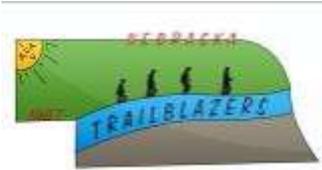


Footsteps

Fun, Fitness, Friendship

Volume XIX Number 4

July/August 2018



The Prez

The Bird Seeds to Trails Walk was May 12. Walkers came prepared for precipitation

but the overcast skies held the rain leaving cool temperatures for a pleasant Spring walk. It was especially nice to be joined by club members from afar and a club friend from Colorado. The Wild Bird Habitat Store was an excellent start point with accommodating staff and interesting things to see. Much appreciation goes out to our POCs, Lee Frantz and Donna Campbell, for putting in the extra effort that goes with a new walk and ensuring all the pieces in place.

The National Trails Day Walk was at Chalco Hills on June 2. With the exception of some high winds crossing the lake, we had a beautiful day and picturesque start point. Many were happy to see a local snapping turtle who joined us and walked the entire width of the 6K route.

Unfortunately, due to construction, we could not walk around the lake. Regardless, event POCs Jeanne Miller, Diane Fenlon, and Karen Dix-Johnson smartly made the necessary adjustments and had things ready. An additional prop for Jeanne who took the initiative to quickly update the Chalco Hills

Year Round Event (YRE) walk box material while the POCs were out of the area.

In celebration of our club's 39th anniversary we had the "Giving Walk" Meet and Eat in downtown Omaha on June 23. We handed out many small gifts to passersby akin to random acts of kindness. The gifts seemed to be very well received in great part due to the excellent presentation of those participating. It was truly a group effort with many making significant contributions though donation of items, wrapping of gifts, giving of gifts, etc. We took a break during the walk for lunch at the Spaghetti Works. Special thanks to Sandy and Butch Spaulding who established the framework for the successful and enjoyable outing.

We have a full slate of upcoming events some of which follow below. Please see "Sandy Speaks" later in this issue for additional event details.

Next up we have a Meet and Eat in Seward NE, "The Official 4th of July Capital of Nebraska." We will walk the YRE there followed by lunch. This should be a good opportunity to meet members from the Lincoln Volkssport Club. Furthermore, the events planned in the city provide many ways to tailor a trip to meet your time availability and interests.

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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 from Page 1

The annual club social will be in Ashland NE on August 25 in conjunction with the Fall Art Walk being held there. We will get together for supper and have the chance explore the many interesting things in the downtown area that evening.

Our guest speakers at the June monthly meeting were Rose Quackenbush and Lori Anderson from the Lincoln Volkssport Club who discussed what their club has done and what they are doing. It was nice to get know their club better and gain insight into how they operate. It may sound contradictory but listening to Rose and Lori leaves one feeling both motivated and exhausted. Rose has been club president for 32 years while Lori is a member of and significant contributor to both NWFT and the Lincoln Volkssport Club.

The old saying “a picture says a thousand words” may be more true today than ever. With this said we are fortunate to have Diana Webb volunteer to be our club photographer. Diana has a wealth of both photography and volkssport experience.

Hopefully NWFT is providing positive opportunities which fit what you are looking for. If not please contact the club president who would be glad to see what can be done!

~Bryan



Sandy Speaks

Are you wondering what the Appalachian Trail program is all about? Well, it does involve travel as we have no trails in the Midwest. There are 14 states that the Trail runs through, stretching from Georgia to

Maine. Nice walkers in those states have tried to find the easiest trails to get to that are walkable for most volkssporters. Anyone who has read “A Walk in the Woods” knows that the Appalachian Trail is not set up for wimps. But the trails are

beautiful and unique. Butch and I have started our adventures in the northern most state which also happens to be the state where Butch grew up. The trail began in Baxter State Park. The nearest town with hotels is Millinocket-about 15 miles outside of the park. This town is very accommodating to Trail Hikers and this is where you will find you official AT stamps required for the program. Be forewarned that Baxter State Park now charges out-of-staters \$15 to enter the park. This fee is waived if you have a Maine license plate. Unfortunately, the rental car we got at the Portland ME airport had Missouri license plates. The actual trail took us on three different out and back sections. Two of the trails were uneven, rocky and had a lot of tree roots. Walking sticks and good shoes were a must. But the views were spectacular! The third trail was nice and flat, along Daicey Pond. As tranquil as it sounds. We are looking forward to adding to our AT book soon.

We have finalized some of our upcoming Meet and Eats. I hope you can join us for some or all of these great events!

July 4: Seward NE, Fourth of July walk. Meet at Civic Center 9 a.m. if walking 10K, 9:30 for 5K. Lunch at the Civic center at 11. Spend the day! Seward is the Fourth of July City with activities all day long. Car Pools available-email me or Bryan at nwft2018president@yahoo.com

August 25: Group outing–Art Walk in Ashland, NE-meet at 4 p.m. at Cheri O’s for an early supper, art walk to follow. This will not be a volkswalk, just a stroll through Ashland’s art district. Car Pools available-email me or Bryan at nwft2018president@yahoo.com

September 15: Our Wabash Trace/Art walk will be well worth the drive to Malvern IA. Enjoy parts of the Wabash Trace, this small historic village and its own art community.

ANOTHER ITEM OF IMPORTANCE–WE WILL BE ABLE TO RETURN TO OUR ORIGINAL START POINT FOR OUR CHRISTMAS LIGHTS WALK AT THE LANDMARK BUILDING ON SUNDAY, DECEMBER 2. FREE PARKING! YOU WILL HAVE TO ENTER ON THE NORTH SIDE OF THE BUILDING, SO MARK IT ON YOUR CALENDAR.

~Sandy

Trip Report

Lee & Donna have close encounters with a tower, a chief and petrified wood



Devil's Tower, Crazy Horse, and More

We were asked to put together a little travel log of a recent trip we made and the first thing that pops to mind is, "we really got soaked at Devil's Tower." But, as 99.9% of Volkswalkers will say, "what's new, we've all gotten wet sometime." So, let's

back up and start at the beginning. From May 24th through June 5th, Donna and I traveled west for three purposes: 1) our granddaughter's high school graduation in Ft. Collins CO, 2) to do the Crazy Horse walk for the first time and 3) to add stamps to our Nebraska Passport books. The passport is new to us after learning about it at a club meeting. We also considered it a good idea to "work" our way up in altitude and difficulty before getting to Crazy Horse.

Our first walk was our own club walk in North Platte (2,800 ft above sea level); but on the way, we stopped in Kearney for passport stamps at the Arch and a curio shop downtown. After coffee (and a stamp) at the Lasso Express at Gothenburg, we headed to the historical museum in North Platte where the passport stamp cost Lee a *Union Pacific T-shirt* at the Lincoln County Historical Museum.

The second day out is when volkswalking and passporting really connected. Before walking our club 5K walk in Ogallala (3,222 ft.) we went to the *Petrified Wood & Art Gallery* (on the 10K walk) for a passport stamp. It was amazing and the two elderly owners are gems themselves. If you make any passport stop in Nebraska, this is the one to see.

"The Petrified Wood Gallery is a showcase of natural history specializing in ancient woods and fossils from around the world plus Native American arrowheads and artifacts—many from within 25 miles of Ogallala. The collection is a result of the efforts of (twin) brothers Howard and Harvey Kenfield who began collecting in the 1950's. In 2000, the Kenfields donated their collection for display in Ogallala and for the benefit of the general public."



With the Ogallala walk under our belt, and another passport stop in Potter NE at a collectable store (that happened be next to the Potter Sundry, an ice cream shop famous for Tin Roof Sundaes, we arrived in Ft.

Collins CO for three days. (By the way, it was somewhere around the sixth passport stop that Lee realized Donna was serious about all these little stops

off the interstate and he quit frowning and started to have fun.)

While in Ft. Collins we took in the sculpture walk in



Loveland CO (4,982 ft) and the Ft. Collins (5,003 ft) walk along a beautiful creek where a deer eating on willow branches watched us walk by.

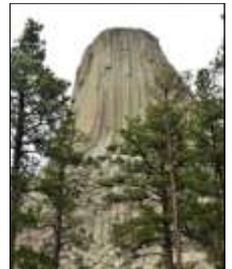


The next leg of the trip provided beautiful scenery with walks in Gillette (4,554 ft) and Devils Tower WY (5,112 ft). "The Tower is an astounding geologic feature that protrudes out of the prairie surrounding the Black Hills." Speculation is that the tower is a failed volcano that silt and sedentary layers washed away from over 65 million years. "It is considered sacred by Northern Plains Indians and indigenous people. Hundreds of parallel cracks make it one of the finest crack climbing areas in North America."



<https://www.nps.gov/deto/index.htm> .

The 5K Volkswalk path circles the tower base on a trail from the National Park visitor center (you do need a park pass to drive up to the tower) and then uses forest service red dirt roads to complete the distance. We got 3K around the base and then were rained out of the rest of the walk. Before you enter the



park, there are several tourist stores with tower memorabilia and—since the 1977 Richard Dreyfuss movie, *Close Encounters of the Third Kind*—a whole lot of space alien tourist "stuff." The KOA campground store even shows the movie each night outdoors under the stars, while the tower looms over your shoulder (weather permitting.)

Now the climbing began in earnest with walks in a very hilly Lead SD (5,213ft) home of the famous gold mine turned into the Sanford Underground Research Facility (where they are looking for teeny tiny cosmic matter in the deepest darkest lab in the world)

<http://www.sanfordlabhomestake.com/>; then Spearfish, SD (3,648ft) with a wonder tour of a fish hatchery; then Hill City SD (5,159ft) with the famous John Crane art studio and Alpine Inn Restaurant (German-lunch menu); then Keystone SD (4,331ft) with a climb to the original miners cemetery that provides a view of Mt. Rushmore; then Custer SD (5,315ft) a few miles south of the Crazy Horse Monument entrance.

More on next page ➡

Trip Report—Continued



The Crazy Horse walk is a combined event between the Black Hills Volkssport Club and the private non-profit monument organization.

“The Mission of Crazy Horse Memorial Foundation is to protect and preserve the culture, tradition and living heritage of the North American Indians. The Foundation demonstrates its commitment to this endeavor by following these objectives:

- Continuing the progress on the world’s largest sculptural undertaking by carving a Memorial of Lakota leader Crazy Horse;
- Providing educational and cultural programming to encourage harmony and reconciliation among all people and nations;
- Acting as a repository for Native American artifacts, arts and crafts through the INDIAN MUSEUM OF NORTH AMERICA® and the NATIVE AMERICAN EDUCATIONAL & CULTURAL CENTER®;
- Establishing and operating the INDIAN UNIVERSITY OF NORTH AMERICA®, and when practical, a medical training center for American Indians.”

This volkswalk hosts 3,000 to 4,000 people each spring, with a record year of 15,000 walkers. “The hike averages two to four hours to complete. Hikers...pace themselves due to the terrain and peak elevation (nearly 6,500 feet above sea level)...The route is 10K (6.2 miles round trip) on hilly, rough terrain with some steep inclines. The rugged woodlands path is not



suitable for infant strollers. From the valley at the Memorial’s visitor center, the trail rises about 500 feet up to the mountain. You will see views of Crazy Horse Memorial and its 1,000-acre campus not otherwise available to the public.”

The rest of the trip found us walking the sculpture volkswalk in Sioux Falls, resting with good food at one of Lee’s student’s Sioux Falls BBQ restaurant The last day, on the way home, we wound our way on back roads to several Northeast Nebraska passport sites in Crofton, Harrington, Wayne, West Point and Hooper NE. All-in all, a fun 12-day trip with a drive of over 1,790 miles, with 13-walks totaling 78K (52 miles).

Walk to Live, Live to Walk!

~Lee and Donna

Out and About

On Tuesday, June 26, five of our club members worked a table at the Employee Health Fair at the Nebraska Humane Society. Karen, Nancy, Stephanie, Ann and Julie promoted our upcoming walks, as well as answered questions about our club and about volksmarching. Many attendees were surprised that there was a walking club in Omaha and there was much interest in our Small Town Nebraska event.



How fun does this look? It’s part of the first walk of our Discover Small Town Nebraska weekend. You can stay on the boat (rooms still available) or join us for Game Night aboard the River City Star on Friday night!



Remember!

We will not have a regular club meeting in July or August.

Plan to attend one of our group activities instead: 4th of July walk in Seward and a walk in Ashland on August 25th.

Want to Volunteer? Here's How!

Many members are interested in volunteering but aren't sure just what they are getting into!! There are many "jobs" that need volunteers. Here's your guide to Trailblazer Volunteering.



Adopt the Walk

A walk is "adopted" by someone who has an idea for a route. Works with a certified Trail Master to formalize the route and directions. Often is a Point of Contact with the walk's Start Point host, such as a meeting room or church.



Mark the Trail

Generally done by a certified Trail Master before the walk begins. Our club uses chalk to mark hard surfaces, but also sets out signs and arrows as needed.



Greet the Walkers

A greeter is a person who is willing to welcome those who come to our walks and events. May have to direct where items (e.g. soup, donated items) go and where to check in.



Register the Walkers

Has participant sign waiver and fill out Start Card. Takes fee payment. Assigns a number to the participant for tracking purposes.

Wait, there's more! 

Want to Volunteer? Here's How!

More ways to volunteer!



Manage the Checkpoint

A Checkpoint is a station where water is available, about halfway into a walk. Volunteer punches or stamps a participant's Start Card. Supplies are provided by club.



Lead the Group

A Group Walk Leader has to be able to follow a map and/or directions. Walks with a group of people to provide companionship and occasional leadership.



Stamp the Books

Takes completed Start Card from participant. Stamps books as presented.



FIND YOUR IDEAL NATIONAL TRAILS DAY®



Wehrspann Lake



Diane, Jim, Jeanne, Karen & Mel



Stopping for a (dog) break



Snapping Turtle



Wilma & Joe find some shade



Sheila & Karen



Headin' toward the lake



Mel, Tim & Karen



Boooo! Thumbs down to closed trails!!

Giving walk

Meet & Eat



NWTB Officers

President
Bryan Taylor

Vice President
Larry Boehm

Secretary
Jill Champley

Treasurer
Butch Spaulding



Speaker Schedule

Sept	10	Golden Hills Resource & Dev Tina Bakehouse
Oct	1	Omaha National Cemetery Cindy Van Bibber
Nov	5	TBA
Dec	3	TBA
Feb	4	TBA
Mar	4	Omaha Storm Chasers

Meet & EAT 2018

- July 4 4th of July Celebration, Seward NE
Civic Center
10K—9:00 5K—9:30 Lunch—11:00
- Aug 25 Art Walk, Ashland NE
Meet at Cheri O's at 4:00, eat then walk
- Sept 22 Apple Jack Festival
Nebraska City NE
Time & meeting place TBA
- Oct 27 Lincoln Cemetery Walk
Time & meeting place TBA
- Nov 23 Opt Outside
Black Friday walk instead of shop
Time & meeting place TBA

Meeting News

The next club meetings will be September 10, October 1, November 5 and December 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

April and May 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 August 15:



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



Mark your calendars: Upcoming Events!!

July

- 8 Silver City Pie & Ice Cream Social, Silver City SD Black Hills Volkssport
- 14 St Cloud MN..... Central Minnesota Volkssports
- 21-22 Elba MN NorthStar Trail Travelers
- 28 Custer Walk, Custer SD Black Hills Volkssport

August

- 4 Trout Brook Walk, St. Paul MN..... Twin Cities Volkssport
- 25 2nd Annual Charity Walk, Leavenworth KS..... Kansas JayWalkers
- 25 St. Louis Walk, St. Louis MO..... St Louis-Stuttgart Volksmarch Club

September

- 1 Outlaw Ranch Volksmarch, Custer SD Black Hills Volkssport
- 7-9 Regional Smorgasbord Roundup, MN.....
..... Central Minnesota Volkssports/Lake Country Wanderers/Twin Cities Volkssports
- 8 Des Moines Brewery Tour, Des Moines Greater Des Moines Volkssport
- 15 Wabash Trace/Art Walk, Malvern IA Nebraska Trailblazers
- 14-16 6-Walk Weekend, SD..... Prairie Wanderers Volkssport
- 22 Outdoor Expo, Des Moines Greater Des Moines Volkssport
- 29 Flume Trail #50, Hill City SD Black Hills Volkssport
- 30 Crazy Horse Black Hills Volkssport