Fußstapfen

Volume XVI Number 5

Fun, Fitness, Friendship

September/October 2015



Inside this issue:

1

1

2

2

3

3

3

4

President's Corner
Officer Roster
Jim's Notes
Sandy Speaks
Event Calendar
Announcements
Birthdays & Anniversaries
Meetings & Dues



Our "summer vacation" is drawing to a close and we will soon be back in our normal routine of monthly business meetings and monthly walks. Our first one through Spring event is our annual breakfast walk, which this year will start from a Pie Walk will start from shelter by Zorinsky Lake. We may have to contend with wind or rain that day - only time usual, the Lights Walk will tell - so plan your

President's Corner

breakfast items once vou have a good idea about the weather conditions. If a brisk wind is in the forecast. you might want to bring a few weights to keep your items from flying away. The club has some weights but we may be using those for paper items.

Our October walk will originate at the Museo Latino in South Omaha. I don't recall our having a walk in this to participate, but there immediate area before. We did have Lake park a few years back. In November, our Morningside Church and explore the area around there. And, as will be downtown. We

hope the weather cooperates.

It's that time of year again to be thinking of nominees for Walker of the Year. We like to get the nomination statements into the November/December newsletter. Nominations go to Jeanne Miller or to the club's post office box. Summer events were reasonably well attended. I wasn't able were 20 who went to Ted and Wally's Ice Cream shop in the Old Market in July and 16 walkers for the group walk in Ashland in August. Thanks to Karen Dix-Johnson for leading that event.

~Mel

Questions?

Suggestions?

Call!!!

www.nebraskawander.org

President Mel Bohn 402/213-7972

Secretary Tricia Abel 402/889-1910

NWTB Officers

Vice President Larry Boehm 402/393-5697

Treasurer **Butch Spaulding** 712/322-2797



Jim's Notes

The Committee has been busy. They last met in late July and according to Sandy's minutes, they accomplished quite a bit. That is to say that they came up with new ideas and expanded on some old ones. After an hour and a half meeting, yes, they were busy.

They talked about the 'Meetup' campaign which was covered in the latest *The American Wanderer*. The Committee covered 'business cards' which subject has been brought up a couple times at our monthly meetings. Jeanne Miller hand-crafted some cards for the June event which were quite stylish. Maybe Jeanne can further explain at the next meeting. Jeanne has also established a Twitter account for the club.

Jeanne has been busy. She is posting the walks on the club website, Facebook page, Live Well Nebraska, and the *Omaha World-Herald* web site. The Committee indicated that there are several things exciting about our October walk: 1) the ethnic flavor; 2) National Volkssport Month; 3) border crossing. And there will be two (2) checkpoints.

With but four attendees at the last Committee meeting, they were busy and accomplished quite a bit.

The ice cream social at Ted and Wally's in the Old Market was a success. Twenty of us showed up and enjoyed socializing and each of us had an ice cream cone for which we paid one dollar. Regular price is \$2.79. Maybe we should hold our meetings there. The store manager informed us how their ice cream was made (home made!) and welcomed us.

We welcome back from Deutschland Lynn and Ray Richardson, who went over there in July and visited their old haunts and probably enjoyed a couple of steins with a bratwurst or two.

~Jím



Well, the summer is almost over. As of this writing, we are on our second big walking trip of the year. The first was a 9.5 rating. This one not quite so high, but feeling like we have definitely deserved every km we have walked. We continue to live right in the weather department. Have never had to walk in rain. Doesn't mean we haven't been wet. We brought the Midwest heat and humidity with us. Could really have used a few of those air conditioned mall walks. Of the 21 walks we have done on this trip, we have had a good split between 3B and 1A walks. The problems that have arisen have been with our non-Volkswalks. Two days in, we did an "easy" hike along a gorge. Halfway in, we had a few uphills, then some really steep downhills. Blisters and black toe was the result. Recovered from that and made it to Maine with our ultimate goal of hiking on Spaulding Mountain. We did a lot of research before. Easiest way to get there was take the ski lift up Sugarloaf, hike down toward Spaulding and back, then take the lift back down. What wasn't noted was that the ski lift only went half way up the mountain. The rest was a hike up in the hot sun on large loose sharp rocks. I was very proud to make it to the top. The hike down to the Appalachian Trail was beautiful and got really easy once we got on the trail. The biggest problem was after we got back to the top of Sugarloaf and had to try hiking back down on those loose rocks. We got on the wrong road and ended up hiking down the entire 4200 feet. Definitely a 5E trail! It was guite a "feet".

It is walking season for the club again. I know the breakfast walk will have lots of good eats. Our September meeting program will be some speakers talking about the history and architecture of South Omaha, getting us ready for our October walk. Great thanks to Jeanne Miller for finding our speakers and putting the map together for this walk.

See you on the trail.

~Sandy

Remember, if a trail takes you into the street, walk on the left and FACE TRAFFIC.



Walker of the Year Nominations Wanted!

Looking for walker of the year nominations so that they can be included in the next newsletter for voting to be held at our December meeting with the winner named at the annual dinner in January. You can send your nomination via email to jeanneno@gmail.com or snail mail to the club's PO Box.

Mark your calendars: Upcoming Events

Sept	12	Breakfast Walk, Zorinsky Lake	NWFT
	19	Urbandale IA	GDMVA
	27	Crazy Horse	BHVA
Oct	3	South Omaha Museo Latino Walk	NWFT
	10	Maxwell Walk to Wildlife	GDMVA
	18	Baldwin City KS Walk	SSS
	24	Oswego KS Walk	DT
	31	Halloween Walk, Lincoln	LV
Nov		Omaha Pie Walk	
Dec	5	Omaha Lights Walk	NWFT

Event Awards for Club Members

	<u>Distance</u>	<u>Events</u>
Debra Gaskins	1,000	50, 75, 100, 125
Donna Campbell		175
Lee Frantz		175
Ardith Ortgies	8,000	
Dan Jeters	22,000	2,100
Ellen Peters		2,100



Happy Birthday to You!!!!

- September
- 3 Judy Zikmund
- 6 Joe Schwartz
- 8 Mary Jean Holcomb
- 10 Kathy Goodman
- 11 Diane Fenlon
- 13 Steve Miller
- 16 Anna Nelson Boehm
- 21 Chris Wailes
- 22 Ruth Stotler
- 24 Jim Ochsner
- 26 Jim Fenlon
- 26 Teresa Merrick29 Wayne Fry
- 30 Robin Higley
- 30 Robin Higie



October

- 17 Lee Frantz
- 21 Jasmine Cashin
- 26 Butch Spaulding
- 30 Rita Eldrige

Meeting News

The next club meetings will be September 14, October 5, November 2 and December 7, 2015, 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

June & July 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: Newsletter Info

To place info/articles/photos in the next newsletter, simply email: nwftprezmel@cox.net

Or snail-mail by October 15 to: NWFT PO Box 8147 Omaha NE 68108

NWFT PO Box 8147 Omaha NE 68108



Nebraska Trailblazers PO Box 8147 Omaha NE 68108