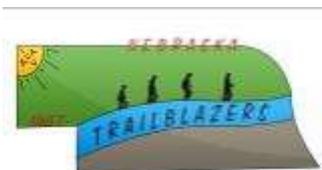


Footsteps

Fun, Fitness, Friendship

Volume XXI Number 5

September/October 2020



The Prez Sez...

Correcting Chaos

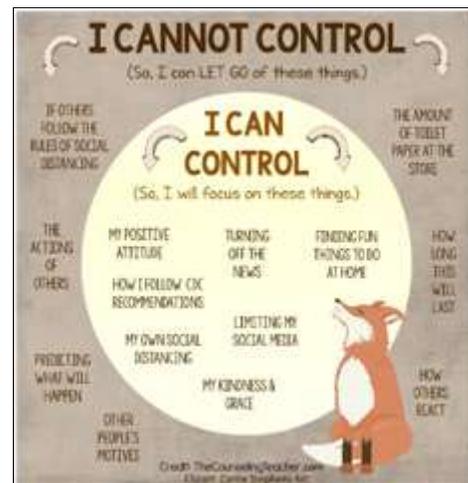
In something called chaos theory, "...very small changes in the starting position of a chaotic system make a big difference after a while. Since even a 'butterfly' can make enough wind to change weather, a chaotic system is (sometimes) called the "butterfly effect". (https://simple.wikipedia.org/wiki/Chaos_theory).

Since joining my first Volkssport Club (in 2003), and the national American Volkssport Association (AVA) a few years later, I have seen changes in leadership, governance models, fiscal reorganization, standardization in walk instructions/maps, new guides for start-box organization and the advent of online walk registration. So, as with most of nature and organizational systems, it is easy to see Volkswalking meets the definition of an ever changing—even chaotic—system. However, we humans—as with ants—are very industrious at trying to organize chaos. As *America's Walking Club*, and as the NWFT—the *Great Plains Walking Club*—we are continually finding ways to improve and organize our Volkssporting.

So, what on earth, or in the universe, happened in 2020 to evoke sheer chaos. Evidently it only took a ridiculously small change (a tiny little virus) to cause major chaos in the world and in our own little world of Volkssporting. So now, as industrious humans, what can we do to correct the current chaos?

- **First**, regarding our part in the pandemic, we can follow local, state, and national health officials, and AVA and NWFT Club good practices (see volunteer and walker protocols in this newsletter).
- **Second**, for mental health and well-being, one of the best tips I have seen floating around the internet is from Carrie Stephens, a middle school counselor in Germantown, TN, a suburb of Memphis. Early in April, this picture

floated around Facebook and Pinterest. I printed a copy and hung it by my computer. (Clip Art by Carrie Stephens Art, TheCounselingTeacher.com) . I



won't say I am practicing this well, and won't tell you to perfectly follow this adage, but It sure helps to read it and give it a try each day.

- **Third**, keep walking. Get out of the house, if comfortable, and walk in your neighborhood, a park, along a trail, or on one of our 2020 Year Around Events (YREs) or our Iowa Park Seasonal Events (SE). If you want, bring along sanitizer wipes for the box, the registration book and the stamp pad/stamp; and bring your own pen. If you walk our events often, one of our self-addressed envelopes will hold several days of start cards for mailing back to us. Remember, for club members, NWFT YREs/SEs cost \$3.00 the first time you walk them in a calendar year, but only \$2.00 each time after that. For more walking adventure, please join us for our first traditional walk of the fall on September 19, at Standing Bear Lake.
- **Fourth**, keep informed in all things Volkssporting at the local, regional, and national level. If you are not a member of national AVA; this is a great time to join <http://cb.ava.org/membership.php>. AVA News-You-Can-Use can be found in *The American Wanderer*

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



AVA News-You-Can-Use can be found in *The American Wanderer (TAW)* the national news publication that covers everything from upcoming walks and programs across the nation, biennial convention coverage, region-by-region news, AVA technology changes, a record listing of individual event and distance accomplishments, and how to find a club nationwide. The TAW is included with your AVA membership. Did you recently send AVA a completed event or distance book—check the TAW for your name in print.

In the recent June 2020 TAW edition there is a whole page on how to use an Online Start Box (OSB). As a “seasoned” walker, I have been dragging my walking-feet on this technology leap, but I do have a personal account now so who knows, maybe I will attempt an online registration/walk. You can get an online account here <https://my.ava.org/signup.php>. AVA membership not required. Certainly, it’s an easy way to register, get a map and a digital stamp during a pandemic. Watch for Hybrid ‘Boxes’—both a physical start box and an online registration option—coming to our own NWFT club. (Also, don’t forget to support AVA in this year’s **Big Give** on September 10th <https://ava.charityproud.org/Donate/?cid=4605>, or sign up for AMAZON SMILE to donate every time your order something.)

Other ways to keep up with Volkssport news is to read the AVA leader news, *The Checkpoint*, that most club presidents forward to their club as FYI; and to constantly watch our own great club website <http://www.netrailblazers.club/> and Facebook <https://www.facebook.com/nebraskawander> page. Our webmaster is constantly updating our pages—be sure to *Like* and *Follow* our NWFT Facebook page.

So, to sum up all the wordiness above: keep up with COVID safety, keep calm, keep walking, and keep informed—help correct chaos.

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

~Lee

email alert for details for this easy, safe way to sign the AVA waiver. We hope to have it in place prior to the Standing Bear walk.

The Walk 20 state parks will soon be coming to a close. As the weather cools, be sure to check them out. Be aware that a couple have had to close due to the windstorms that caused a great deal of damage. Palisades-Kepler and Lake MacBride are both closed as of this writing, so check the DNR website before heading out to these two parks.

The Committee has been working on next year’s schedule. Check it out and see if you might be interested in adopting one of these events or have an option for a starting point. If you have any ideas or would like to adopt a walk, let one of the board members know. It looks like it could be a great year of walking.

March 6 *Soup Walk-Papillion*. We are looking at a couple of options for start points. If you know of a good place in the downtown area where we would be able to serve soup, let one of the board members know. Papillion has added some Historic markers and Butterflies to the downtown area so there is a lot of new stuff to see.

April 3 or 10 We are hoping to be able to hold the *Bockfest walk* that we had to cancel this year. The date will be determined by Crescent Moon. We should be able to use the same trail that Jeanne mapped out last year so the work for the person adopting this trail should be minimal.

May 22 This is a free day at Omaha State Parks. The plan is to hold this walk at *Mahoney*. The person adopting this walk would need to contact Mahoney to get approval and to find an appropriate start point. The start point could be a building or a picnic shelter.

June 5 Trails Day-current plan is to walk at *Arrowhead Park* in Neola, Iowa-Maps are available for this walk

September 11 *Prairie Queen*. Maps are available for this walk. Shelter start point is first come.

October 3 *Dundee area* (possible start point at 46th & Dodge)

November 6 *Pie walk* Little Bohemia and Little Italy, start point at postal union.

December 4 *Lights walk*-we are hoping to be able to utilize the same start that we plan to use this year.

I hope you have been safe, healthy and happy over the last few months. As I am sure you are, I am looking forward to the time when we can all get together for meetings and walks without worrying about Covid-19.

~Sandy



Sandy Speaks

September will soon be here and I am

anxious to get back on the trail with our walking friends. Check out the new procedures located in this newsletter that we will have in place at the start point of upcoming walks. We are working to make them as safe as

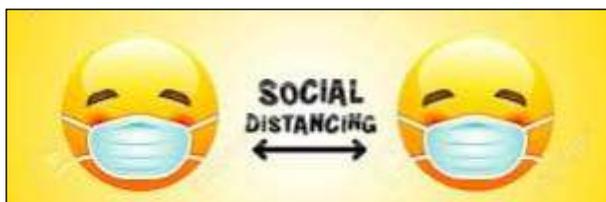
possible while still being able to enjoy the great outdoors together. We have not finalized the process for online registration yet, but watch Trail Mail and/or an

Covid-19 Protocols

We truly value every one of our walkers and the volunteers that make our walks happen. In order to minimize the risk of infection, we've adopted the following procedures at our walks.

- **MASKS ARE REQUIRED AT THE REGISTRATION and FINISH TABLES**, per AVA guidelines. Please keep your mask on as you gather before and after the walk. We also require **6' Social Distancing** in those areas.
- Our volunteers will be gloved and masked. We will sanitize supplies and the workspace as needed.
- Register ahead of time, using our convenient eRegistration. **Standing Bear Lake eRegistration** If you cannot use eRegistration, a paper Start Card will be available for you to complete. Please bring your own pen to do so.
- Bring payment in an envelope, using exact change or a check (made payable to NWFT). \$2 per Fun Walker, \$3 per Credit Walker (book stampers).
- Credit Walkers: Leave your books at the Start Table to be stamped while you're walking. Collect them at the end; they will be placed in alphabetical order on the table.
- Collect your trail map and off you go! Once you're walking, folks from different households should maintain at least a 6' social distance (your arm is about 3' long). Masks can come off while walking so long as that distance is maintained.

When you return and you're ready to socialize, that will take place in an open area after the event. Each person should bring their own lawn chair. Set them out "social distancing space" apart in a circle, so people can talk. No masks are required in the circle, so long as social distancing is maintained.



Walker of the Year Nominations

Now Accepting 2020
Walker of the Year Nominations

Our club is blessed with so many great volunteers! They organize and put on meetings with speakers and treats. They scout out walks, map them and work for hours on walk days to greet, register and walk with new and old friends. They take pictures and keep those memories alive for the future. Our club recognizes one of these people every year as the "Walker of the Year." Can you think of someone deserving of recognition, either as a volunteer or as someone who exemplifies the spirit of fun, friendship and fitness? Nominees will be listed in the November/September newsletter and voted on in late November/early December. The person with the most votes (all of them are winners!) will receive the traveling trophy at the January Annual Meeting.



Standing Bear Lake

Be sure to join us September 19

May we tempt you with a few photos?



Happy 80th Birthday, Karen!!

On August 8th, Karen thought she was going for a walk at Chalco Hills Recreation Area with her family. Imagine her surprise when they arrived at the shelter and found it was decked out in Party Mode and many of her NWFT pals were there to help her celebrate her 80th birthday!



Cute (and yummy!) cupcakes baked by Jill



Mark your calendars: Upcoming Events!!

Many events have been canceled or postponed. Check the calendar below to make sure your event is still scheduled

September

- 5 Coon Hollow Flume Trailhead, Rockerville SDBlack Hills Volkssport Assn
- 5 Erlandson Park, Coon Rapids MN Lake Country Wanderers
- 13 Frontenac State Park, Frontenac MNNorthStar Trail Travelers
- 19 Standing Bear Lake, Omaha NE..... Nebraska Trailblazers
- 19 Battle Creek, Maplewood MNTwin Cities Volkssport
- 24 Halloween Walk, Lincoln NE..... Lincoln Volkssport Club
- 26 St Peters Parks and Neighborhoods, St Peters MO Gateway Milers
- 26,27 Crazy Horse, Custer SDBlack Hills Volkssport Assn

October

- 3 Labette County, Oswego KS..... Dogwood Trailblazers
- 3 Cherokee County, Columbus KS Dogwood Trailblazers
- 3 Truman Park, Hazelwood MO..... St Louis-Stuttgart Volkssport Club
- 3 Flume Trail #50, Hill City SD.....Black Hills Volkssport Assn
- 4 Hitchcock Nature Center, Honey Creek IA Nebraska Trailblazers
- 10 Cemetery Walk/Annual Meeting, Maplewood MNTwin Cities Volkssport
- 10 Haskell County, Sublette KS..... Sunflower Sod Stompers
- 10 Meade County, Meade KS..... Sunflower Sod Stompers
- 11 Clark County, Ashland KS Sunflower Sod Stompers
- 11 Comanche County, Coldwater KS Sunflower Sod Stompers
- 17 Walk for Wildlife, Granger IA..... Greater Des Moines Volkssport Assn
- 24 Lake Maria Guided Walk, Potluck, Mtg, Monticello MNNorthStar Trail Travelers
- 31 Downtown Breweries, Des Moines Greater Des Moines Volkssport Assn

NWFT Officers

President
Lee Frantz

Vice President
Open

Secretary
Dave Brown

Treasurer
Jill Champley

Speaker Schedule

- 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
"Street Organ Grinder" and Music Demonstration



Meeting News

If possible, the next club meetings will be October 5, November 2, and December 7, venue to be decided. 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

July & August 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,

snail-mail:

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PO Box 8147
Omaha NE 68108

