

Footsteps

Fun, Fitness, Friendship

Volume XXIII Number 2

March/April 2022



The Prez Sez...

Hello NWFT club members,

As I am writing this article, we are having the type of weather which can give you a little bit of Spring fever.

The weather this week is going to fall under the "top 10" category. And what better time than now to talk about our upcoming Spring events for 2022.

Our annual Soup Walk will take place on Saturday March 5th. This is our yearly event to start off the warm weather walking season. Come join us and walk in a part of Council Bluffs where we have not walked before. New to the Soup Walk this year: you can get soup to go if you do not have time or do not feel comfortable eating as a group. There will be a limited number of to-go containers or bring your own. Better yet, bring two cans of soup, walk and stay awhile, spending time getting to know some of your fellow walkers over a warm bowl of soup.

This walk event will take place this year at St. John's UCC, 400 Cloverdale Dr, Council Bluffs. Start between 9 a.m.-12 noon. 5, 6, or 11k may be walked. Cost for all walkers is \$3. Dogs are welcome on the trail, but not in the church. Also, please note the link below to pre-register for this walk event. <https://forms.gle/HN4K2LccdkJaN5DSA>

Also, there are a number of events taking place during the month of April. On Saturday April 2nd, we will be having our annual Bockfest Walk. This traditional event will take place at Max & Joe's at 3578 Farnam in Omaha. Very limited street parking is available around the Crescent Moon. Parking is also available at Midtown Crossing. Enter door east of Crescent Moon main entrance (Max & Joe's). Look for the yellow AVA sign. Start time is 11a.m.-1p.m., the cost for all walkers is \$3.

And don't forget that the first week of April is National Walking Week. Come join us

for a fun-filled walking week at various locations around the Metro. Please note the currently scheduled walks on page 5 of this newsletter.

A group walk (5k) is scheduled for Tuesday, April 26th in Nebraska City to take in the Apple Blossom Festival. Start time is 9:45 a.m.; Arbor Day Farm; Nebraska City, \$3

Also as mask wearing recommendations are changing locally and nationally, please note the following: 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 staffed walks:

MASKS ARE RECOMMENDED by the CDC FOR ALL AT RISK INDIVIDUALS- defined as those over the age of 65 and those with underlying health issues. You can find more information at [CDC Guidelines](#)

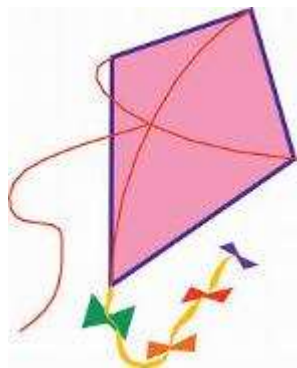
If you meet either of these criteria, we recommend that you wear a mask at the registration and finish tables and as you gather before and after the walk.

Register ahead of time, using our convenient eRegistration (see the links in the [2022 Walk Calendar](#)). If you cannot use eRegistration, a paper Start Card will be available for you to complete. Payment of \$3 per participant is appreciated by check or exact change. Collect your trail map and off you go!

As the upcoming days become longer and warmer, I hope you all are able to get out and enjoy the weather and also join us at one of our upcoming walking events. It's a great way to meet people and get some exercise!

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/>





Sandy peaks

Sometimes you just need a break. We were lucky enough to take one in February when we spent three weeks in the Shreveport, LA area. It was nice to feel spring-like weather for a few weeks in the midst of winter. We did carry a little snow down with us. Our grandson, who moved there in January, was shocked when the teacher took all of the students outside to see the snow. It melted before noon and we enjoyed nice warm weather. We took in the local sights, traveled down to the coast to gather a few seashells, traveled the two hours to Vicksburg to visit my brother and spent time with our son and family. We even managed to do the only volkswalk that was in the area. Two highlights of the trip were glassblowing and Mardi Gras. We all got to create our own glasses at a glassblowing event. They turned out very pretty! Mardi Gras was not what I envisioned. French for Fat Tuesday, it is actually a religious based event that can last one-three months. We were able to attend the largest Mardi Gras parade in Shreveport which is said to rival any of those in New Orleans. The pictures of the crowds, drunkenness and nudity were not evident at all in the area we were in. It was very family oriented with lots of beads and souvenirs being tossed from floats. We came away with hundreds of beads, stuffed animals, Frisbees and souvenir cups. Each float tossed their own types of beads and cups, so we had lots of different styles, weights and colors.

Back to reality. I had lots on my list of things to do by the time we got back. We are unpacked, the laundry is done and now it is time to get ready for a great year of walks in our own backyard. Or maybe I should say in the metropolitan area and across the state of Nebraska. I hope you all have some of these great events on your calendar. Not so much planning needed to attend our local events, but put our more distant events on your calendars. You might want to make hotel reservations. Or just plan to get up early and head to the events.

Our first out of town event isn't too far away, and well worth the drive. Nebraska City group walk will be April 26 when the apple blossoms should be blooming. I can almost smell them!

We have three events that are out of town in May. The first are the two walks in Auburn and Humboldt on May 14. These should be beautiful walks with lots to see. The May flowers should be in bloom and if you haven't seen Auburn's bees or Humboldt's Cancer garden, you are in for a real treat.

If you are willing to take more of a drive, Chadron will be hosting their first traditional event on May 21. There is lot's to see in the Chadron area and, if you want to spend the weekend, you can check out their three seasonal/year round events. Fort Robinson is a great spot to stay and is the start point for the White River trail, which I fell in love with. There are great views of the buttes.

Just a couple of weeks after that, we travel to Grand Island which was home to our Eclipse Events a few years ago. Check out the pond in Pier Park (say that 10 times really fast) and see the newly renovated Three Graces Fountain as it appeared at its birth in 1907. Lots of history to experience in this town. Take some time to visit the Stuhr Museum of the Prairie Pioneer after the walk.

Our final out of town walk will be a reunion with our Lincoln members. We will walk Wyuka Cemetery on October 29. Don't worry, there is not a football game that day, so no problems fighting traffic. If you have never visited Wyuka Cemetery, this is a must do walk. It is filled with historic headstones and memorials to 9/11, the Holocaust, firefighters and so much more. There is a tour guide that can be downloaded from the cemetery website or I can email one to you would like. It is filled with fascinating information.

~Sandy

Our New Logo



Our new Logo explained: This logo exemplifies something fresh, inviting and appealing to a younger group. A circle is inclusive. Everyone wants to walk off into the sunset and depicting younger people was our target audience. The backpacks and walking sticks were eliminated to distinguish between walking and hiking. Our goal was to promote walking everywhere, not just in Nebraska. IVV and AVA was not included in the logo as our target audience would not be familiar with their meaning. Any brochures or other documents would include the AVA and IVV logos separately. We hope you like the new logo. New merchandise such as shirts will be available in the near future.

Jan 19, 2022

Hello Jill,
I have no doubt that you would know what the check was intended to for but I wanted to let you know that the additional was meant as a donation to NWFT.

[redacted] told me that she has printed out the walk schedule so at the least we can make plans but I'm not sure when of if we will be able to make some of the walks. The Lord willing we will make it to a couple this year. Of course my health limitations, COVID and weather all seem to be working against our hopes but maybe in the Spring and Summer the fates might align and we can hit the trails again.

Thanks for your work for the club,


A few lines from our fellow walkers...



St. Jude Children's Research Hospital
Finding cures. Saving children.
www.stjude.org

stjude.org/givehope

To all you at NWFT I love your newsletter and the National News as well as you are the ones that keep me up on what is going on. Sorry I haven't been able to join in your good walks but I do appreciate you!



Steve,
I've enclosed my dues for a family membership. I included extra that you can use towards others that may need it or to extend our "paid dues" status. I like what the Trailblazers are doing and hearing of the events even though I've not been able to participate in a long time. Take care and keep on walking!

Sincerely, [redacted]



Jill presents Walker of the Year trophy to Jim & Diana Webb as Steve looks on.

Photo courtesy of Jeanne Miller



Join America's Walking Club for National Walking Week! April 1-7, 2022

Lace up your sneakers, grab your trekking poles, and prepare to enjoy a week of walking with America's Walking Club during National Walking Week. We will be hosting daily walking events. We challenge you to join us or walk on your own every day and send us photos!

2022 Schedule of events

April			
1	10:00 a.m.	Group Walk	Fee \$0
	Prairie Queen Recreation Area Southeast Parking Area; S 128 th & Lincoln Rd, Papillion NE		
2	11:00 a.m.	Traditional Walk	Fee \$3
	Bockfest; Max & Joe's (Crescent Moon) 3576 Farnam St, Omaha NE		
3	2:00 p.m.	Group Walk	Fee \$3
	Chalco Hills Recreation Area; Hwy 370 Access, Omaha NE		
4	5:00 p.m.	Group Walk	Fee \$0
	Kerry Pedestrian Bridge; Tom Hanafan River's Edge Park 4200 Ave B, Council Bluffs IA Dinner meeting after walk		
5	10:00 a.m.	Group Walk	Fee \$0
	Keystone Trail; Roberts Park Western Avenue Entrance 730 N 78 th St, Omaha NE		
6	5:00 p.m.	Group Walk	Fee \$0
	Walnut Creek Lake Picnic Shelter S 96 th St & Hwy 370, Papillion NE		
7	2:00 p.m.	Group Walk	Fee \$3
	Wabash Trace Iowa West Foundation Trailhead Park 13996 Wabash Ave, Council Bluffs IA		



Mark your calendars: Upcoming Events!!

March

- 5 Valley View and Soup, Council Bluffs IANebraska Trailblazers
- 5 Mall Walk, Maplewood MNLake County Wanderers
- 12 St. Paul YMCA Skyways Walk..... Twin Cities Volkssport

April

- 2 Bockfest, Omaha NENebraska Trailblazers
- 2 University of Wisconsin Campus Walk, Madison WI Madison Area Volkssport Assn
- 23 High Ground Bike Preserve Trail, Neosho MO.....Dogwood Trailblazers
- 30 Al Foster Memorial Trails, Wildwood MO Gateway Milers
- 30 Snail Lake Walk, Shoreview MN..... Twin Cities Volkssport

May

- 7 CASA 6th Annual Charity Walk, Leavenworth KS..... Kansas JayWalkers
- 7 Florissant Walk, Florissant MOSt Louis Walkers
- 12-15 Beloit, Lincoln, Osborne, Phillipsburg, Smith Center & Stockton KS WalksSunflower Sod Stompers
- 14 Honeybee in the Heartland, Auburn NENebraska Trailblazers
- 14 Humboldt, Heartbeat of the Heartland, Humboldt NENebraska Trailblazers
- 14 Carondelet Park & Neighborhood Walk, St. Louis MO..... Gateway Milers
- 14 Crosby-Manitou State Park Spring Fun Walk, Silver Bay MN NorthStar Trail Travelers
- 20-22 Northern Iowa Weekend Greater Des Moines Volkssport Assn
- 21 Northwest Nebraska Volksmarch, Chadron NENebraska Trailblazers
- 21 Verona Walk, Verona WI Madison Area Volkssport Assn
- 21 Minnesota River Trails, Bloomington MN Twin Cities Volkssport

NWFT Officers

President
Steve Burkland

Vice President
Lori Sue Anderson

Secretary
Dave Brown

Treasurer
Jill Champley



Speaker Schedule

March 7 Nebraska Passport
April No Speaker/Outdoor Meeting
May 2 National Park Service



Meeting News

Our next meetings will be February 7 and March 7 at Morning Star Lutheran Church, 331 S 85th Ave., Omaha, at 7:00 p.m. The meeting will be held in the chapel area (masks are required). 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 2022 is as follows:

- 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.

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