

Footsteps

Volume XVIII Number 6

Fun, Fitness, Friendship

November/December 2017



The Prez Sez...

As I write this, today is a windy day—25 to 35 mph sustained with 40 to 50 mph gust—from the north.

Walking seasons are changing again, and the year is drawing closer to an end. Only two more traditional walks this year and two months left in my Presidency. As promised when I was elected, Donna and I are going on an adventure next year with no officer positions at Church, Optimist or NWFT (except a few Immediate Past-President NWFT things to do). Hopefully, we'll have a few stories to send to this newsletter from walking trips hither and thither.

So far this year, our club (with *The Committee* guiding all things walking) has had an extraordinary year. We have really upped our game and it is not going to let up these last two months. Starting with the great annual dinner in January and our yearly group trip to Shelby for the Great Stone Arch soup cook-off, we dove feet-first into our own walks with a somewhat hilly, but hearty, March soup walk. In April we got a chilly day for the *Spy* walk, but warm reception from the new Madonna Hospital, and in May we had a festive walk at Florence Days. In June, we had a good size representation at the National AVA meeting, many of them just having done the Crazy Horse walk. Again, hats off to our national 1st Place Webpage and 2nd Place Logo winners.

Then [drum roll]: one of the greatest events in AVA history (in my mind) took place. **(Don't) Look at the Sun** was a marvel with wonderful leadership from the planning committee and club volunteers filling in the many tasks. Who can forget the opening registration Meet and Greet—good fun, good friends, great food. Even

this past weekend, I heard a member from another club ask, "how did you all pull that off?" That is very clear when you look at this club, it's a great *'Great Plains Walking Club.'*

In September we hosted a Tater Tour Volkswalk bus group, renewed friendships and met new friends as they hoofed through our downtown walk. They loved the buffalo and geese statues and enjoyed lunches and ice cream in the Old Market. Who said Plattsmouth is hilly? Oh, while walking the Plattsmouth Nebraska Harvest Festival, the 10K walkers at our September walk "may have mentioned it." In October it was a walk for the few, the brave, the ducks in the club. Showers throughout didn't seem to dampen too many spirits, but the clever driver on Center Street, who purposely aimed for the puddles, did soak a couple of our walkers.

Lastly, let me mention the wonderful Meet 'n Eat walks we've had this year. It's always fun to walk with your club members and new folks from Meet-Up.

Now, full speed ahead, don't miss this year's November *Pie Walk* at Divine Shepherd Lutheran on Q Street and then our fantastical annual downtown *Lights Walk*. **Calling all volunteers:** at last check our Facebook page is exploding with Likes, Attending, and Interested. One recent estimate given to *The Committee* is 400+ attending and 9000+ interested. If projections hold we could go out with a colossal bang this year.

Thanks to everyone for your support this year, Walk On,

~Lee

Walk to Live, Live to Walk

Inside this issue:

<i>The Prez Sez</i>	1
<i>Sandy Speaks</i>	2
<i>Survey Results</i>	2
<i>Club News</i>	3
<i>Photos</i>	4-5
<i>Event Calendar</i>	6
<i>Birthdays & Anniversaries</i>	6
<i>Member Event Awards</i>	6
<i>Walker of the Year Info</i>	7
<i>Officer Roster</i>	7
<i>Meetings & Dues</i>	7

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





Sandy Speaks

The committee is back in session after a short break. We are

working on processes to handle the potential large number of walkers we could have at our Lights walk this year. Per Facebook, we have 470 coming and 11,000 interested. Yes, that number is correct, 11,000! We know, of course that not all of these will show up, but we have already had two groups, a mother's group and a wellness group that would like to preregister. If the weather is nice, we could have a record crowd. What this means is that we will need volunteers! Put us on the calendar, plan to do the prewalk and plan to bring lots of cookies and work the event. We will send out a wish list for volunteers in the near future.

We are also busy coming up with ideas for next year's walks. We have found a place for the soup and pie walk and have ideas for all of the others. If there is not a name beside the walk, it is up for adoption. If you choose to adopt and you would prefer another location for the walk, it can be changed.

March 3

Soup Walk: First Lutheran Church, 420 N Washington St, Papillion
Karen Dix Johnson

April 7

Gretna Community Center (not yet confirmed)

May 12

The Wild Bird Habitat store, 16919 Audrey St #120
Lee and Donna

June 2

Trail's Day: Chalco YRE

Sept. 15

Wabash from Council Bluffs (not yet confirmed)

Oct 6

This may be a weekend event: a group of walks in Southeast Nebraska as a kick off for a Nebraska County program-more information in the next newsletter.

Nov. 3

Pie Walk: Blair Police Department Training Center
1730 Lincoln Street
Jeanne Miller

Dec. 2 (Sunday)

Lights Walk: Visitor's Center, 1001 Farnam St, Omaha

You asked for it and we got it! A Sunday start so we won't have to pay for parking. Note the new location as the Landmark Building will possibly be going through some major renovations and repurposing. The start point has been confirmed.

Club Survey Results

You may remember getting a Survey Monkey survey a while back. Here are the survey results:

- Majority liked the one flyer for all of the walks
- Majority loved the newsletter
- 100% liked being reminded of dues by email
- Favorite walks in order:
Eclipse, Lights, Plattsmouth, Florence and I Spy (tie), Community Playhouse, Pie Walk, Ogallala, Soup Walk
- Type of walks wanted for next year:
Park Walk 65%, Another Festival walk 52%, A nice flat walk 42%, County Walks 38%, Something Special 36%, A challenging walk 10%

We had some great comments and will try to incorporate as many of them as we can. If you know of a local festival that falls in our walk timeframes, or have another idea for a walk, please let us know. And if you are interested in joining the committee, let me know. We meet monthly to every other month depending on the need. We are always looking for fresh ideas and fresh faces!

Delicious!!

For those who enjoyed Mary Brown's wonderful bars at the last meeting, here is her recipe:

Mary's Cake Mix Caramel Bars

1 cake mix of your choice*
1/2 cup butter, softened
1 egg, beaten
1 jar (12 oz) caramel ice cream topping

Preheat oven to 350°.
Combine cake mix, butter and egg together. Press 1/2 mixture into greased 9x13 pan. Bake at 350 for 10 minutes. Remove from oven and spread caramel sauce over top. Crumble the remaining half of the cake mixture over the caramel layer. Bake 20 minutes.

*Mary used carrot cake mix; any flavor may be used.

Socks needed!



When you are gathering your mitten and TP donations for the Night of Lights walk, please consider including warm men's socks. We are told they are very much needed at the shelters.



2017 Meet & Eats

For our last Meet & Eat of the year we will be taking part in *OptOutside* on Black Friday, *November 24*. We will meet at Hanscom Park at 9:45 a.m. to stamp books and begin walking at 10:00. Lunch will be at the Leavenworth Café.



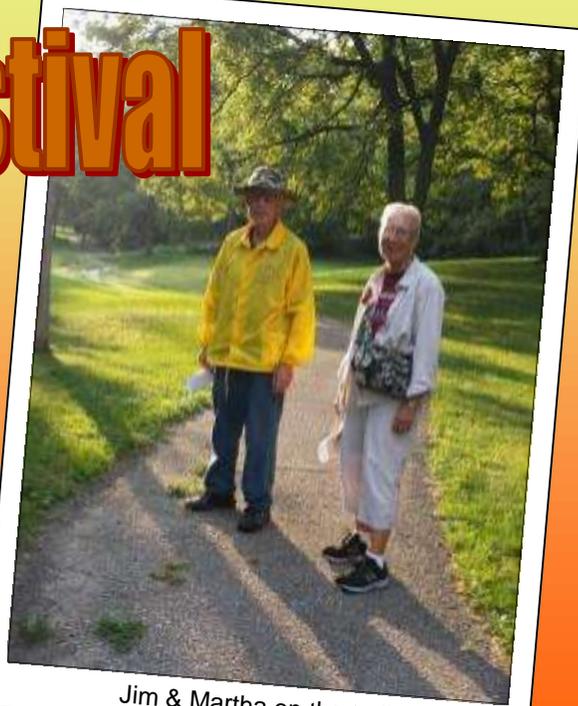
November Karen Dix-Johnson
December Jill Champley

There will be a sign-up sheet for 2018 meeting treats at our Annual Meeting in January.

Plattsmouth Harvest Festival



Chicken Run!



Jim & Martha on the trail



Checking in with Donna, Lee and Butch



Ann & Sheila strut down Main Street



Becky, Rex, Jim & Karen at the checkpoint

Dem Bones Dem Bones... A Cemetery Walk



Who's afraid of a little rain?!



Bob May and Maryann Harris



Larry & Anna wait for "customers"



Maryann, Bob and Karen at the start point



Mark your calendars: Upcoming Events

November

- 4 "Will Walk for Pie" Omaha Nebraska Trailblazers
- 4 Walking Company Walk at Rosedale Mall, Roseville MN.....Twin Cities Volkssport
- 4 Veterans Walk, Madison WI MAVA
- 11 Ramble with the Raptors, Valley Park MO Gateway Milers NFP

December

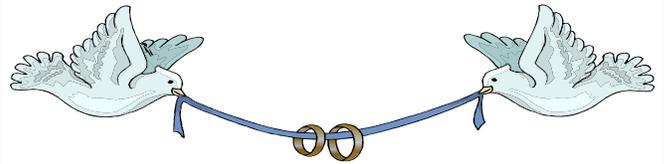
- 2 Night of Lights Event, Omaha Nebraska Trailblazers
- 9 YMCA Minneapolis Skyway Holiday WalkTwin Cities Volkssport

January

- 1 Des Moines Mall WalkGreater Des Moines Volkssport Assn
- 6 Blaine—Northtown MN Lake Country Wanderers

Event Awards for Club Members

	<u>Events</u>	<u>Distance</u>
Rex Holford	50	
Donna Campbell	325	
Lee Frantz	325	
Dee Willemssen	375	
Butch Spaulding	1,900	21,000



You're Still the One

- | | | |
|-----|----|----------------------|
| Nov | 1 | Joe & Susan Schwartz |
| Dec | 21 | John & Gail Boggs |
| | 28 | Jim & Martha McGahan |
| | 28 | Bob & Ruth Stotler |

Happy Birthday to You!!!!

November

- 2 Mel Bohn
- 10 Jerry Dix
- 13 Donna Campbell (Frantz)
- 14 Mary Anne Conway
- 16 Larry Seger
- 17 James Cashin
- 18 Jill Champley
- 27 Claudia Dowling



December

- | | |
|----------------|----------------------|
| 3 Deb Gaskins | 14 Dave Brown |
| 6 Bill Colwell | 14 Carol Johnson |
| 8 Lowell Harms | 18 Sharon Nielsen |
| 9 Dave Zikmund | 18 Lynn Richardson |
| 13 Larry Boehm | 19 Bill Spielman |
| 13 Jim Goeltz | 26 Margaret Peterson |

A Publication of the Nebraska Trailblazers



Walker of the Year Nominations Due!

Each year we recognize an exceptional member of our Wander Freunde Trailblazers family as **Walker of the Year**. This person (or persons if nominated as a couple) *should*

be tireless in their love and action of all things Volkswalking and who has supported the club throughout the year. Nominations will be taken from

now through Monday, November 13, 2017—one week past our Nov. 6 meeting. Nominations, including a short paragraph of justification for your nominee, should be sent to Jeanne at netrailblazers@gmail.com. Jeanne will tabulate the nominations and send a Survey Monkey ballot out in mid to late November. Paper ballots will be available at the December 4 regular meeting for those who did not vote online.

So, nominations are open for Walker of the Year. Send them in now or bring a written one to the November meeting.

NTB Officers

President
Lee Frantz

Vice President
Larry Boehm

Secretary
Tricia Abel

Treasurer
Butch Spaulding

Meeting News

The next club meetings will be November 6 and December 4, 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

Sept. & Oct. 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 Jan/Feb 2018 newsletter, please send by December 15 to:



NWFT
PO Box 8147
Omaha NE 68108