twin Cities Volkssport

January

- 1 Merle Hay Mall, Des Moines IA Greater Des Moines Volkssport
- 5 Northtown Mall Walk, Blaine MN Lake Country Wanderers
- 19 University City Soup/Ice Sculpture Walk, University City MO Gateway Milers





Speaker Schedule

Nov	5	Omaha Bee Club Bob Loghry
Dec	3	Honey Creek Creamery Sharon Oamek
Feb	4	Greater Des Moines Volkssport Diana Whited
Mar	4	Omaha Storm Chasers
Apr	1	TBA

Meet & EAT	2018
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Nov 23 Opt Outside 5K walk
Lansky's parking lot
1131 North Broadway, Council Bluffs IA
10:00 a.m.
Black Friday walking instead of
Black Friday shopping

Stay tuned for info on
2019 Meet & Eats!!

Meeting News

The next club meeting will be December 3 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

September and October 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 December 15:



Mail to: NWFT
PO Box 8147
Omaha NE 68108