

Footsteps

Fun, Fitness, Friendship

Volume XXIII Number 5

Sept/Oct 2022



The Prez Sez...

As I write this column, amazingly the kids are back in school already, and the days are quickly getting shorter.

Where does the time go? Fun Fall events for us to enjoy are just around the corner.

<https://forms.gle/9Sm3JFLrqWZCVMX89>

And taking place on Saturday November 5th is our annual Pie Walk. The event this year will take place at Paralyzed Veterans of America-Great Plains Chapter, located at 7612 Maple St in Omaha. Arrive between 9am-12noon, and be back by 3pm. Cost is \$3. Please bring a pie, and stay and join us for coffee, pie, and conversation after your walk. Any leftover pies will be donated to the homeless shelter.

Finally in closing, a quick reminder that beginning with our September 12th club meeting, the location of our monthly club meetings has changed. Beginning on September 12th, we will be meeting at Maple Ridge Retirement Community, located at 3525 N. 167th Circle, just off of N. 168th St and Maple. The meeting will have our usual 7pm start time, and we will be meeting in the Maple Ridge Room, located off of the dining room on the first floor.

Our speaker for the September 12th meeting will be Mary Ann Eusebio, with the Eastern Nebraska office on Aging.

I hope you all will be able to join us!

Stay Safe, Stay Healthy
and Happy Walking,
~Steve

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Coming up soon on Saturday the 10th of September is our Flanagan Lake Walk. We will have 5k and 10k options for this event. To get to Flanagan Lake, take 168th St. north off of Fort to Ida St. Turn west on Ida and go approximately 1/3 mile to the parking area on the left (South) There is a playground and we will gather at the shelter down the hill from the parking area. Look for the yellow AVA signs. Cost is \$3. Also a quick reminder to please use the following link to sign the waiver online to protect our volunteers: <https://forms.gle/Ztqz4dKuNkhRXYhC9>

To start off the month of October, on Wednesday Oct 5th, Sandy will be hosting the Iowa Healthiest State Walk in Council Bluffs at Wabash Trace Nature Trail. We will be meeting at the Iowa West Foundation Trail Head Park, located at 4120 Harry Langdon Blvd in Council Bluffs. We will meet at 9:45am, with the walk beginning at 10am. Registration will take place at the walk. There is a \$2 cash trail fee.

Also coming up on Saturday October 22nd, is the Rose Quackenbush Memorial Walk, taking place at Wyuka Cemetery In Lincoln, NE. We will be meeting at the City Impact Building, located at 1035 N. 33rd St. in Lincoln. Arrive between 9am-12noon, and be back by 3pm. Cost is \$3. Please use the following link to sign the waiver online to protect our volunteers.



For the latest on events and news visit our website:

nebraskatrailblazers.com/



or like us on Facebook



Sandy peaks

Finally, nice walking weather! This has been a really hot summer. Just in case you hadn't noticed. We are headed to Kansas in October for their weekend of County Walks. It sounds very well organized with lots of fun, fitness and friendship. And even more important-food. We do have some flyers that we will bring to the meetings if you might be interested. I, for one, am ready for a road trip.

Before the next newsletter, nominations for the Walker of the Year will be due. Do you think there is someone who has gone above and beyond this year to promote our sport or support our club? If so, send a nomination to Julie Brown before Oct 15.

We are working on the walk schedule for 2023. If you have a great place you would like to walk or have a good starting point (especially for the soup walk in March and pie walk in November) let a board member or coordinating committee member know. And we are always looking for someone to lead a weekday walk which can be one of our year rounds or any other walk that you think would be fun to walk.

You are probably tired of hearing about the Christmas Lights walk that is coming up sooner than it seems possible. Can you tell I am just a little bit excited? And maybe experiencing a little anxiety? It is not too soon to make preparations. The RiverFront and KANEKO have both been working on making this an absolutely fantastic event. The RiverFront is going to have a very carnival like atmosphere throughout the Gene Leahy Mall. And they know some people at Channel 3 that will probably do a remote that day. KANEKO is going to start promoting the event in October - that is next month!!! The current plan is to once again do a diaper drive which was very successful

last year. And we will be able to have our full pre-COVID experience complete with door prizes, cookies, coffee, etc. So, if you have prizes you would like to donate or know any business owners downtown who might donate coupons to you, bring them to the next couple of meetings and we will add them to our stash. And think about cookies. Bake a few and stick them in the freezer. Are you planning to volunteer? We hope to have matching long sleeved shirts for all of the volunteers, maybe offered at a discounted price. We will let you know soon.

Hope to see you at our new club meeting home at Maple Ridge Community Resort.

~Sandy



Officer Nominations

The nominating committee is hard at work developing a slate of officers for 2023. If you are interested in being considered for one of the offices, or want to nominate an interested member, please contact Pam Walker or Jim Webb before October 1.

Walker of the Year

Now Accepting 2022
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/December 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.

New Club Meeting Address

Beginning with the September 12 meeting, the Trailblazers will be gathering in the Maple Ridge Room at Maple Ridge Retirement Community, 3525 N. 167th Circle, Omaha. The meeting starts at 7:00 p.m. with a speaker, business meeting followed by treats. See you there!

New Club Website Address

Our club's website has changed to <https://www.nebraskatrailblazers.com/> but you can just type in [nebraskatrailblazers.com](https://www.nebraskatrailblazers.com/). This new address is more secure and has some new capabilities that we're still exploring. If you have bookmarked the club website on your phone, tablet or computer, be sure to change the bookmark to [nebraskatrailblazers.com](https://www.nebraskatrailblazers.com/).



Veterans and Libraries



Junto Winery Group Walk



Junto Winery Group Walk





Mark your calendars: Upcoming Events!!

September

- 3 Outlaw Ranch Black Hills Volkssport Assn
- 9-11 3-Day Walk: Ft Thompson, Highmore, Miller, Onida, Redfield, Wessington Springs, SD Prairie Wanderers VC
- 10 Flanagan Lake, Omaha NE Nebraska Trailblazers
- 10 Battle Creek Walk, Maplewood MN Twin Cities Volkssport
- 10 30th Anniversary Walk, Newtonia MO Dogwood Trailblazers
- 17 Jay Cooke State Park Walk, Carlton MN NorthStar Trail Travelers
- 17 Philip City Park Walk, Philip DS Black Hills Volkssport Assn
- 18 Savanna Portage State Park Walk, McGregor MN NorthStar Trail Travelers
- 24 Downtown Breweries, Des Moines IA Greater Des Moines Volkssport Assn
- 24 Old Baldy Trailhead, Spearfish SD Black Hills Volkssport Assn

October

- 2 Fall Crazy Horse Walk, Crazy Horse SD Black Hills Volkssport Assn
- 5 Healthiest State Walk, Council Bluffs IA Nebraska Trailblazers
- 8 TCV Annual Meeting Walk, Bloomington MN Twin Cities Volkssport
- 8 Free Greenway Walk, Maryland Heights MO Saint Louis Walkers
- 15 Walk with Wildlife, Granger IA Greater Des Moines Volkssport Assn
- 22 Wyuka Cemetery Walk, Lincoln NE Nebraska Trailblazers
- 28-30 Hoofin' it on Halloween: Burlington, Chanute, Garnett,
Iola, Mound City, Yates Center, KS Sunflower Sod Stompers
- 29 Afton State Park Guided Walk & Annual Meeting, Hastings MN NorthStar Trail Travelers

November

- 5 Keystone Pie Walk, Omaha NE Nebraska Trailblazers
- 5 Snail Lakes at Sucker Lake Walk, Vadnais MN Twin Cities Volkssport
- 5 Ste. Genevieve Town Walk, Ste. Genevieve MO Gateway Milers NFP

NWFT Officers

President
Steve Burkland

Secretary
Dave Brown



Vice President
Lori Sue Anderson

Treasurer
Jill Champley

Speakers

Sept 12 NE Office on Aging
Oct 3 TBA
Nov 7 Joslyn Castle
Dec TBA



Meeting News

Our next meetings will be September 12, October 3, November 7 and December 5 at Maple Ridge Retirement Community, 3525 N 167th Cir., Omaha, at 7:00 p.m. The meeting will be held in the Maple Ridge Room 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.

Club Dues

Club dues are \$10 for a single membership and \$15 for a family membership, prorated for the year (see membership form on our website).

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