

Footsteps

Fun, Fitness, Friendship

Volume XXI Number 3

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The Prez Sez...

This will be one of the most unusual Prez Sez articles we have ever had in our *Footsteps* newsletter. I am sure no past-president has, and hope no future president will ever need to, wax-so-philosophical. Our love of Volkswalking is and always will be our focus, but at this time we also need to boost each other up and look forward to our club's future with optimism.

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us...." Charles Dickens, *A Tale of two Cities*.

This quote has been used to describe many dichotomies since its publication in 1859. So let us add Volkswalking before the pandemic and Volkswalking post-pandemic and let's do it with hope. The 'worst' and the despair are easy to understand during physical distancing and canceled walks, but there is also the 'best' in human fortitude and spirit seen in recent past months. The best surmounts our worries and fears and directs us to a future of fun, fitness, and friendship in AVA activities.

The first step on our trail back to a life of Volkswalking is to **stay healthy**. Please follow recommended guidelines for distance, group sizes, healthy eating, physical and mental-health exercising, and getting enough rest. Also, stay in communication with friends and loved ones by phone, text, email, and other social connecting applications. Give a Volkssport friend a call and check on them.

Second step, **watch for constant club updates** from your board. This group, on an almost daily basis, is actively

discussing location closures, walk statuses, national AVA recommendations and directives, and the future of walks and meetings. Watch for the possibilities of a Year Round Events (YRE) and Seasonal Events (SE) online registration process.

Third, please **stay optimistic**, keep up with our [Facebook](#) and [Webpage](#) links and plan to return to group walks when it is 'you're-safe' to do so. Now, to really butcher the last line from *A Tale of Two Cities*,

"It is a far, far better thing that I do, than I have ever done; it is a far, far better Day of Volkswalking that I go to, than I have ever known."

Walk to Live, Live to Walk,
Be Safe, Stay Healthy,

~Lee

Well, here we are. Two years ago, our biggest events got rained and flooded out. Last year the weather was bad for almost every one of our walks. And our year round events were flooded or



Sandy Speaks

disrupted by construction. This year started out perfect with wonderful weather almost every weekend and a great spring day for the soup walk. And now with all of our

big plans for National Walking Week, the Bockfest walk and the state park walks, we are getting a double whammy. Of course, the big news is Covid-19. It has already caused us to cancel the April and May walks. And a delay in the start of the state park walks. We can still get outside, but not in groups and even the weather has been pretty patchy. Some nice days, some not so nice.

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

or like us on Facebook



Sandy Speaks...cont.

Don't give up on us, though. We will return with great walks later this summer and into the fall when all of this is past. You can still do the year round events with the exception of Hanscom Park. The closing of the city parks which is where we park for the walk has created a closure of this one. The downtown walk on a weekend is pretty well social distanced as not many people are around. And if you haven't walked it recently, it is a nice new trail. Chalco is a great trail for being outdoors. Ashland is open for business. Westroads mall is no longer open for walkers. Council Bluffs is still open but you need to take the box outside of the restaurant to do the paperwork. And Lansky's is open for take-out. Ogallala and North Platte are open if you are traveling.

The Iowa State Park walks are all ready to go. Just waiting for the parks' re-openings. Iowa's Parkland has created some marvelous maps at no charge. The parks have made some boxes to place in the parks to hold the walk boxes. The walk boxes, mostly the envelope type are sitting at our house just waiting for the moment we can distribute them. For us credit walkers or those walking for the 20 parks patch, the system will be the same as our year round walks: go to the box, register, stamp your books and mail in the start cards in the provided envelope. Unfortunately, we cannot provide stamps for the park walks because of the distance and accessibility to the boxes by the general public. You can always bring your start cards to one of our regular events or to a meeting if you prefer. For the fun walkers, these walks are free. We would still prefer you signed a waiver and sent in the start card. And, as always, we gratefully accept donations. Hopefully, the group walks we have scheduled for June 6 and August 29 will not be affected. We will certainly keep you informed. We already know the May 1 and 2 kickoff has been postponed.

By October, this should all be but a memory. We are ready for you to send in your registration for Blazin' Trails and Tellin' Tales Regional Roundup. Lake Anita, Prairie Rose and Lake Manawa are all nice leisurely walks. Hitchcock, as you know, will test your walking abilities. I have heard that Emma Jean's buffet is yummy. The banquet at Dodge Park will be spectacular with great food and good conversation. If you have not gotten a copy of the brochure, it is available on our website, netrailblazers.club. The committee has put a lot of work into this and hope to see lots of walkers from throughout our region. We will also be looking for a few good volunteers as we get closer to the events.

~Sandy



State Park Spotlight: Prairie Rose State Park



Prairie Rose is one of the featured parks in 20 Walks in 2020 celebrating the 100th anniversary of the Iowa state park system. Iowa's Walking Club and the Nebraska Trailblazers are working with the Department of Natural Resources on this project. Prairie Rose State Park is located in Shelby County eight miles southeast of Harlan and 8 miles north of Walnut. This park is one of the most attractive outdoor recreation areas in

southwestern Iowa. The 422-acre park lies in a region of scenic hills.

Prairie Rose Park provides a number of beautiful picnic areas with excellent views of the 218-acre lake. The lake is the real focal point of the park.

The Prairie Rose beach provides swimming and sunbathing fun for young and old. The lake is popular for all types of boating from canoes and sailboats to motor boats, and in the winter, ice boats. Anglers of all ages will find a challenge at Prairie Rose.

Camping at Prairie Rose, whether for a weekend or a family vacation, is delightful. There are a multitude of campsites with several electric hookups and full hook-ups. Advance campsite reservations can be made through the park reservation system. One-fourth of the campsites are available on a first-come, first-serve basis. The two cabins offer another overnight option for park visitors. The Nebraska Trailblazers have rented one cabin for the start/finish for the Regional Weekend event October 2-3, 2020.

Walking is great in this area! There are approximately seven miles of multi-purpose trails within the park which offer visitors year round use. An interpretive trail starts in the northwest corner of the park and winds along the shoreline providing great places to observe a variety of plants and wildlife. There is a section of boardwalk over a marsh area that is amazing and peaceful. Walking along the dam provides wonderful views of the lake. All trails within the park are open for hiking, snowmobiling and cross country skiing.

The park received its name from a small town called the Village of Prairie Rose which was once located near the present park location. Plans for Prairie Rose were initiated in the 1930's. However, the actual construction of the dam started in 1958 with the park dedication taking place in 1962.

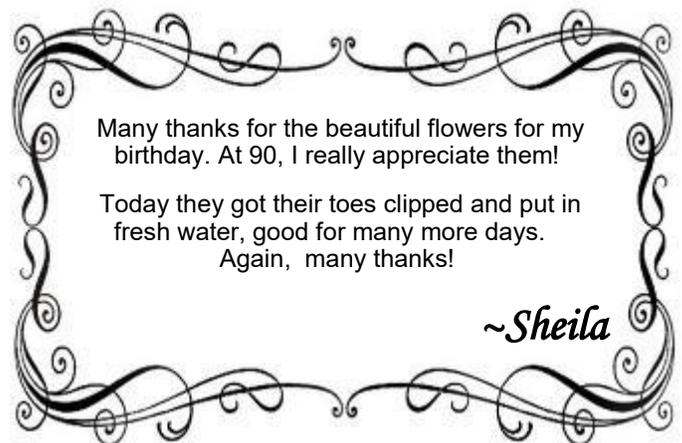




Mark your calendars: Upcoming Events!!

**Please note that many events have been canceled
Double check the calendar below to make sure your event is still scheduled**

- May
- 1-3 Kickoff for 20 in 2020 State Park Walks—**POSTPONED**..... NWFT/Iowa’s Walking Club
 - 2 Spring Meeting Kick-Off Walk, Rapid City SD..... Black Hills Volkssport
 - 16 Good Earth State Park Walk, Sioux Falls SD Prairie Wanders VC
 - 16 Wall Airport Walk, Wall SD Black Hills Volkssport
 - 16 Erlandson Park, Coon Rapids MN..... Lake County Wanderers
 - 16 Columbia Walk, Columbia, MO..... Pace Setters VC
 - 30 4th Annual Charity Walk, Leavenworth, KS Kansas Jaywalkers
- June
- 6 Valley of the Flowers Festival Walk, Florissant MOSt. Louis/Stuttgart VC
 - 13 White Bear Lake Walk, White Bear Lake MNTwin Cities Volkssport
 - 16 Exploring the Watershed Walk, Sturgis SDBlack Hills Volkssport
 - 27 City Park Gardens Walk, Rapid City SDBlack Hills Volkssport



20 State Parks in 2020

IMPORTANT

There is a change to the Stone State Park start point. The start box is now at the park office.

Start Point/Driving Directions: From I-29 take exit 151—Follow signs to Stone State Park four miles. About two miles from I-29, be in the left hand lane for the upcoming light so that you can turn left. Park entrance will be on your right. Upon entering the park, follow signs to Park Office. Walk box is on the side of the building. After registering, drive to the Pammel Shelter parking lot.

Milestones!

CLUB MEMBERS: email netrailblazers@gmail.com to get direct addresses for these folks!

- **Steven Dowling** turns 50 on May 3rd. His mother, retired Volkswalker Claudia Dowling, has asked for cards for him. Please send them to: [redacted for internet use]
- **Sheila Goeltz** turned 90 on March 11th! Cards may be sent to: [redacted for internet use]
- **Jerry & Betty Golmanavich** celebrated their 50th anniversary on April 4. Cards may be sent to: Jerry & Betty Golmanavich, [redacted for internet use]

NWFT Officers

President
Lee Frantz

Vice President
Jeanne Miller

Secretary
Dave Brown

Treasurer
Jill Champley

Speaker Schedule

June	1	Steve & Jeanne Miller "A Walking Adventure in Antarctica"
Sept	14	Kathy Aultz, Douglas County Historical Society "Chief Standing Bear, the Man"
Oct	5	Eric Williams, Natural Resource Planner, Papio-Missouri Natural Resource District "Omaha Metro Area Trails"
Nov	2	Nicole Guthrie, Director of Community Engagement "The Urban Abbey Café" (December Lights Walk start point)
Dec	7	Jerry & Betty Golmanavich, NWFT members



Meeting News

The next club meeting will be June 1 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.

Important Updates

May 4 club meeting CANCELED

YRE's

- Omaha Hanscom Park walk closed until Omaha Parks reopen
- Omaha Westroads Mall walk closed until AmeriInn (walk box location) and mall are reopened

20 Iowa Parks in 2020 is on hold until the Iowa Department of Natural Resources gives us the green light for implementation.

Remember that our website and Facebook pages will have the latest information on our activities and calendar. Check in at netrailblazers.club or at [@NebraskaWander](https://www.facebook.com/NebraskaWander) (Facebook).

Membership Dues

March & April 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 June 15:



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