

Footsteps

Fun, Fitness, Friendship



Inside this issue:	
<i>The Prez Sez</i>	1-2
<i>Sandy Speaks</i>	2
<i>State Park Spotlight</i>	3
<i>Ogallala</i>	3
<i>Upcoming NWFT events</i>	4
<i>Photos</i>	5-8
<i>Upcoming events</i>	9
<i>Birthdays & Anniversaries</i>	9
<i>Officer Roster</i>	10
<i>Speaker Schedule</i>	10
<i>Meetings & Dues</i>	10

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The Prez Sez...



What's in a Name?

Ever wonder about the name (NWFT)? How about the *American Volkssport Association* (AVA) or the big umbrella organization *Internationaler Volkssportverband e.V.* (International Federation of Popular Sports)? After having my German corrected a few weeks ago, I was writing our club name with Wunder instead of Wander, it got me thinking about history, language and how Volkssporting got to where we are today in Nebraska and Iowa.

My written error I understood. I had a Grandmother Schanely (Schöenly) nee Himmelwright that spoke German and English when I was growing up. Wunder (wonder) wunderbar (wonderful), and wunderschön (beautiful) were part of the language being spoken at Nana's house; and if she said, "wander outside, and for lunch here in, get your grandfather," she meant "walk outside and get your grandfather to come in for lunch". So, Wander is walk(ing), and Freunde is friends and with Nebraska and Trailblazers we get our name. And as voted on at a club meeting a few years ago, we are sometimes the *Nebraska Trailblazers* or even just *Trailblazers* to keep us from the mouthful the state recognizes as our legal name—*Nebraska Wander Freunde Trailblazers*.

From the book *History of Volkswalking in the U.S.A. 1976-1989* by Charlene Agne-Traub (1991), Kendall/Hunt Publishing Co., Dubuque, IA http://www.ava.org/History/history_of_volkssporting.pdf I paraphrase the following: the German term Volkssport literally means a sport of the people. Anyone of any age can participate in walking (volksmarching), bicycling (radfahren), swimming (volksschwimmen), or cross-country skiing (skiwandern). In 1963 Volkssporting evolved from competitive public races, sponsored by German sporting clubs, into peoples' race. In 1968, after five years of

winners, and losers and many injuries, six clubs in Germany, two in Switzerland, and one club each in Liechtenstein and Austria banded together and changed the rules to allow everyone to participate and be a winner. Eventually this organization became the (IVV) *Internationaler Volkssportverband e.V.* (International Federation of Popular Sports).

Volkssporting made its debut in the U.S. on June 12-13, 1976 in Fredericksburg, TX. Following a trip to the Vatican, a Fredericksburg priest, Rev. Mr. Kenn Knopp, had visited his elderly aunt and uncle (who loved to walk) in Germany. Rev. Knopp was in his 40's and overweight and his aunt and uncle encouraged him to walk; showing him a poster about IVV the international volkssport organization and referred him to the IVV President Mr. Gunther Hartmetz. These men communicated and eventually a walk was sanctioned by IVV to celebrate the German heritage of Fredericksburg and the American Bicentennial (1776-1976). Kenn then returned to Germany, learned more about the IVV organization, and in April 1976 chartered a U.S. organization called the *International Federation of Peoples' Sports-USA (IFP-USA)*.

In 1979, with more states added, a newsletter (*The American Wanderer*) started, and more and more veterans returning from duty in Germany joining the organization, the first national convention was held in Dayton, OH. The purpose of the convention was to 1) ratify a constitution, 2) elect national officers, 3) consider a name change, and 4) fulfill requirements to become a national member under IVV. After much discussion, the name *American Volkssport Association (AVA)* was selected to better reflect the entire country. With IVV officials in attendance in Dayton, an application for membership was immediately drafted and IVV voted AVA into the Federation before the convention ended. AVA was born.

(continued on page 2)



Sandy peaks

For a Limited Time Only

If you haven't walked the two northwest Iowa walks that the Prairie Wanderers sponsor, you might want to make a trip up sometime soon. This is the last year for the Rock Valley walk. It will go away on October 31. This walk is on city sidewalks and recreation trails, through historic and park areas including the Rock Valley Trails System with its historic railroad bridge over the Rock River. New additions to the cities superb recreation trail system are included.

The Le Mars walk will be around for one more year. The start point is being moved from the Econolodge to the Holiday Inn Express this fall. They are looking forward to partnering with AVA to bring more people to Le Mars. This walk was a surprise to us as there is a lot more to see than the Blue Bunny Ice Cream Museum and Parlor. The memorial park is unique with ceramic mosaics and unusual sculptures. The tree lined streets have many Victorian homes, there is art in the alleyways and the historic downtown area is filled with unique shops. The walk even qualifies for the Mayflower special program that starts in 2020. You will find "Plymouth Rock" on the Plymouth County Museum grounds.

We are sad that we will not have our annual Festival of Lights walk this year. But, as a special treat, this December we hope to travel to Le Mars as a club activity for their Pioneer Village Christmas Wonderland. We will have time to do the Volkswalk, have lunch, check out the Blue Bunny Ice Cream, see the four floors of exhibits at the Plymouth County Museum and other downtown sites. The Pioneer Village Christmas Wonderland opens at 5:30. This FREE event includes over 85 beautifully decorated Christmas trees, entertainment, lighted horse drawn carriage rides, marshmallow roasting, cider, cookies, and a round barn filled with animated Christmas displays. The whole village is lit up for the season. There will be a parade of lights at 6 p.m. on Saturday, December 7. I was able to reserve a block of rooms at the Holiday Inn Express in Le Mars. These rooms will be held until November 5 at the special rate of \$129 for December 6 and December 7. Call 712-546-1700 and ask for the AVA rate. Mark your calendar now. More information will be available soon!

~Sandy



The Prez Sez pg 2



So, there is a German connection, but how did we get to our membership in the American organization? In June 1979 the Nebraska Wander Freunde Trailblazers Club was chartered from the AVA and signed by our president and secretary. The charter reads as follows:

"This is to certify that, NEBRASKA WANDER FREUNDE TRAILBLAZERS has been duly recognized as Nebraska (club number) 1 AVA (club number) 16 in the AMERICAN VOLKSSPORT ASSOCIATION and the International Federation of Peoples' Sports, IVV, attested this 25th day of June in the year 1979."

Historically, NWFT is an off-shoot from the Omaha Walking Club (OWC). Don Steele, an eventual club president, had been stationed in the military in Bremerhaven, Germany and volksmarched there. He brought up the idea of a club to the OWC. Don had help organizing our club from Gerry and Mary McKay who had visited their son in Germany in the late 1970s. Their son had taken them on volksmarches every weekend. That July (1979) we were also recognized by the State of Nebraska and our club was granted its Articles of Incorporation (adapted from the NWFT abridged history compiled by Jim Goeltz, 2018[©]).

And the rest is history!

Walk to live, Live to Walk, ~Lee



State Park Spotlight: Lewis and Clark



Keelboat Exhibit

Unlike Stone Park, Lewis and Clark State park will provide you with a nice easy stroll along the lake and through the woods. This is the perfect park for nature lovers and history buffs.

Lewis and Clark State Park lies on the shores of Blue Lake, an "oxbow" formed by the meanderings of the picturesque Missouri River many years ago. It is named for the Lewis and Clark expedition that explored this region in August 1804. The park has been designated as part of the Lewis and Clark National Historic Trail by the National Park Service.

The modern visitor center (open Tuesday through Saturday 10 a.m. to 4 p.m.) is a Lewis and Clark Museum which includes all the types of river craft used by the expedition from the little Bull Boat which is not much more than a few sticks and buffalo hide to the keelboat that was the work horse of the expedition. There is a replica of Lewis's collapsible Iron Boat, pirogues and a dugout canoe.

If you visit the second week in June, you can attend the Lewis and Clark Festival which features movies about the expedition, buck skippers in frontier dress, bluegrass music and lots of living history (June 12-14, 2020). For a little more modern history, you can check out the lodge which was constructed in the 1930s by the Civilian Conservation Corps. For the nature lover, the walk through the woods offers abundant bird song and a possible encounter with local wildlife. The lake makes for some fine fishing. Modern campsites are available.



In addition to paved and grass trails, part of the walk is along park road.

New on the Ogallala Trail!

From Jim & Cathy Ochsner:

If you hated climbing those 57 steps up to Boot Hill, check this out. A new ramp makes it a much easier climb.



A windswept hill north of the original settlement of Ogallala was the area's first burial ground. It became known as Boot Hill during the Texas Trail era of the 1880s, when unlucky cowboys were often buried with their boots on. Numerous stories are told of those days when gun battles took their toll on human life. Many buried at Boot Hill ran afoul of the law and the streets of Ogallala echoed with gunfire as some slick gambler or horse thief met his end. One burial was that of "Rattlesnake Ed," who was shot down over a nine dollar bet in a Monte game in the "Cowboy's Rest Saloon."



Papillion—Walnut Creek

Saturday, September 21, 2019

Papillion American Legion, 230 W Lincoln, Papillion NE
 Start Times: 8:00 a.m.-11:00 a.m., off the trail by 2:00 p.m.
 \$3 IVV Credit/\$2 Non-Credit Walker
 Event #113479

Walk along Papillion Creek Trail and through city parks..

Distance/Trail Rating: 5k10k Rated 1A

Special Programs: Doin' the Louisiana Purchase, Walking the USA A-Z ,Take a Walk in a City Park

Comments:The 5 K trail takes you along the Papio trail and through parks. The 10 K trail takes you through residential areas and around Walnut Creek Lake. Dogs are welcome on the trail but not allowed in the American Legion.

Directions: Papillion American Legion, 230 W. Lincoln, Papillion, NE. From I-80, take 84th St. exit south. 84th St. becomes N. Washington St. Turn right on Lincoln. The American Legion will be on the right.



Arrowhead Park Walk



Saturday, October 5, 2019
 Arrowhead Park, 29357 210th St, Neola IA
 Start Times: 9:00 a.m.-Noon, off the trail by 3:00 p.m.
 \$3 IVV Credit/\$2 Non-Credit Walker
 Event #113482

Enjoy the fall leaves as this walk takes you on grass trails through the woods and along park roads. There will be two 5 K loops with one very hilly with sloped uneven paths and one with less hills and more park road. Walking sticks recommended. A limited number of extra sticks will be available at the walk for those who need them.

Distance/Trail Rating: 5k/10k Rated 3C-an alternate out and back along park roads will be available for those who cannot walk the trails in the park.

Special Programs: Bridges—Spanning the USA, Doin' the Louisiana Purchase, Points of Reference,

Comments: Free park entrance for walkers. Lunch will be available for a small fee

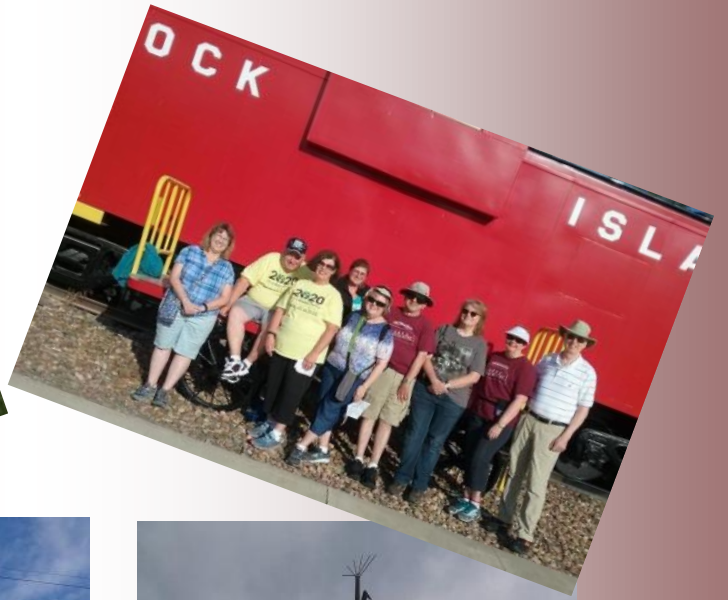
Directions: Take I-80 east to exit 23-Neola exit. Turn south toward Kum & Go after exit to entrance to Arrowhead Park on left. Stay on paved road. Left into park, following park road around lake to top of hill. You do not need to stop to pay fee at park entrance. Park in parking area. Lodge is on the right. Entrance to the lodge is on the north side of the building.

Note-you do not need to pay a park entrance fee. Just drive to the start.

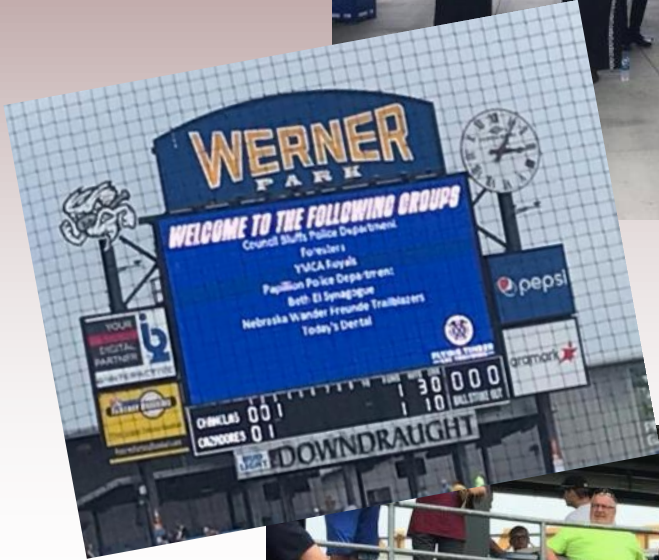
New Route! Downtown Omaha YRE

As downtown Omaha construction progresses, more and more of our route has had to be changed. Thanks to Jeanne Miller and the new downtown POC's Jim and Diana Webb, there is a new downtown route. Check it out. You will get new views of downtown and maybe see something you have never seen before.

We say goodbye to one of our favorite YREs



Storm Chasers Summer Outing



The Things you will meet at AVA outings!

Melodrama



What can be seen
on the Le Mars,
Iowa walk





Mark your calendars: Upcoming Events!!

September

- 7 Downtown Breweries, Des Moines, IAGDMVA
- 14 Crow Wing State Park, Brainerd, MN North Star Trail Travelers
- 15 Mille Lacs Kathio State Park, Onamia, MN North Star Trail Travelers
- 13-15 Multiday events South Dakota Counties, Clark, SD..... Prairie Wanderers Volkssport Club
- 21 Walnut Creek, Papillion, NENWFT
- 29 Crazy Horse Autumn walk Black Hills Volkssport Assn.

October

- 5 Arrowhead County Park, Neola, IA.....NWFT
- 12 Walk for Wildlife, Granger, IA.....GDMVA
- 11 Moonlight Walk, Middleton, WI.....Madison Area Volkssport Club
- 26 Fort Snelling State Park Guided walk St. Paul, MN.....North Star Trail Travelers



Nominations due!

It is that time of year again. Let us know who you think should be the Walker of the Year for 2019. Submit your nomination with a description of why you think that person/persons should be the Walker of the Year. We have a lot of great volunteers. Let's be sure to give them some recognition. The nominations will appear in the November/December Newsletter.

Send your nomination to Julie at email:
netrailblazers@gmail.com

NWFT Officers

President
Lee Frantz

Secretary
Tricia Abel

Vice President
Jeanne Miller

Treasurer
Jill Champley



Speaker Schedule

September 9 *Strength Building, Flexibility and Balance*
Ross Holsing, DPT, OCS
Physical Therapist: Golfing Specialist

October 7 TBA

Latest Member Awards

Events

- *Lori Sue Anderson - 50, 75*
- *Peggy Watts - 575*
- *Phyllis Olson - 1,400*
- *Norma Wessel - 1,400*
- *Wilma Damian - 2,000*

Distance

- *Lori Sue Anderson - 500 km*
- *Peggy Watts - 6,000 km*
- *Norma Wessel - 13,000 km*

Great job everyone

Meeting News

The next club meetings will be September 9 and October 7 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

July and August 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 October 15:



email: netrailblazers@gmail.com



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