

Footsteps

Fun, Fitness, Friendship

Volume XX Number 1

January/February 2019



The Prez Sez...



Rain, rain, go away
Come again on a non-walking day
All our volkswalkers wants to play
Rain, rain, go away
Lyrics © Adapted from Public Domain

It is just amazing what you can accomplish if a "little" rain doesn't bother you. The Nebraska Wander Freundé Trailblazers (NWFT) 2018-year had its share of rainy, icy, and snowy walks, but as a club we persevered. Rain hats-off to the board and the coordinating committee that guided us through by assessing, adapting and overcoming a myriad of bumps in the walking paths this year. Road closures, shifting start-points, flooded walk paths, floating hotels with too much water, and mosquitoes who evidently like art-work in the heat all contributed to a most interesting 2018 of Volkssporting. Memorial walks for Pete Dowling and Rita Eldrige gave strength to all of us as we walked in their great shadows.

Now here is a survey for you, pick (X) a favorite rain quote, dry off, and get ready for a 2019 of fun, fellowship, and friends with an occasional forecast of food.

- Some people feel the rain. Others just get wet.
~Bob Marley
- The best thing one can do when it's raining is to let it rain.
~Henry Wadsworth Longfellow
- Do not be angry with the rain; it simply does not know how to fall

upwards.

~Vladimir Nabokov

Rain showers my spirit and waters my soul.

~Emily Logan Decens

Let the rain kiss you. Let the rain beat upon your head with silver liquid drops. Let the rain sing you a lullaby.

~Langston Hughes

And when it rains on your parade, look up rather than down. Without the rain, there would be no rainbow.

~Jerry Chin

After the rain cometh the fair weather.

~Aesop

[wise old sayings](#)

Now that is behind us, let's look forward to a warm, sunny, mild 2019 filled with Fun, Fitness and Fellowship, and of course some food. As in my previous year as President, I have a few club goals for this year:

- 1) energize club members to walk the new NWFT/Greater Des Moines Volkssport Association (GDMVA)/ Lincoln Volkssport Club (LVC) Incentive Program explained in this newsletter.
- 2) finalize and look at standing rules, that Lee and Bryan have been working on. This will be a document that uses the Bylaws to clarify—as members—what we do, who does it, and when we do it.
- 3) standardize our club Year-A-Round (YRE) start-point boxes—across all walks. This will be done to the template standards set-up by the American Volkssport Association AVA.

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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)

I want to personally thank our outgoing President, Bryan Taylor, for an excellent year of leadership. His communications before Meet Ups, Walks, and Pre-Walks, etc., and his amazing newsletter contributions have kept us all informed through the year. Also, Bryan has been a uniquely outgoing President— interacting with walkers at our walks, crossing over club boundaries to create program activities, recognizing our long time start-points with awards, and keeping our board on its toes. I will do my best to follow in his footsteps. Bryan has been a dedicated President.

Now I want to thank our outgoing board members for their years of work on our previous club executive council and this year's board:

Larry Boehm has been NWFT Vice President for as long as I can remember. He has faithfully filled in when a president had to miss a meeting, cheered the board on, provided needed input in board meeting discussions, and this year acted as Bryan's parliamentarian. Larry will be missed.

Butch Spaulding, for his too-numerous-years-to-count as treasurer and president. Butch has been a backbone of this club for many years and we will still seek his guidance as he becomes our AVA Regional Director this summer. Congratulations Butch!

Lastly, let me introduce the rest of our 2019 board: Jill Champley is moving from secretary to treasurer this year, Trish Abel (congrats on finishing her MBA this past year) is coming back as secretary and longtime member Jeanne Miller is stepping in as Vice President. Sandy Spaulding (our second backbone in the club) stays with us as Chair of the Coordinating Committee, and Julie Brown and Jeanne Miller are our media/communications board appointee members (one board vote).

Have a safe and fun filled year of walking in 2019!

Walk On,

~Lee

4 Reasons Why Healthy Sun Exposure is Essential this Winter

Getting enough sun exposure is especially important during winter months. Here's what Dr. Frank Lipman of the website, Be Well (bewell.com) has to say:

Over the last few decades, sun-o-phobia has become our national norm. Thanks to non-stop, dire warnings put out by mainstream medicine declaring all sun exposure BAD, we've been scared into thinking the sun is a death star waiting to zap us every time we step outside. Granted, sunbathing irresponsibly for hours on end and burning is unquestionably harmful and potentially lethal. But 'taking a bit of sun' for brief periods – we're talking minutes, not hours – and allowing the sun to hit your skin *unprotected* is essential to good health. Enjoying a 'sunbreak,' and *not a sun-bake*, confers a host of benefits that you shouldn't miss out on, particularly once winter starts to take hold. What's all that sun doing for your bod? Here are a few of the good things that happen when you let the sun shine in – and tips on how to do it strategically and sensibly, of course:

Disease-fighting vitamin D levels get a lift

Exposing your skin to the sun (without sunscreen) triggers a reaction in the body that boosts production of vitamin D. Unlike other essential vitamins that are found in food, Vitamin D is synthesized in the skin, with strategic sun exposure that is, enabling the body to build bones, tame inflammation and boost immunity. Vitamin D is also thought to play a key role in preventing a number of cancers, including pancreatic, lung, breast, ovarian, skin, prostate and colon. In winter, when light is in short supply and we're less likely to spend time outdoors, sunbreaks can help keep your body's vitamin D factory from completely shutting down. (The winter months are also a good time to take a vitamin D3 supplement as well.)

For more info on this article, [click here](#)





Sandy peaks

Baby It's Cold Outside! But we can expect a nice warm walk for our January Meet and Eat. Plan to walk in the Westroads Mall for an early morning stroll before all of the shoppers get there. After

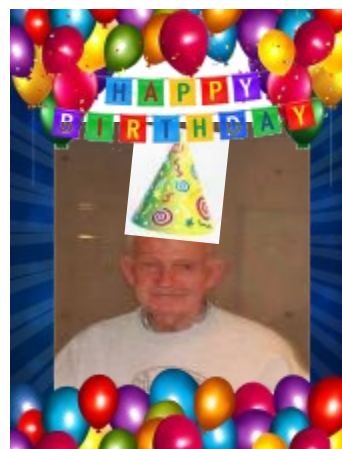
working up an appetite, we can stop at Panera for a quick brunch. Meet near the play area outside of Dick's at 8:30. We will make a few circuits upstairs and down, checking out all of the January sales as we walk.

We have another exciting year planned. March 2 is our annual soup walk. Dave and Mary Brown are sure to have a nice route planned for us and we will all enjoy soup at Children's Square in Council Bluffs. They are always wonderful hosts. April brings us a dog walk starting at the Nebraska Humane Society. You do not need a dog, but do bring some items from their wish list. This includes blankets, large towels, dog and cat toys, empty gallon size ice cream buckets, paper towel rolls or check out their wish list at the Nebraska Humane Society website for other items. May will be a trail through Bellevue starting at the Sarpy County Historical Museum. If you are doing the Little Library program that Des Moines is sponsoring, this walk qualifies. There is a Little Library right outside the door of the museum. We will walk in Papillion in September. It will be a nice trail along Papillion Creek and through city parks for the 5 K. The 10 K will take you around Walnut Creek Recreation Area. October will be a hike in the woods at Arrowhead Park near Neola, Iowa. After a true hike through the hills, enjoy some lunch in the Breezy Lodge. November will be starting at the new Countryside Church at 132nd and Center. Pie, Yumm! Watch for information on our Christmas Spectacular. After touching east, south and west, we will head back east for a special walk in Council Bluffs. Prepared to be wowed and enjoy some treats you have not seen before.

We will not have meet and eats every month this year. We are hoping that some of you would be willing to be walk leaders for these walks. We are looking for someone to lead at Hanscom Park in March and Ashland in September. Just let one of the board members or committee members know if you would be willing to lead one of these walks.

See you on the trail!

~Sandy



Happy 90th Birthday, Jim!!!

At our December 3rd meeting, we celebrated Jim Goeltz's 90th birthday. The birthday boy was surprised when the club began to sing *Happy Birthday to You* and he saw party hats and a birthday cake. Here's to many more, Jim!!!



2019 Incentive Events

New this year! Now credit walking club members can earn free walks by participating in the 2019

Request a card at any club meeting or traditional walk event. The card can be carried with your AVA book. You can earn up to four free walks per year. Walk nine unique walks, either traditional events or year round events for **CREDIT** (do not repeat any of the walks) in your home club-NWFT or GDMVA. Mark off the nine events you have done and you will get the 10th walk free. The walk must be redeemed at a traditional event or bring the card to a club meeting to redeem for a YRE. After you redeem your first walk, you can walk nine more unique events (not repeating any of the walks). You can now get credit for any events that are sanctioned by NWFT, GDMVA or Lincoln. Bonus credit for walking Ogallala or North Platte-these two walks count as two walks each. Drive a little and get double credit! You can receive another free walk from NWFT or GDMVA by showing your card with the walks crossed off as you do them. The card can be used four times. If you walk any qualifying walks prior to receiving a card, you can cross them off of the card after you receive it by showing your AVA book entry. If you do an event at one of the other clubs prior to completing your first 9 walks, you can cross them off your card when you do them but cannot redeem them until you complete the first 9 events at your home club.

Trip Report MaryAnne Conway

We've traveled to Denver for some family events and visits. While in the area, we enjoyed two walks sponsored by the Colorado High Country Hikers. One of the walks was the Combine Memorial at Clement Park. This was a beautiful walk with overlooks on top of and along Rebel Hill with beautiful views to the Rocky Mountains and the city of Columbine. The entrance and exit to the memorial provided beautiful views of the Colorado foothills. It was worth the time to read the remembrances of the victims and words from the community on The Wall of Healing.

The other walk was in the city of Lakewood. My niece and her husband opened up a Dutch Brothers Coffee Stand in that community. While there, we participated in the Lakewood Heritage Center at Belmar park walk. The center wasn't open at the time we walked. We did enjoy the paved and natural surface trails of Belmar Park. A highlight of this walk was Kountze Lake and the boardwalk. The boardwalk lead us to a gazebo and a wildlife viewing area. What a great place for bird watching! There were so many herons and what we have now learned were cormorants.

Hoping to make it to some of the club's walks in 2019!



I was born into a military family in Little Rock AR, the second child and the first of five sisters. My father's military career took the family to many places in the states and overseas e.g., Germany, Australia, Vietnam (where I graduated from High School), Taiwan, Hong Kong and the Philippines. The love of travel and military life continued for me as a military wife to my husband, Jim. We were married October 2, 1965, at Ft. Myers, VA. We have three girls, Andrea, Beth and Jennifer. Our family continues to grow for we now have 7 grandchildren, two sons-in-law, and 13 great grandchildren.

I have had a variety of jobs throughout my working career, to include receptionist/secretary, day care educational supervisor, dental assistant and special ed teacher's assistant. I rekindled my interest in photography a few years ago and was fortunate to be a freelance photographer for the Schertz TX magazine, photographer for the Schertz Chamber of Commerce, and for the Schertz Historical Committee. My photos have been used by such organizations as the San Antonio Hemisphere Park Area Redevelopment Corp, the New Mexico Tourism Committee, National Geographic's stock photo website, as well as the National Geographic Magazine. Several of my photos have been chosen by painters as subject for their artistic projects.

I am now enjoying retirement and often wonder when did I find the time to work? I stay busy with my photography, traveling and discovering the many gems that our country has to offer. I enjoy exercising, and meeting and getting to know new people. The Trailblazers Club certainly has added to my enjoyment of my retired life with all the interesting activities the club offers!

Thank You from Jim

To my Nebraska Trailblazers walking friends: I thank you very much for the surprise birthday party after the monthly meeting on 3 December. It was a complete surprise to me. When Karin DJ took me by the arm and escorted me to the refreshment table I had no idea what was going on. When I turned around there you all were standing and looking at me. My first thought was, "what did I do?" Then you sang happy birthday to me. How wonderful it was that all of you wished me a happy day. It certainly was. And then the shower of birthday cards from you was an outstanding gesture. I appreciate that very much. You are indeed a fine group to have done this and I very much appreciated your thoughts.

Actually I celebrated my birthday in the Munich airport in Germany with Sheila. We had *erdbeerkucken* (strawberry cake) with coffee. Sheila put a candle on the cake and had a waitress come over to light it. You would never guess where this was. If you ask I might tell. Also thanks to Tricia and Karin for surprising me! Many thanks again!!

~Jim

Thanks, Casey's!



Casey's in Ashland has been presented with a Certificate of Appreciation for hosting our Walk Box.

2019 Club Officers

The club is pleased to announce the results of December's election. The 2019 officers are:

President
Lee Frantz

Vice President
Jeanne Miller

Secretary
Trisha Abel

Treasurer
Jill Champley

Congratulations!

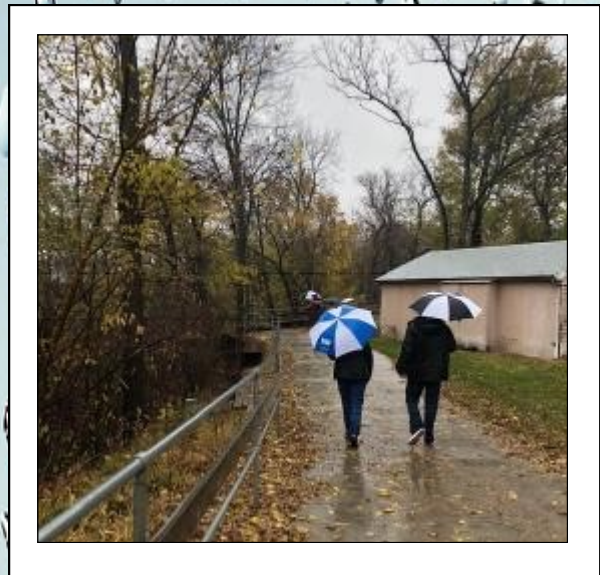
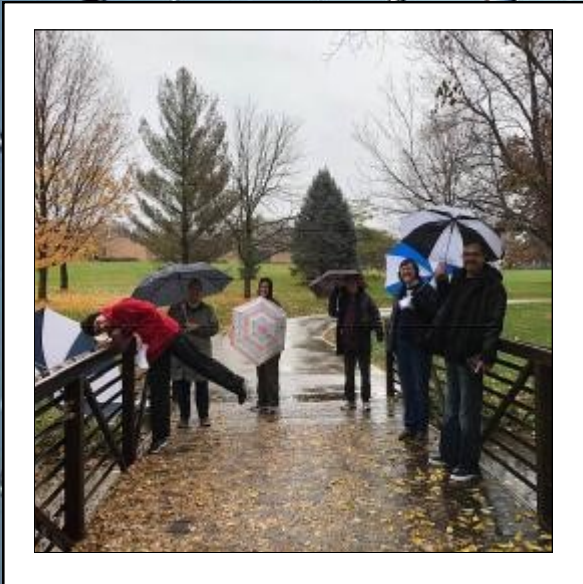
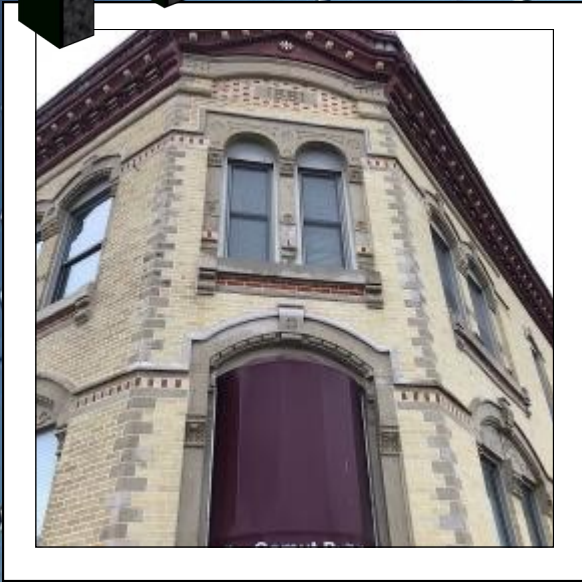
Thank you to Bryan Taylor, Larry Boehm, Jill Champley and Butch Spaulding for their commitment and dedicated service as 2018 officers.



Valentino's is the location of our 2019 annual dinner on Saturday, January 19. Social time begins at 5:30 and dinner is at 6:00 with the business meeting following. The restaurant is located at 5022 S 108th St (108th & Q) in Omaha. Please reserve your spot by emailing the number who will be attending to bs1preznfwt@aol.com by January 12. Cost is \$12 for members, \$17 for nonmembers and includes drink, tax and tip. You can mail a check to NWFT, PO Box 8147, Omaha NE 68108 or pay Butch at the meeting. Hope to see you there!



Pie Walk



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Mark your calendars: Upcoming Events!!

January

- 1 Des Moines Mall Walk, Des Moines IA Greater Des Moines Volkssport (GDMVA)
- 5 Northtown Mall Walk, Blaine MN Lake Country Wanderers (LCW)
- 12 East Towne Mall Walk, Madison WI Madison Area Volkssport (MAV)
- 19 University City Soup/Ice Sculpture Walk, University City MO Gateway Milers (GM)

February

- 9 Walking Company, Mall of America, Bloomington MN Twin Cities Volkssport (TCV)
- 16 Des Moines Sky Walk, Des Moines IA GDMVA
- 17 Lawrence KS Sunflower Sod Stompers (SSS)

March

- 2 Soup Walk, Council Bluffs IA Nebraska Trailblazers (NWFT)
- 9 YMCA Skyways Walk, St. Paul MN TCV
- 16 Beaverville Architecture Walk, Des Moines IA GDMVA
- 16 Lincoln NE Lincoln Volkssport Club (LVC)



NWFT Officers

President
Lee Frantz

Vice President
Jeanne Miller

Secretary
Tricia Abel

Treasurer
Jill Champley



Speaker Schedule

- Feb 4 Greater Des Moines Volkssport
Diana Whited
- Mar 4 Omaha Storm Chasers
- Apr 1 TBA
- May 6 Habitat for Humanity
Emily Prauner



- Jan 26 Westroads
Play area near Dick's Sporting Goods
8:30 a.m.
- June 22 Giving Walk
Gallup Parking Lot

Stay tuned for more
info on
2019 Meet & Eats!!

Meeting News

The next club meetings will be February 4, March 4, April 1, May 6 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

November and December 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 February 15:



snail-mail to: NWFT
PO Box 8147
Omaha NE 68108