

# Footsteps

Fun, Fitness, Friendship

Volume XXV Number 4

July/August 2024



## The Prez Sez...

Good Day,  
Fellow Walkers!

It's been hotter than a pair of sweatpants full of barbecue! And that's why we don't generally plan walks in July and August. Instead we have some great events to keep us all connected. The melodrama at Mahoney was full of talent, popcorn throwing and fun to watch. Next I look forward to our gathering at the Surfside Restaurant Aug 18<sup>th</sup> @ 4:30 p.m. for great food and music. September brings back our traditional walking schedule.

I have endured the high temps however during some camping trips, magnet fishing and canoeing. To keep in walking shape I competed

in some two mile run/walks at Wayne Chicken Show, Seward Freedom 4<sup>th</sup> of July and Wilber Czech days adding to my pile of

t-shirts. 😬

Behind the scenes your board members have been active sending in statistics to the AVA, rewriting Special Program proposals, finalizing the 2<sup>nd</sup> half of the year walks, creating this Newsletter and more, all from our cool homes at the computer.

~Lori  
President



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





## Sandy Peaks

Wow, it is hot outside! But cooler weather is coming! And we will have some great walks to enjoy when it is here. But first, join us at Surfside for some of the best catfish, chicken and corn fritters in Omaha. We will get there early to save a table for the group. Come enjoy the food and the great sounds of Taxi Driver.

Our fall is setting up to be pretty busy with lots of walks. We have two walks scheduled in September. On September 7<sup>th</sup>, enjoy a flat walk starting at Halleck Park in Papillion. You will get to see the new archway in Veteran's Park, butterflies and a labyrinth. Add another labyrinth in our Seward walk on September 28<sup>th</sup>. Don't quit now. We have two more walks over the next two weeks. October 5<sup>th</sup> is our midtown walk starting at the Omaha Conservatory of Music. Enjoy the Happy Hollow architecture, Elmwood Park and Memorial Park. October 17<sup>th</sup>, we will have a 5K group walk in Bellevue supporting the Bellevue Lions Club annual spaghetti dinner. So much fun!

Got a good place to walk that you would like to share? We are starting to work on our 2025 schedule and would love some good ideas. I love a good nature walk. And special programs are always a good thing to add interest to our events. That would include anything musical for our own special program, Step to the Beat. Others that might be found in our area are A-MAZE-ing Labyrinths (any maze or labyrinth qualifies), Par for the Course (golf course, disc golf, par course, playground, etc.), Town Halls/City Halls, and Walking with America's Veterans. New for 2025 is Walking with the Wild Things. We would be looking for Trolls, Fairies, Gnomes, and Gargoyles. Let any committee member or board member know if you have an idea.

*~Sandy*





# Lee Frantz Memorial Walk



*In Memory of  
Dr. Gary "Lee" Frantz,  
October 17, 1948 – April 25, 2023*

Dr. Lee Frantz was born Gary "Lee" Frantz on October 17, 1948, in Quakertown, PA. He was the son of Charles E. Frantz of Norcross, PA and Paula (Schweizer) Frantz of Quakertown, PA.

Lee's lifelong passion was to teach and reach students every day. In his first 15 years of his 30-year career, he achieved a total of 1,000+ student evaluations. His students' feedback (100%) on 1-50000 and 100-135 program areas resulted in 100% satisfaction. His 2022-2023 review of service was rated as 4.8 out of 5.0. He was a member of the American Dietetic Association (ADA) and the National Association of Public Health Nutritionists (NAPHN). He served as staff director for the Pennsylvania State University (PSU) and the National Guard Reserve. He served as staff director for the Pennsylvania State University (PSU) and the National Association of Public Health Nutritionists (NAPHN). He served as staff director for the Pennsylvania State University (PSU) and the National Association of Public Health Nutritionists (NAPHN).

Dr. Frantz was an Assistant Professor of Hospitality Management, and Executive School Director at South Dakota State University, Brookings, SD. He received his Master's Degree in Food and Lodging Management from the University of North Carolina at Charlotte. He received his Bachelor's Degree in Food and Lodging Operations from the University of North Carolina at Charlotte. He received his Bachelor's Degree in Food and Lodging Operations from the University of North Carolina at Charlotte. He received his Bachelor's Degree in Food and Lodging Operations from the University of North Carolina at Charlotte.

Lee was an ordained minister in the Presbyterian Church, USA and lived his life in the Presbyterian Church, USA and lived his life in the Presbyterian Church, USA.

Lee was an active member of Optimum International and supported Nebraska High School Academic Decathlon competitions. Lee and his wife, Debra, enjoyed traveling which included the pursuit of Volunteering Events (V) and (H) which was supported by the American and International Volunteering Association. They supported several volunteer walks in 48 states.

Lee is survived by the love of his life, Debra Campbell, Omaha, NE; James L. Frantz of Wallingford, CT; daughter Heather L. (2000) Walker of Bedford, NH; son-in-law Andrew (Dustin) McCreary of Dalton, GA; four grandchildren: Brittany, Peyton, Blaise and Isaac; three great-grandchildren: Sa'Beauty, Le'Myah, Za'Keya; three great-nieces, cousins, enjoyed family, and friends.

*Harvey*





# Lee Frantz Memorial Walk

Lee Frantz completed 517 events and walked 4,017K from the spring of 2004 through September 30, 2023. Donna Campbell completed 517 events and walked 3,348K from the spring of 2004 through September 30, 2023.

We began our Volkssport membership in SD as members of Prairie Wanderers Volkssport Club. Donna signed up after the Welcome Wagon Lady visited her in Bookings, SD and had information about the walking club. Lee joined after doing a walk with Donna in Mitchell, SD during continuous rain showers. When he finished he said he might as well get credit for getting wet on the walk. He joined and the rest is history.





# Kearney





# Kearney





# Kearney



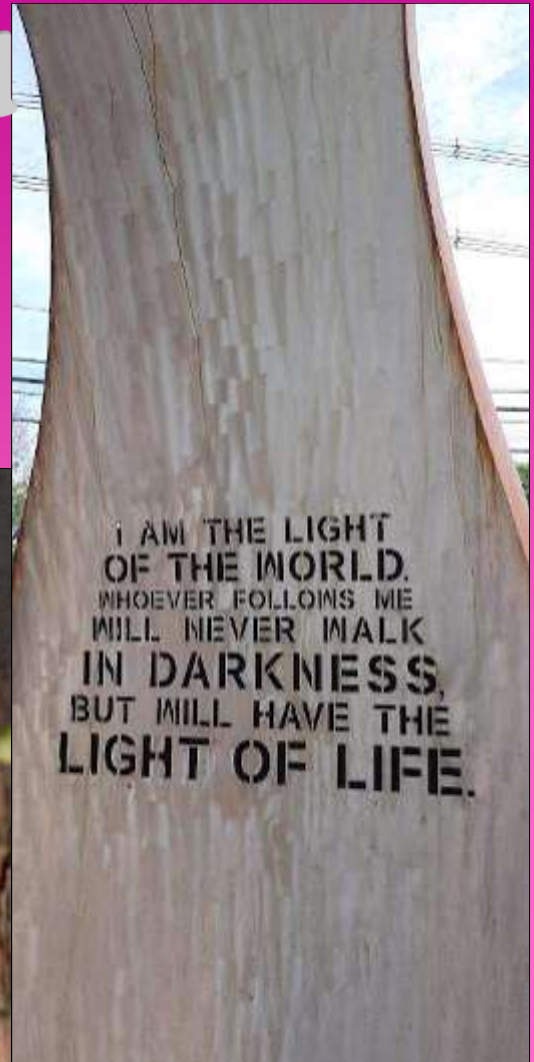


# Seward





# Seward







# Mark your calendars: Upcoming Events!!

- Aug**  
 9 Custer Co. Fair Walk, Hermosa, SD ..... Black Hills Volkssport Assn  
 24 Festival of Nations Walk, St. Louis, MO ..... Saint Louis Walkers

- Sept**  
 7 Halleck Park Walk, Papillion, NE ..... Nebraska Trailblazers  
 7 Pathways Spiritual Sanctuary, Dumont Trailhead, SD ..... Black Hills Volkssport Assn  
 13-15 Butte County Walk: Belle Fourche, Buffalo, Dupree, Lemmon, McLaughlin Timber Lake, SD ..... Black Hills Volkssport Assn  
 14 Fall Fun Walk, Itasca State Park, MN ..... NorthStar Trail Travelers  
 15 Fall Fun Walk 2, Itasca State Park, MN ..... NorthStar Trail Travelers  
 21 Dannie Peters Memorial Walk, Gregory, SD ..... Prairie Wanderers Volkssport Club  
 21 Manitowoc Walk, Manitowoc, WI ..... Madison Area Volkssport Assn  
 22 Two Rivers Walk, Two Rivers, WI ..... Madison Area Volkssport Assn  
 28 Spirit Hawk Acres Labyrinth Walk, Inner Maker Art Village, NE ..... Nebraska Trailblazers  
 29 Crazy Horse Memorial, SD ..... Black Hills Volkssport Assn

- Oct**  
 5 Step to the Beat Central, Omaha, NE ..... Nebraska Trailblazers  
 12 Lions Club Walk, Omaha, NE ..... Nebraska Trailblazers  
 12 Davenport Bridge Walk, Bettendorf, IA ..... Greater Des Moines Volkssport Assn  
 12 Yahara Heights Walk, Madison, WI ..... Madison Area Volkssport Assn  
 19 Fall Walk, Rapid City, SD ..... Black Hills Volkssport Assn  
 24-27 Hoofin' It On Halloween: Hillsboro, Hutchinson, Newton, Salina, Sterling ..... Sunflower Sod Stompers

## Event Awards for Members

Diana	500	
	525	
Jeanne	600	6000



Events

Distance



## NWFT Officers

President  
Lori Sue Anderson

Secretary  
Dave Brown



Vice President  
Joyce Sobczyk

Treasurer  
Jill Champley

## Speaker Schedule

TBA



## Meeting News

Our next meetings will be September 9, October 7, November 4 & December 2 at Maple Ridge Retirement Community, 3525 N. 167 Circle, Omaha, at 7:00 p.m. There will be a short business meeting, and a short program followed by refreshments. Just a reminder that the club meetings are the 1<sup>st</sup> Monday of the month at 7:00 p.m. with some exceptions: no meetings in January, April, July or August, and it is the 2<sup>nd</sup> 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.

## Club Dues

Dues are \$10 for a single membership and \$15 for a family membership. Anyone who joins later in 2024 will have their membership pro-rated so that it expires 12/31/24.

Please send to: NWFT  
PO Box 8147  
Omaha NE 68108



## Send in Your Newsletter Info

To place info/articles/photos in the next newsletter: NWFT, PO Box 8147, Omaha NE 68108