

Footsteps

Fun, Fitness, Friendship

Volume XX Number 3

May/June 2019



The Prez Sez...



First off and most important, I need to thank Jill Champley, Sandy Spaulding, and Tricia Abel, and especially Vice President Jeanne Miller's leadership in taking the reins during

Donna's and my recent downsize move. They are an incredible club board. This group managed a board meeting, a club meeting and got the final details in place for the Mutt Strutt walk during this time. Jeanne also met with our meeting location—church office—staff and got us permission to use the video display at meetings; and under Jeanne's guidance this group got the summer baseball outing planned. Be sure to see the related article and join us for Storm Chasers baseball this year.

Additionally, Sandy and Jeanne worked on guidelines for trail POCs, to add into the Standing Rules our ad hoc committee is working on for the club. Thanks also to members of our Coordinating Committee and past board members who chimed in on all these activities. As Jill mentioned to me at the last walk (paraphrasing), "club management is not rocket science, many hands make light work." Good for all members to think about if the nomination committee calls next fall. So, a tip of my walking hat to all who helped the club during our move. Now onto the club business at hand.

I want to encourage all of you to check with walk POCs, on routes to and from walks, on river levels, and on walks closed due to flood and storm damage before heading out to local and Midwest Volkswalks. As I write, the Prairie Wanderers from eastern South Dakota just moved their first Traditional Event of the year due to the April 11 blizzard and our Ogallala and North Platte walks were snowed out again. Rains, floods and blizzards have affected almost all our Year Round Event (YRE) walks this spring and our Ashland walk is closed for the year. Be safe, be cautious and check our walks before you go. Also, due to the mall construction, new route maps are in the box for Downtown Omaha.

Excitement is building for the Iowa State Park walks we are co-planning with our sister club in Des Moines. We still have a few of the walks available for adoption. They are ones a little further away from Omaha/Council Bluffs, but they could be worth the drive to be a POC. The Iowa DNR will do much of the route planning work, so our POCs will be hosts. It shouldn't take more than one trip to the site for planning. Go ahead, treat yourself to a road trip and sign up. See the article later in the newsletter.

Due to several key club personnel heading to Albany, NY in early June, for the AVA National Convention, the club won't be officially hosting a National Trails Day walk around Wehrspann Lake this year. However, I want to encourage anyone in the Omaha area to take a walk around the lake on the first Saturday in June. You'll be part of the larger world of walking if you do.

This is also the time of year to start thinking about your health while walking. Sunscreen with SFPs of 35 or more are recommended, and hats—as lovely as they may be—block harmful rays from face and neck. Make sure the hat breaths or they can be uncomfortable on long walks. And, if the newscasters are correct, there is about to be a "pollengeddon," and "just as winter released its grip on Nebraska, there's a new season to take its place: mosquito and tick season. Some experts are concerned that with the flooding and wet weather, both pests will be in abundance this year." So, if you suffer from allergies be prepared for massive pollen outbreaks, and asthmatics have your emergency inhaler with you. I use a phone-app called *Air Now* to check air quality in any zip code and my current location. Also, make sure to protect against mosquitos and do a tick search at the end of each walk.

Walk to live, Live to Walk,

~Lee

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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

Finally, walking season is here. Our first walk of the year was not so much. The 15 walkers that were there were mostly there to work. Even with this small number, I am always amazed at the giving nature of our club members. We collected \$45 for the Big Give and 41 cans of soup for Children's Square. The walk was wet and snowy but we all enjoyed some delicious soup after thanks to our kitchen volunteers.

The weather for our April walk was just the opposite of March. It was a perfect walking day! The 50 walkers were treated to a nice walk along the Keystone Trail. The dogs were totally cute and so well behaved! They all won a prize. We donated 33 blankets and bath towels to the Humane Society as well as \$25, dog food and sundry other items.

I have been busy attending meetings in Des Moines for the Iowa State Park walks for 2020. The plans are coming along very nicely and the walks should be excellent. Save the first weekend in May and the first weekend in October for the multiday events. They will be special. Iowa has over 70 state parks, forests and recreation areas. Each one has something special to offer. And there is no charge to visit! Our walks will focus on just 20 of these parks. These will all be sanctioned seasonal walks. The DNR is putting together trails and creating a place for us to place a start box at each of these parks. We still have three trails up for adoption-Lake of Three Fires, Lewis and Clark and Stone State Park. Let me know if you might be interested in adopting one of these trails. I know this is a long ways out, but we will need lots of volunteers for the October walks when we host the regional roundup as a climax of our county walks. We are designing a volunteer T-shirt. We will send out more information through Trail Mail when we are ready to order. Many of the Des Moines group would like to wear their T-shirts to convention, so we will be ordering these soon.

We have been taking advantage of our trips to Des Moines to walk some of their year round trails. One of their newest trails is Easter Lake. This gentle stroll around the lake rewarded us with lots of bird song, frogs vocalizing, turtle viewing and even spotting a resident groundhog.

Butch and I have been out walking the trails working on the Centurion Program and accumulating steps in the Virtual Walk Across Canada. Shelby, Downtown, Fremont, Council Bluffs and Chalco Hills are all great trails for spring walking. We still need to complete Hanscom Park and our western Nebraska walks. We only have one more NWFT walk to do before getting our first free walk on the NWFT/GDMVA incentive program. Do you have your card yet? Ask for one at any meeting or walk.

~Sandy

Summer Event



Mark your calendars for **Sunday, July 28th, for a 2:05 p.m.** Omaha Storm Chasers baseball game against the San Antonio Missions. We're reserving VIP Club Seats behind home plate - in the shade! - with in-seat wait service and access to the VIP Club itself. Cost is \$11 for club members and \$16 for non-club members.

We have 20 tickets reserved on a first-come, first-served basis. Please make your checks payable to **NWFT** and mail in to NWFT, P.O. Box 8147, Omaha, NE 68108 by **May 3rd**, or bring to the **May 6th** club meeting.



Steve with Stevie Ray Vaughan on Austin's Lady Bird Lake YRE

How did you get involved with Volkmarching? My wife invited me to join her and one day, I said yes.

How long have you been Volkmarching? Maybe 25 years? I didn't originally stamp any Event or Distance Books.

How many events have you done? Like I said, I didn't originally stamp books. My wife convinced me to start doing so, since the fees benefit local clubs. I'm working on my 450 Events book with 4500 kilometers officially recorded.

What do you like about Volkmarching? When someone takes the time to put together an interesting walk in a place I haven't been – especially the Year Round Events.

Where do you like to walk? Mountains, historical neighborhoods, other countries.

Do you participate in any of the Special Programs? No, but I like to cheer my wife on when she does. My favorite story: the Courthouses Special Program from several years ago. We were passing by a Federal Courthouse in Boise, Idaho, that the walk organizer neglected to mention on the instructions. My wife was very excited and was taking a picture to forward to the organizer. I had a GPS (way before

Google Maps on cellphones). We looked very suspicious to the nice Homeland Security personnel patrolling nearby. My wife got us out of trouble by playing the ditzy Volkmarcher card, enthusing to the officers about the benefits of Volkmarching and showing them the map with our route on it. They helped get us to the next instruction on the directions.

What about the Appalachian Trail Special Program – any interest? I would love to go walking with my wife as she stamps her books.

What's a favorite walk you've done? Machu Picchu, with Walking Adventures International.

What about here in the US? Garden of the Gods in Colorado Springs, Colorado.

Member Comments

From Julie Brown:

Thanks to everyone who has sent prayers, cards, food and good vibes my way. It means so much that you are thinking of me. I'm feeling better every day and hope to be back on the trails soon. Julie

From Jerry Golmanavich:

THANK YOU MUCHLY!

I would like to thank all of the folks who prayed for the success of my brachytherapy to "kill" my prostate cancer. It's been several months of asking questions and making the right decisions, plus surviving the bout with sepsis- a very serious problem.

I now have 74 radioactive seeds implanted in my prostate. Before the operation my Prostate Specific Antigen (PSA) averaged about 4 until it recently went up to 8 implying that my prostate was cancerous. My latest PSA was measured at 1.55. This sounds like those seeds are hard at work killing my cancer. The prayers and cards and good wishes have done their jobs. Jerry Golmanavich (and Betty)

It was April Fools at our April Meeting!



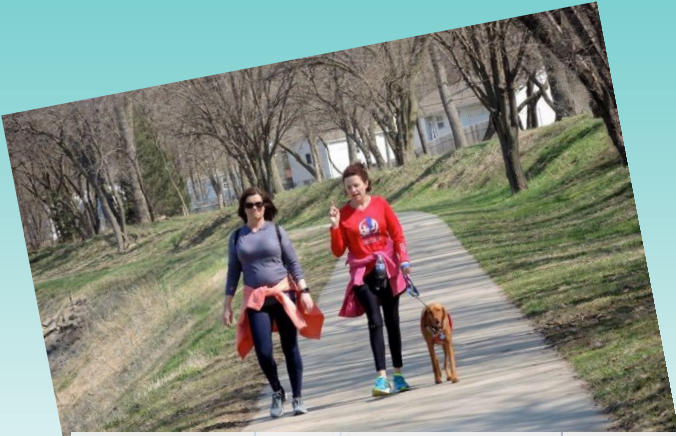
And Congrats to our latest couple to join the
“I Walked 50 States” Club

Soup Walk Children's Square March 9



Rescheduled once and still the weather did not cooperate

Mutt Strut April 6





Mark your calendars: Upcoming Events!!

May

- 11 Sarpy County Museum, Bellevue, NE.....Nebraska Trailblazers (NWFT)
- 11 Bredesen Park, Edina, MN TCV
- 18 Greenwood Park, Des Moines IAGDMVA
- 18 Meridian Bridge Border Crossing, Yankton, SD Prairie Wanderers Volkssport Club
- 18 Cottage Grove, WIMadison Area Volkssport Assn.
- 18 10th Anniversary Walk, NE Minneapolis, MN..... Lake Country Wanderers
- 25 River Walk, Belle Fourche, SD..... Black Hills Volkssport Assn.

June

- 1 Banning State Park, Sandstone, MNNorth Star Trail Travelers
- 1-2 Crazy Horse, SD Black Hills Volkssport Assn.
- 9 Hell Canyon, Custer, SD Black Hills Volkssport Assn.
- 22 Lover’s Leap Trail, Custer, SD Black Hills Volkssport Assn.
- 22 Frank Lloyd Wright Walk, Richland Center, WI.....Madison Area Volkssport Club
- 22-23 Frank Lloyd Wright Walk, Spring Green WIMadison Area Volkssport Club
- 29 Little Elk Creek Trail, Piedmont, SD..... Black Hills Volkssport Assn.



NWFT Officers

President
Lee Frantz

Vice President
Jeanne Miller

Secretary
Tricia Abel

Treasurer
Jill Champley



Speaker Schedule

May	6	Habitat for Humanity Emily Prauner
June	3	Omaha Bee Club



May 25 - Lansky's in Council Bluffs 10 K walkers meet at 9:30, 5 K walkers start walking at 10. Eat at Lansky's after walking. Lansky's does not open until 11:30. Bathrooms available at Super Saver or about halfway through the walk at the CB Library.

June 22 - Giving Walk-Meet in Gallup Parking Lot at 9:45 to start walking at 10. We will walk the 5 K and give out small gifts to College World Series visitors on the street.

Meeting News

The next club meetings will be May 6 and June 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

March and 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, please send by June 15:



email: sienna518@gmail.com



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