

Footsteps

Fun, Fitness, Friendship

Volume XX Number 2

March/April 2019



The Prez Sez...



Winter-B-Gone is a name coined last year for our first traditional walk of the year. Seems the name is sticking this year, but so is winter. March 9 looks like it will be cold, so bundle up in layers, come for hot soup and have good footwear/walking boots with plenty of tread in case we still have some snowy or slippery conditions on the trail. Just a couple more hints: Don't be distracted while walking in winter weather—keep your eyes out for patches of ice and uneven surfaces. Good polarized sunglasses are also important for keeping glare down from snow.

Ever hear *Walk Like a Penguin*: When terrain is slippery, try practicing these “penguin-like” techniques for stability <https://www.chiropractic.ca/blog/8-tips-for-winter-walking/> :

Keep your feet “flat-footed” (place your whole foot down at once—this also slows your walking speed).

Take short strides or shuffle your feet forward.

Keep your knees slightly bent and feet pointed out. Lean forward slightly.

Keep your hands (penguin flaps) out of your pockets, use your arms for balance.

Happy 40th Birthday to our club! Our coordinating committee has some outstanding events planned this year, keep your eyes on our Facebook page, this newsletter and other communications to learn about our activities. If you did not join us for our birthday gift-giving last year, during the College World Series, plan on our Saturday June 22nd walk using our downtown Year Round Event

trail. Watch for more information about bringing small gifts to give-a-way for our birthday. CWS fans really appreciated the Omaha reminders last year, it will be fun to do this again.

Last word of advice as we start the walking season, consider having a good steady, light weight walking stick with you. These are important for balance in winter walking, but also ease stress on knees in any up or downhill walk. Many people use just one, but in Europe, two sticks are often seen in alpine walking—which is just like walking in the bluffs we have along Nebraska and Iowa rivers. Check out this YouTube video for proper use of walking sticks: https://youtu.be/T0ILGxyd_4g

So, bundle up for our first walk, bring soup to share and for gifting to a shelter, and plan on birthday cake March 2, at Children’s Square in Council Bluffs, IA.

Walk to Live, Live to Walk,

Walk On,

~Lee



Julie is home, still feeling funky and wearying of the daily doctor appointments but got her medal for doing 5 K. A true volksmarcher! She thanks all for their good thoughts and prayers.

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

or like us on Facebook





Sandy Peaks

You may notice some differences in this newsletter. I am attempting to replace the irreplaceable by doing the newsletter while Julie is in treatment. I am afraid I am not as proficient with this as she is. Bear with me.

As you can guess, we made it back from our adventures in Iceland. We accomplished our main goal and did see the Northern Lights. It was spectacular and they performed well for us, waving just like you see on TV. Note the excellent picture taking of the lights was not mine. Steve Miller was the photographer. I threw in a couple of other pictures so you could see the wonderful icy waterfalls and geyser. It is truly a land of fire and ice, with everything situated on top of thermal springs and volcanos but topped with glaciers. They reportedly have about 40 earthquakes a day, but they are such small tremors that we did not feel them.

Walking season will soon be here and I am sure you all agree with me that it cannot come soon enough. I think we have all had enough winter. I hope you have all of our walks on your calendar. As you know, with Butch's regional obligations, we are going to have to do less local club work.

Please step up and help Lee by volunteering. Some of the things that we will be scaling back on still need to be done. Trails often need marked the day before or the morning of our

need someone to walk with our MeetUp walkers, either at our regularly scheduled walks or at our Meet and Eats. We want our club to continue to grow and need new walkers to do that. And new walkers want to get to know us. Anyone can go out and walk alone. They join a club to socialize as well as walk. If you feel you cannot do either of these two positions, take a look at the volunteer list and see what other spot you can fill.

I have been meeting with the Des Moines club and the NRD to work on 2020 walks in Iowa's state parks. The NRD is very excited to be working with us to help them celebrate their centennial. They have identified 20 parks that they will help us set up trails in, place markings and set up a walk box. They are in 19 different counties, so we should be able to get some county walkers into the state. There will be a multiday event in the spring for a kickoff, with three park walks and a multiday event in the fall to finish out. The rest will be seasonal walks.

We will have the three fall walks to manage as well as four seasonal events. The seasonal walks will be Lewis and Clark, Preparatory Canyon, Stone and Waubonsie State Parks. The three walks for the multiday event will be Lake Anita, Prairie Rose and Lake Manawa. If you are interested in meeting with the park ranger and helping set up the trail for any of these walks, let me know.

~Sandy

**Note change:
Soup Walk Date
Sat. March 9**

Trip Report

Jim & Sheila do Germany

Sheila and I have been volksmarching in Germany since September, 1971. The first event took us to Gelnhausen, in the foothills of the Spessart mountains. It was 13km. Then we went on another walk the next day and from then we were 'hooked'. We have since come to the point that our favorite volksmarch now is in the city of Berchtesgaden. It is close to Salzburg, Austria between several of the Alps. The walk measures 5km from Berchtesgaden to the lake. The trail used to be a rail bed (see picture) for a 'puddle-jumper,' which ran several times a day between Berchtesgaden and the village of Koenigsee, by a mountain lake. The trail is mostly net to the Ache river which flows into Berchtesgaden. It is also a steady uphill climb but the rate of elevation is so slight you would not know you are going uphill.

Several years ago on one of our visits, we discovered IVV signs on the trail. Then we went to the tourist office and found that, indeed, there was a year-round event on the old rail bed. On our visits to our favorite town of Berchtesgaden, we registered at the tourist office and stamped our log books. And there is NO fee. Also, the trail begins just a short quarter mile from our Bed and Breakfast.

In December, we once again flew to Germany to attend the *Advent Christkindlmarkt* (Christ child's market) in Berchtesgaden and Nurnberg. We arrived by train in Berchtesgaden the afternoon of December 6. No snow in the town but way up on the mountains there was snow. The next day, Pearl Harbor Day, was sunny and chilly and we decided to go on the volksmarch. We were over-dressed a bit but the scenery was beautiful along the icy river. Farm fields dot the trail and Bavarian farm houses along the way. Its just an enjoyable walk out in the mountain air with nature as our companion. In the village of Koenigsee, a tourist location with many souvenir and Bavarian attire shops, we stopped to watch the ducks in the lake. Then we enjoyed an apple strudel with coffee—outside, under the sun.

The Christmas market in Berchtesgaden is a much smaller one than in Nurnberg but the tour busses brought many people from all over Europe. There is music for the season and stands selling candy and nuts and wursts and the traditional gluwein, the hot, spiced red wine. Two days before we left Berchtesgaden the snow came and made the town look even prettier.



Then on to Nurnberg for the very large Christmas market. But first, in Munich, we were fortunate to catch an ICE (intercontinental express) train to Nurnberg. I noticed on the train's illuminated log that top speed was on that trip was 254 km/hr. That translates to about 160mph. The rail bed just smooth as silk.

The Christmas market in Nurnberg is inside the old walled city and about half a mile from our hotel. The market is in the courtyard of a huge cathedral. About 200 stalls sell the famous Nurnberger bratwurst with hot mustard, various candies, sweets and nuts, many Christmas decorations, liebkucken, and fruit bread. In front of the cathedral a children's choir sang and in other locations a brass trio played classical and Christmas music, a young lady played holiday music on her violin, and the crowds of people all looked happy. All outside in the cold but everyone enjoying themselves.

Two items were on our schedule for this trip: the volksmarch and the markets. We accomplished both. And there are no potholes



I'm from Terre Haute, Indiana, where the majority of my extended family still live. My two grown children (boy and girl) live in Los Angeles. My husband retired from the Air Force, with Offutt as his last duty station, and 'we' retired here in Papillion. I graduated from Indiana State University with a Chemistry undergraduate and from Southern Illinois University with an MBA in International Business. I work at Offutt AFB as a Program Analyst, managing funding and contracts for military research projects. When I was younger, I rode my bicycle as much as I could for 'healthy' transportation, but with baby #2 that become pretty difficult to do. When we lived in Germany, we participated in Volksmarches, which I really enjoyed. You are able to really see and appreciate what's around you so much more than when you are driving or even bicycling. We lived on an Army post in Germany and were able to walk everywhere (schools, stores, restaurants, theater, etc.), which really started my interest in walking habitually. I used to walk with my children when they were small, then with my dog, so I did not want to go get more children nor another dog, so I looked up walking on MeetUp and found you! Haha. I enjoy the walks to see neighborhoods and surrounding towns that I would never walk through on my own. I also, of course, enjoy the conversations with other walkers. The walks are like mini-staycations – inexpensive experiences within a short drive from home.

2019 Incentive Events

New this year! Now credit walking club members can earn free walks by participating in the 2019 Incentive Program.

Request a card at any club meeting or traditional walk event. The card can be carried with your AVA book. You can earn up to four free walks per year. Walk nine unique walks, either traditional events or year round events for **CREDIT** (do not repeat any of the walks) in your home club-NWFT or GDMVA. Mark off the nine events you have done and you will get the 10th walk free. The walk must be redeemed at a traditional event or bring the card to a club meeting to redeem for a YRE. After you redeem your first walk, you can walk nine more unique events (not repeating any of the walks). You can now get credit for any events that are sanctioned by NWFT, GDMVA or Lincoln. Bonus credit for walking Ogallala or North Platte-these two walks count as two walks each. Drive a little and get double credit! You can receive another free walk from NWFT or GDMVA by showing your card with the walks crossed off as you do them. The card can be used four times. If you walk any qualifying walks prior to receiving a card, you can cross them off of the card after you receive it by showing your AVA book entry. If you do an event at one of the other clubs prior to completing your first 9 walks, you can cross them off your card when you do them but cannot redeem them until you complete the first 9 events at your home club.

Annual Dinner



Our 2019 Club Officers



Passing the gavel



Walker of the Year: Lee Frantz



Betty & Jerry



Deb & Ann



Anne & Georgia

February Meeting



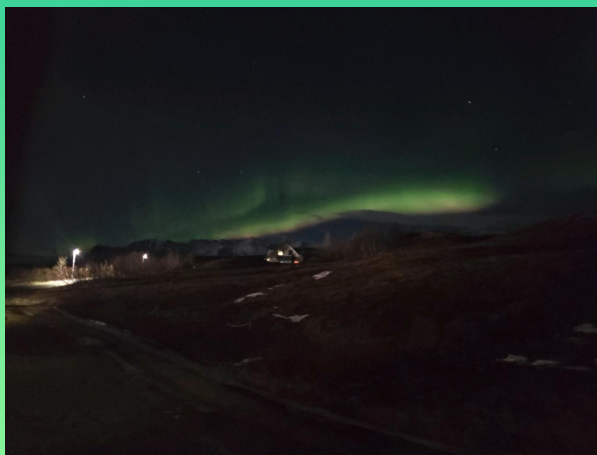
Great treats served by Diana and Diane



And our speaker was Diane



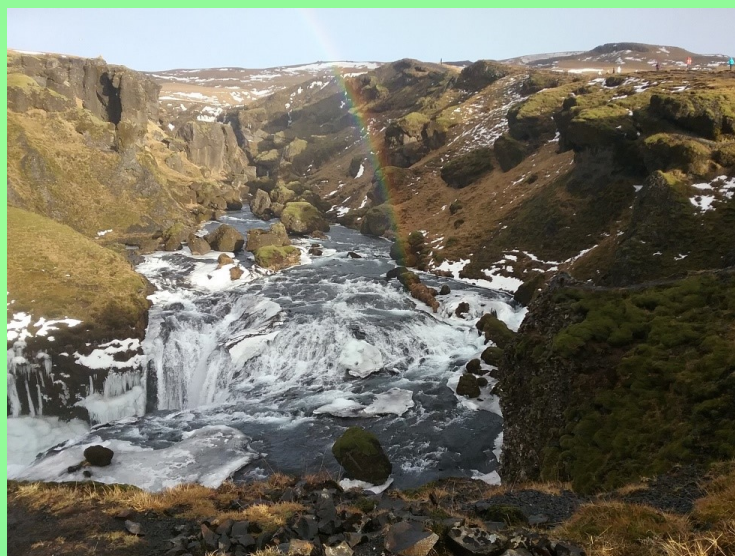
Enjoying famous Iceland hotdogs



Northern Lights



Geyser Strokkur



One of many Icelandic Waterfalls. The rainbow came out just long enough for a picture.



Mark your calendars: Upcoming Events!!

March

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|----|--|-------------------------------|
| 9 | Soup Walk, Council Bluffs, IA | Nebraska Trailblazer (NWFT) |
| 9 | YMCA Skyways Walk, St. Paul, MN | TCV |
| 16 | Beaverdale Architecture Walk, Des Moines, IA | GDMVA |
| 16 | Lincoln NE | Lincoln Volkssport Club (LVC) |
| 28 | The Big Give | |

April

- | | | |
|-------|---|------------------------------|
| 6 | Mutt Strut, Omaha, NE | Nebraska Trailblazers (NWFT) |
| 6 | President's Kick-off Walk, Rapid City, SD | Black Hills Volkssport Assn. |
| 20 | Fremont YRE Meet and Eat | Nebraska Trailblazers (NWFT) |
| 27-28 | Multi-Weekend Event, Kansas | Sunflower Sodstompers |

Event Awards for Club Members

Name	Events	Distance
Bryan Taylor	200	
Donna Campbell	425	
Lee Frantz	425	
Butch Spaulding	2,000	22,000
Dan Peters	2,500	
Ellen Peters	2,500	



NWFT Officers

President
Lee Frantz

Vice President
Jeanne Miller

Secretary
Tricia Abel

Treasurer
Jill Champley



Speaker Schedule

- Mar 4 Omaha Storm Chasers
- Apr 1 TBA
- May 6 Habitat for Humanity
Emily Prauner

Meet & EAT 2019

- Apr 20 Fremont, NE
HyVee
- June 22 Giving Walk
Gallup Parking Lot

Stay tuned for more
info on
2019 Meet & Eats!!

Meeting News

The next club meetings will be March 4, April 1, May 6 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

November and December 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 April 15:



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

