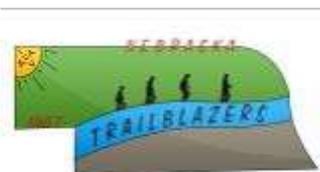


# Footsteps

Fun, Fitness, Friendship

Volume XXII Number 2

March/April 2021



## The Prez Sez...

I am writing this article during what has been record setting cold weather for our part of the country. The great news is that the first day of Spring is only a little over a month away. Once Spring arrives, we will appreciate the season more than ever this year!

To start off the new Spring season, we have our upcoming 2021 Soup and Butterflies Walk on Saturday, March 6<sup>th</sup> at St. Columbkille Sacred Heart Center, 543 North Jefferson St, in Papillion, NE. This event has now been updated and will be a walk only, with no soup. However please bring two cans of soup to donate to our local food bank. Arrive anytime between 9am-12 noon, and walk at your leisure, returning by 3:00 pm. Also help keep our volunteers safe, and pre-register for this event by using the following e-registration link for this walk <https://forms.gle/FwWUTLWjH7ZWVjGV6> , and pay when you arrive.

Of special note this Spring is National Walking Week, which takes place April 1-7<sup>th</sup>. As part of National Walking Week, Butch and Sandy Spaulding will be hosting an ACE-WG (with guide) event on Tuesday April 6<sup>th</sup>. This joint event with the Iowa Walking Club will take place starting at 4:00p at Lake Manawa in Council Bluffs, IA. In addition the board has also decided to tentatively hold an ACE-WG (with guide) event at Chaco Hills on World Walking Day, which takes place on April 7<sup>th</sup>. Starting times and further details for this event will be forthcoming in a future email. Look for additional information regarding other National Walking Week events in future communications.

Also taking place on April 10<sup>th</sup> is the Bockfest Walk, a traditional volksmarch complete with a beer tent and live music. Start time for this walk is 11am-1:00pm, and please be off the trail by 3:00pm.

This walk will take place at Max&Joe's at Crescent Moon Ale House, located at 3576 Farnam St. As an added COVID-19 mitigation measure, please take advantage of e-registration for this walk at the following link <https://forms.gle/7RB9AGppWF58vvky6> and pay when you arrive.

Finally in closing, how would you like to learn more about the AVA and how it does business? If interested, you can represent the club at the upcoming Madison Convention by being a delegate. As a delegate, you would attend the business meetings, vote for AVA officers for the next two year term, and vote for any bylaw amendments. The officer slate and any possible amendments would be presented to our club at least 60 days before the convention. At that point the club could better determine and advise on how they would like you to vote. A fee of \$75 is charged to delegates to pay for the rental of the voting machines. This \$75 cost would be covered by the Nebraska Trailblazers. Please let me know if you are interested in being our delegate by sending me an email directly. The convention dates are June 29<sup>th</sup> through July 2<sup>nd</sup>.

In closing, I would say Spring is already in the air. This morning I actually heard birds singing and I even heard a woodpecker tapping away in my neighborhood. Ahh, the joys of Spring are coming!

Stay Safe, Stay Healthy  
and Happy Walking,

~Steve

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For the latest on events  
and news visit our website:

<http://www.netrailblazers.club/>



## Madison AVA





# Sandy peaks

## What is an ACE event?

You might be hearing this term a few times this year. We have already had one ACE event that created some questions. Why was this event not on a Saturday? Why aren't we getting a stamp? Why is there not a 10K option? Why is this event not listed in our brochure?

There are several types of ACE events. First let's say what an ACE event is not. It is not a sanctioned book stamping Volkswalk. It is an AVA Community Event. It is designed to introduce the community to our sport and to promote AVA's purpose to "promote the public health, physical fitness and well-being." An AVA Community Event (ACE) gives clubs flexibility to create events that are not burdened by IVV guidelines with the intent of providing more community outreach. An ACE is sanctioned by the AVA, but not by the IVV, to be responsive to local needs. The activity for an ACE may be any of the currently supported activities including walking, biking, swimming, etc.

Our club will be hosting two types of ACE events this year. The first is called an ACE-WG. This is a "Weekly Guided" ACE event. This type of event is designed to be a casual weekly event that should not be in competition with traditional events and is planned as a weekly group activity. The event is to be done Monday-Friday and not on a date where there is a traditional event within 100 miles. It can be any distance. The cost is minimal. \$3 per event to have the club covered under the AVA's insurance. It must be a guided walk with signed waivers. The signed waiver and a copy of the route must be saved by the club for seven years. The participants do not pay a fee. As the weather gets warmer, we hope to host more of these events during the week. This will get us out walking as well as hopefully introducing new walkers to our club.

The second type of ACE event you might see this year is an ACE-T or Traditional ACE event. It has many of the same rules as the weekly guided walk but is designed to be a little more like a traditional event without the stamp and without the IVV rules such as having a 10K trail. Same rules apply as the WG event-signed waiver and planned route. The cost of sanctioning this event is the same as sanctioning our regular events-\$30. Again, this is to promote an event to the community so no charge to participants and no per walker fee to AVA.

There are two other types of ACE events, but I will save that for another day. Next, I want to tell you about something that will tie into both of the above ACE events--National Walking Week.

**National Walking Week** is held each year from April 1 -7. This is a fairly new concept having started in 2020. The problem with 2020 as we all know is that it was basically a cancelled year. So, in reality, this will be year one. National Walking Week is designed to be just what it says. A NATIONAL week to get people off the couch and out walking. April 7 is historically National Walking Day, a good day to finish out a great week of walking. Our club hopes to host ACE events throughout this week as a community effort. Watch for details. Even though the events will not be book stamping events, they will be fun spring events. Something to look forward to after a long cold winter.

~Sandy

## Hiking the Loop

(used by permission)

by Phyllis Cole-Dai, *My Poetry Studio*, Brookings, SD

<https://www.mypoetrystudio.com/2020/09/hiking-loop.html>

Head the other way for once.  
Backward to your usual forward.  
South instead of north.  
The trail won't mind if you do.

Let the sun peer over  
your other shoulder.  
Let the mirror of the lake  
reflect your shadow side.  
The water will still hug the shore.

Go around the burial ground  
only a half-mile in  
instead of hours later.  
The dead will still keep  
company with the sod.

Enter the open stretch of prairie  
from the west instead of the east.  
Its tall grasses will still bow their heads,  
worshipping the breeze.

Rise up into the woods  
instead of sloping down.  
The trees will still welcome you.  
The hawks will still watch,  
the blue jays still squawk,  
the squirrels still scatter.

Somewhere out in the middle of the loop  
you're apt to meet your old self  
striding down the narrow path.  
Smile to greet her.  
Step aside to let her pass.

# Looking Forward to Walking in 2021



**Soup & Butterfly Walk  
March 6, 2021**



**Eugene Mahoney State Park  
May 5, 2021**



**Arrowhead State Park Walk  
June 5, 2021**



**Standing Bear Lake Walk  
September 11, 2021**



Photos courtesy of Diana Webb

## 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. These procedures may be altered if CDC guidelines change.

- **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. 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). \$3 per walker.
- 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. For outdoor socialization, please bring your own lawn chair.



## Walker of the Year

Congrats to our newest Walker of the Year!!

### Jill Champley



## McGahans Honored



The following article honoring Jim and Martha McGahan was printed in the *NSEA-Retired ADVOCATE*, JN 2021, v. 16, I-2.

Grand Island Northwest high school seniors soon will be recognized for their efforts beyond academics, thanks to a new award.

The Northwest Education Foundation recently created an endowment in honor of James and Martha McGahan, two longtime Northwest High School educators and NSEA/NEA retired members. A few foundation board members met with the McGahans to ask them if they would be comfortable and open to doing this. Foundation leader Baxter-Collins said, "You cannot talk to a Northwest graduate who graduated before 2000 and not have the McGahans come up in the conversation. They are a staple to the high school. They both were at Northwest for so long, and every student was influenced by one or both of them.

Martha McGahan said she and her husband were "just heartfelt" that the foundation wanted to bestow this award in their honor. She said they both felt students should be recognized for their citizenship and what they do for others, rather than just their academics. "These students would have the chance to earn an award on their own merits and not their academic performance," Martha said. "Our sense is that it is not just the scholars who ought to be recognized for what they do for the school. There are people at all levels who come to school, are proud of the school, are nice kids who do things for other people and care about other people. They are just good citizens."

"In order to receive the award," James McGahan said, "a Northwest student must be nominated by a Northwest staff member. This ensures that the student truly is deserving of the award."



## Mark your calendars: Upcoming Events!!

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

### **March**

- 6 Soup & Butterflies Walk, Papillion, NE ..... Nebraska Trailblazers
- 20 Castlewood State Park Walk, Ballwin, MO ..... Gateway Milers

### **April**

- 10 Bockfest Walk, Omaha NE ..... Nebraska Trailblazers
- 10 Spring Meeting Kick-Off, Rapid City SD ..... Black Hills Volkssport Assn
- 17 Rock Island Trail Walk, Lee's Summit MO ..... Pace Setters Volkssport Club
- 24 North St. Paul Historic Walking Tour, St. Paul MN ..... Twin Cities Volkssport
- 24 George Washington Carver Nat'l Monument Walk, Diamond MO ..... Dogwood Trailblazers
- 24 Mercy Park Walk, Joplin MO ..... Dogwood Trailblazers
- 30 Huffin' & Puffin' on the High Plains of Kansas, Garden City ..... Sunflower Sod Stompers

### **May**

- 1 Huffin' & Puffin' on the High Plains of Kansas, Lakin ..... Sunflower Sod Stompers
- 1 Huffin' & Puffin' on the High Plains of Kansas, Syracuse ..... Sunflower Sod Stompers
- 2 Huffin' & Puffin' on the High Plains of Kansas, Johnson ..... Sunflower Sod Stompers
- 2 Huffin' & Puffin' on the High Plains of Kansas, Ulysses ..... Sunflower Sod Stompers
- 5 Valley of the Flowers Festival Walk, Florissant MO ..... St. Louis-Stuttgart Volksmarch Club
- 8 St. Croix State Park Spring Walk, Hinckley MN ..... NorthStar Trail Travelers
- 15 Eugene T. Mahoney State Park Walk, Ashland NE ..... Nebraska Trailblazers
- 15 Brentwood Parks and Neighborhoods, Brentwood MO ..... Gateway Milers
- 15 Good Earth State Park Walk, Sioux Falls SD ..... Prairie Wanders Volkssport Club
- 15 Belleville Walk, Belleville WI ..... Madison Area Volkssport Assn
- 15 CASA 5th Annual Walk, Leavenworth KS ..... Kansas JayWalkers
- 15 MS Gateway Regional Park Walk, Brooklyn Park MN ..... Lake Country Wanderers
- 22 Brooklyn Center Girl Scout Walk, Brooklyn Center MN ..... Twin Cities Volkssport

## NWFT Officers

President  
Steve Burkland

Vice President  
Jim Webb

Secretary  
Dave Brown

Treasurer  
Jill Champley

### Speaker Schedule

TBA



### Meeting News

When possible, we hope to be able to meet in person again. Changes may have to be made, but in the past, the meetings started at 7:00 p.m., with 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.

### Changes to Club Dues

- Information on the club dues structure for 2021 is as follows: Anyone who joins in 2021 will join for free and their membership expires 12/31/21 (a benefit that Lincoln members who join us will like).
- All club members current as of 1/1/21 have their memberships expire 12/31/21.
- All club members in 2021 who wish to be club members in 2022 will pay \$10 individual or \$15 family due by the annual banquet in January 2022.
- Anyone who joins later in 2022 will have their membership pro-rated so that it expires 12/31/22.
- Since club members who adopt a YRE/SE/Traditional Event have no annual dues, per our by-laws, they will receive 5-coupons valued at \$3 apiece for use only at our club events.

Renewal is \$10 for a single membership and \$15 for a family membership.

Please send renewals 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