

Footsteps

Fun, Fitness, Friendship



The Prez Sez...

Past, Present, Future

When I started writing this article, the air outside was getting chillier, tree leaves were showing off their bright yellow, red, purple and orange hues, and fall Volkswalk activities were off and walking (off and running did not sound right for a walking club). Now, as I finish my thoughts there are snow flurries swirling around outside. Be sure to have you winter walking gear ready (hats, gloves, earmuffs, boots, layers of clothing; and water always) for safe winter Volkswalking. Although our club (traditional and year round event) walk numbers seem down a bit this year it is with excitement that we have welcomed a good number of new members and walkers from Meet Up, Facebook and contacts made by current members.

Past: January’s annual banquet was a great success with food, member awards and leadership changes for 2019. Lee Frantz and Bryan Taylor flipped President and Immediate Past President roles, Jeanne Miller came in as a new VP, Jill Champley took over our fiscal management from long-time treasurer Butch Spaulding, and after a year’s absence Trish Abel came back as secretary. Julie Brown, when health permitted, filled our Communication Committee seat and Sandy Spaulding headed The Coordinating Committee seat on the Board. My big thanks to this group of leaders for all their hard work in 2019. As always, and mostly unique among Volkswalk clubs, our Coordinating Committee does the lion’s share of the planning in our club. If you

have enjoyed a walk, meal, dessert, soup, raffle or donating to our favorite shelter, it’s been planned and made operational by our Coordinating Committee. Please give these folks a round of applause as you read this. (Go ahead, clap for them, no one is watching.)

Our 2019 walk season kicked off in March with cold rain, warm soup and a birthday celebration for our club’s 40th year. In April we got to strut our stuff with the Mutt Strut walk that started at the Omaha Humane Shelter. Many walkers toured the facility, brought gifts of towels, blankets, dog toys and more for the shelter; and dogs that walked got prizes from the club. The month of May brought us to the Sarpy County Museum for a walk in historic Bellevue.

In June we had over 15 members represent our club at the national AVA convention in Albany, New York. To top off that trip, our club photographer, Diana Webb was recognized by AVA judges with a first and third place in two of the national contest photo divisions. Also, in June, to celebrate our “40th birthday, club members walked our downtown year round event (YRE) and handed out “Nebraska gifts” to folks along the trail. Two great summer outings—taking in a Storm Chaser ballgame and a Mahoney Park Melodrama—were planned by Jeanne Miller and Jill Champley. Both events featured popcorn; the melodrama allowed us to throw it at the actors.



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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)

September and October walks both had lake and wooded area themes—Walnut Creek Lake in Papillion, NE and Arrowhead Park in Iowa. We of course added *Food* to AVA's *Fun, Fitness and Friendship* with a hot BBQ lunch at Arrowhead. Now for dessert!

Present: November's walk will be our famous annual Pie Walk and will start at Countryside Church in the Omaha's Faith Plaza near 132nd and Pacific Streets. Bring pie to share and a pie to donate to a shelter. Our final walk get-together this year (due to Omaha's downtown construction interrupting our annual Christmas Lights Walk) will be a trip to Le Mars, IA for their Christmas Market, Parade and Celebration. Be prepared to walk the Le Mars Volkswalk. Watch for carpool options. Special thanks to all our walk POC's who worked so hard this year, job well done!

Future: Let's quickly look ahead to our exciting plans for 2020. Hopefully, the flooding issues of 2019 will be behind us and the Ashland YRE will open again in January. Our 2020 YREs will include Omaha-Historic, Omaha-Hanscom Park Area, Ashland, Chalco/ Wehrspann Lake, Council Bluffs, Ogallala, North Platte and Westroads. **Please Note:** Fremont, NE and Shelby, IA YREs have been retired.

A great series of Traditional One-Day Group (old style Volksmarch) Events have been planned for 2020. Watch for the dates in our club brochure—March's Soup Walk will start at Mt. Calvary Lutheran in Omaha, April's Bockfest (walk plus craft beer) will start at Crescent Moon Ale House, May's walk will be from historic Subby Anzaldo Columbus Park and trek to the Field Club area of Omaha. After the summer break (watch for exciting summer activities in July and August) we will walk in the Standing Bear Lake area. In October our club is hosting the AVA North Central Regional Round-Up with three days of food, meetings, training and walking. Our November Pie Walk will be in Ashland this year, and To-Be-Determined is where can we start in Omaha, in December, to see our downtown lights and not run into a bulldozer or cement truck.

Lastly, in 2020, we will have the excitement of *the 20 Parks in 2020* Iowa State Park walks. The Nebraska Wander Freunde Trailblazers is working with [Iowa's Walking Club](#) (Greater Des Moines Volkssport Association) to celebrate the Iowa State Parks Centennial in 2020. 20 different walks in 20 different Iowa State Parks in 20 different counties – in 2020! These walks will be available from May 1st through October 15th of 2020. Iowa's Walking Club will feature three of these walks at the May 1-3, 2020 Kickoff Event. The Trailblazers will feature three of these parks as part of the Regional Roundup being held October 2 – 4, 2020 (and add a traditional event at Hitchcock Park near Honey Creek to finish up the round-up). Watch for round-up registration packages and many opportunities to volunteer for this event. With the AVA North Central Regional Director belonging to our club, this will be a time

for NWFT Club to shine. Please see the interactive parks map on our webpage <http://www.netrailblazers.club/iowa-20-in-20-walks/> and watch for park bus tour announcements and an award patch coming out for doing 20 park walks.

So, there is a little bit of our past, present and future. Be sure to also keep an eye out for Meet 'n Eats and opportunities to volunteer at walks. Just a couple of last notes, always check our Facebook <https://www.facebook.com/nebraskawander> and Web Pages <http://www.netrailblazers.club/> for current club information and updates.

Walk to Live, Live to Walk,

~Lee

Walker of the Year Nominations



We have three candidates for Walker of the Year. Be watching your email for a ballot via Survey Monkey due by November 25. Votes will be tallied at the December 2nd meeting.

.....
: "I nominate **Diana and Jim Webb** as the 2019 :
: Walkers of the Year. Diana has become our club :
: photographer and has faithfully recorded our club's :
: adventures, sending Jim with camera in hand when :
: she could not be present. Diana and Jim have :
: volunteered to become Points of Contact for two of :
: our Year Round Events. Jim has served on various :
: ad hoc committees for the club over the past two :
: years."
:
:

.....
: "I nominate **Jim Houfek and Wilma Damian** :
: from Lincoln area. They come to all our walks and all :
: the year-round events in Omaha and Lincoln."
:
:

.....
: "I nominate **Karen Dix Johnson**. She greets :
: everyone at our walks and leads group walks. She :
: is always so cheerful!"
:
:



Sandy Peaks

It's time to finalize our plans for our Christmas Extravaganza in Le Mars, Iowa. Get out your long johns and plan for a fun trip up north. Sorry, no bus, but we can carpool. Just let me know if you want a ride or would be willing to drive. Butch and I will be spending the night at Holiday Inn

Express (\$129 AVA rate) on Saturday night. And we have room for up to 4-5 if you want to ride along with us. Just call Holiday Inn Express at 712-546-1700 and ask for the AVA rate. If you want to ride with someone who is not spending the night, let me know that also. We might be able to set you up.

We will plan to have lunch at Pizza Ranch, walk the 5 or 10 K walk, spend time at Pioneer Village Christmas Wonderland, returning downtown in time for the 6 p.m. lighted parade then drive through the Christmas lights. We hope to enjoy all that the town has to offer. See the attached information that Denene Turner compiled for us. I hope it gets us all in the spirit of Christmas!

We have our 2020 schedule set. I think we have some great walks planned! Many of them are already mapped out thanks to Jeanne Miller's great mapping skills. She has been great in spending her time walking the areas and ensuring that we have good routes. In addition to our 2020 Iowa park walks, we will have a Bockfest (spring festival) walk-think real German type of walk with beer and wurst and live music! And maybe a return of our fall Breakfast walk. I am excited and hopefully, we will have a dryer year. I am ignoring those doom-sayers that have been talking about next spring's flooding already.

On another note, if you have some of that pesky plastic laying around-you know, the unrecyclable type -grocery bags, paper towel and toilet paper packaging, bags from the inside of cereal boxes, zip lock bags, etc., bring them to the next walk or meeting for me. Our pickleball court is attempting to accumulate 500 pounds of this type of plastic that will be compressed/melted into a nice bench for our facility.

Stay warm and, if a nice day presents itself, remember to get out and walk. Our year rounds are open all year!

~Sandy



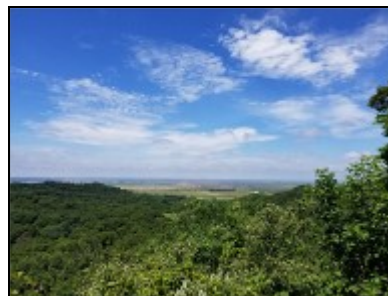
WAUBONSIE STATE PARK

Nestled in the Loess Hills of western Iowa, about an hour south of Council Bluffs, Waubonsie State Park is part of the 2020 Iowa State Parks walks being hosted by the Nebraska Wander Freunde Trailblazers and the Greater Des Moines Volkssport Association.



The Lewis and Clark Corps of Discovery passed by this area in 1804, but the Potawatami Indian Chief Waubonsie was still living in the Great Lakes area with his tribe. After 1833, the Potawatami were removed to lands in Iowa, Nebraska and Kansas. Chief Waubonsie moved to a house in Tabor, Iowa (about 20 miles away from the State Park), where he died in 1848 or 1849. The park was created in 1926 and has expanded over the years from land acquired from nearby Mincer Orchard and Farms and from a former Girl Scout camp.

Each season brings different nuances to the 5k and 10k trails set up at this state park. Late Spring allows for sweeping views to the west from trails high above the bluffs, overlooking the Missouri River floodplain all the way to Nebraska. Summer brings a diversity of plant and animal life



into the sheltered valleys and along the windswept ridges. Fall sets the hardwoods of the Loess Hills ablaze with color, while flocks of birds call out from above.

Sunscreen, insect repellent and hiking sticks are recommended on the natural paths and trails of this state park. Both the 5k and the 10k walks are rated as 2B, with the 10k offering more of a challenging walk. Walk hours are dawn to dusk. An entrance fee of \$5 is required of all out-of-state vehicles.

Trailblazers Christmas Le Mars, Iowa December 7-8, 2019



Christmas Acres

Trip Itinerary:

Saturday

12:00 Lunch @ Pizza Ranch
11 Central Ave SW

1:30-4:30 Seasonal walk* from Pizza Ranch

5:00-8:30 Christmas Village @ fairgrounds

6:00-7:00 Parade downtown

5:00-10:00 Christmas Acres—better to see
when it's fully dark (optional
donations for Christian Needs Ctr)

Sunday

Leisurely breakfast, perhaps see downtown
attractions



*Le Mars Seasonal Walk

- Choose 5K or 10K
- Rating: 1A
- IVV Credit \$2 Non-credit: \$3 Credit



Important Trip Information

- Carpool*:
10:00 a.m. Saturday, December 7
Meet @ Wal-Mart
3201 Manawa Centre
Council Bluffs
- Overnight reservations on your own:
Holiday Inn Express
712/546-1700
\$129 AVA rate
- Carpoolers return to Council Bluffs to arrive
around 1:00 p.m. Sunday

*If you are interested in up-and-back trip, let
Sandy know.

Check Out AVA's New Logo!



Avoid Distractions for Safer Walking

Have you heard of distracted walking? It is anything that causes you to focus on something (or multiple things) instead of paying attention to your walk.

Walking is one of the times you are most at-risk for being hurt and we all have to walk from time to time. In 2017, there were an estimated 7,450 pedestrian deaths (including traffic and non-traffic), and nearly 6,000 of those were struck and killed by motor vehicles.

How do we stay safe while walking? Here are some tips you can follow:

- When possible, walk on the sidewalk. If there is no sidewalk, walk facing traffic.
- Follow the rules of the road, obeying all traffic signs and signals.
- Cross the streets at crosswalks.
- If there are no crosswalks or you can't see, move to a place where you can safely see oncoming traffic.
- Look left, right and left again before crossing the street. Make eye contact with drivers to make sure they see you.
- Stay alert! Don't use your cell phone or ear buds.
- Don't use alcohol or drugs when walking (or before going for a walk).
- Wear bright and/or reflective clothing.
- Use a flashlight at night.
- Watch for cars going in or out of driveways or parking stalls.
- Children younger than 10 should cross the street with an adult.

Sources:

[Nebraska Safety Council, www.nsc.org/home-safety/safety-topics/distracted-walking](http://www.nsc.org/home-safety/safety-topics/distracted-walking)

[SafeKids Worldwide,](http://SafeKids Worldwide)

www.safekids.org/sites/default/files/alarmed_dangers_in_school_zones

Lake Arrowhead



September Papillion Walk



5K Papillion Walkers taking a break

Lake Arrowhead



Photo by Diana Webb



Photo by Diana Webb



Photo by Diana Webb



Photo by Diana Webb



Photo by Diana Webb



Photo by Diana Webb



Photo by Diana Webb



Photo by Diana Webb



Mark your calendars: Upcoming Events!!

November

- 2 Ramble with the Raptors, Valley Park MO Gateway Milers
- 2 Autumn Walk, Lincoln NE Lincoln Volkssport Club
- 9 Pie Walk, Omaha NE Nebraska Trailblazers
- 9 Rosedale Mall Walk, Roseville MN Twin Cities Volkssport
- 16 Veterans Walk, Madison WI Madison Area Volkssport Assn
- 29 Palmer Lake Park Walk, Brooklyn Center MN Lake Country Wanderers

December

- 7 YMCA Skyway Holiday Walk, Minneapolis MN Twin Cities Volkssport

January

- 1 New Years Day Mall Walk, West Des Moines IA Greater Des Moines Volkssport
- 4 Northtown Mall Walk, Blaine MN Lake Country Wanderers





Speaker Schedule

November 4 Kylie Vonnahme
Event Project Managers/Omaha

December 2 Dudley Allen
Ham Radio Enthusiast

2020 Speakers TBA

Meet & EAT	2020
<p>Stay tuned for info on 2020 Meet & Eats!!</p>	



Meeting News

The next club meetings will be November 4 and December 2 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 to:



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