

Footsteps

Fun, Fitness, Friendship

Volume XXIV Number 2

March/April 2023



The Prez Sez...

Hello Friends,

I am very excited to begin the season of walking for 2023!

I just returned from a week in San

Antonio participating in the IVV Olympiad and the IML Texas Trail Roundup. Highlights of my time in TX included volunteering to carry the Serbia Flag in the IVV opening ceremony, our seven club members touring in the San Antonio River boat cruise/dinner and last, Jill Champley and her niece, Sarah, completed a whopping 21K walk thru the historic mission district. I completed several walks, a bike ride and a swim day, all earning credit stamps in my book.

We had a fun Soup Walk on Saturday March 4th with about 20 walkers and a load of soup cans donated. The weather was beautiful and the trails were well done.

Daylight Saving Time begins on Sunday, March 12th at 2:00 a.m. On Saturday night, clocks are set forward one hour (i.e., losing one hour) to "spring forward". Then the first day of Spring will be Monday, March 20th.

In this newsletter, I want to introduce everyone to our current Vice-President and let her tell you a few things about herself.

Happy Spring!!

~Lori

Thank you for allowing me to hold

Heeere's Joyce!

the Vice President position this year. Someone asked me how long I have been a member and I thought to myself not long enough. I wish I would have known about this wonderful group many years earlier. I found about the club through Meetup. I have also been a committee member for a few years; we are always looking for additional members to join.

Doris, my dog, and I are residents of Bellevue. I have two grown married kids who both reside outside of the Omaha area. My daughter lives in Des Moines, IA and my son resides in Loveland, CO.

During the weekend outside of Winter, you can usually find me working in my flower gardens, kayaking, attending outdoor concerts or walking with friends.

I have been a member of the Bellevue Lions Club for several years, recently joined the volunteer group through AARP, blood donor of over 15 gallons of blood and I hope to increase my volunteering once I no longer work full-time.

Thank you for again for the opportunity as Vice President and keep walking!

~Joyce

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For the latest on events and news visit our website:

www.nebraskatrailblazers.com





Sandy peaks

Well, the Olympiad and IML Texas Roundup is now in the past. What a fantastic week of walking it was. Seven of us (well six club members plus Jill's niece, Sarah) made it to Texas where we got to enjoy sunshine and summer heat. The daily walks were fantastic with lots to see. There was great entertainment throughout the day in Olympiad Village. The River Walk was the highlight with its shady walking path and views of busy restaurants, manmade waterfalls and natural areas. We were able to eat outdoors almost every day. A very nice break from winter weather.

Something I learned from our table display and T-shirts—color sells. I printed some color brochures and some black and white brochures for our table. I came home with a lot of black and white, but not many color ones. And I think many were thankful for the fans we brought that were left over from the RiverFront Grand Opening last July. The day we all wore our colorful NWFT shirts, we got lots of positive comments. And a lot of walkers remembered us from the Eclipse Events we did in 2017. Did you know we have a reputation as a “growing” club? It doesn't always feel that way, but it was nice to hear it from others.

As we get ready to start our own walking season, I hope you all have your walking shoes out. I am anxious for some of that great soup at our March walk. And Walking Week has some new and interesting walks planned.

Bockfest has a couple of new, exciting elements. We are kicking off Walking Week with a “Bring a Friend Day.” If you bring someone who has never walked with us before, they walk for free. And we will have a drawing for a free authentic German Beer Mug. Anyone walking has a chance to win one.

And make sure you get your preregistration in for the Orpheum tour. They need exact numbers so they have enough volunteers to give us a one hour behind the scenes tour. You can preregister at <https://>

forms.gle/3JWjEDkpiyFfxhT86.

May will be here before you know it. On May 13, bring your mother or mothers, bring your offspring to Lake Cunningham. All mothers get a special gift. And don't forget to make reservations in Chadron for the Chadron State Park walk on May 20. This state park has fantastic views of the Pine Ridge area. You can make it a whole walking weekend if you also do the two year rounds and the seasonal event in the area. Add some South Dakota walks for a great walking vacation.

~Sandy

Bring a Friend



Our annual Bockfest Walk is also our “Bring a Friend Day.” Any friend who hasn't walked with us before will not have to pay the fee. All walkers will be eligible to win an authentic German beer mug!



Update on Lee Frantz

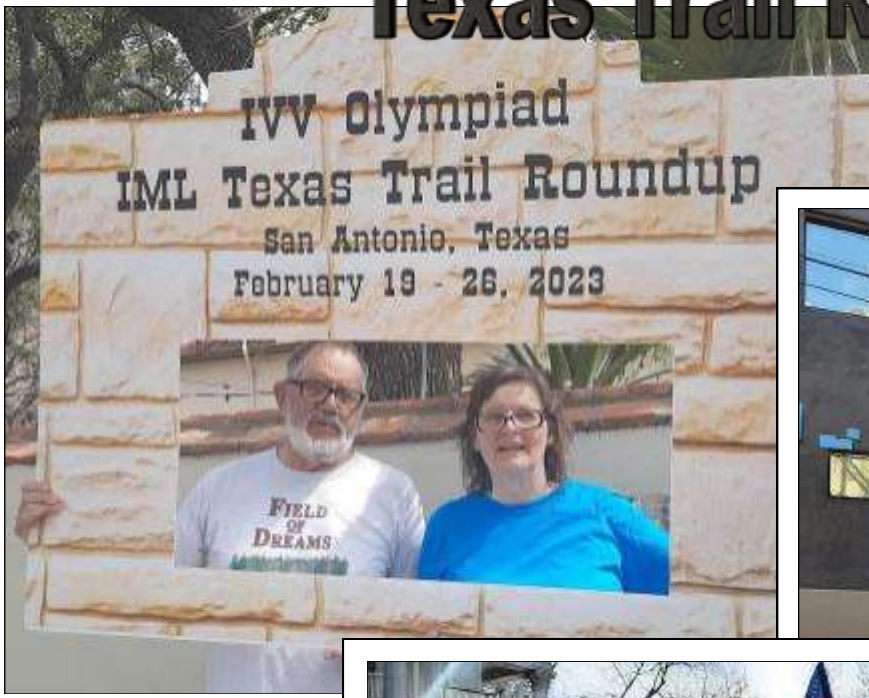
Club member and past club president is facing some serious health challenges. His wife, Donna Campbell, has created a CaringBridge site to keep friends and family informed. Access it at:

<https://www.caringbridge.org/visit/leefrantz>

Olympiad & Texas Trail Roundup



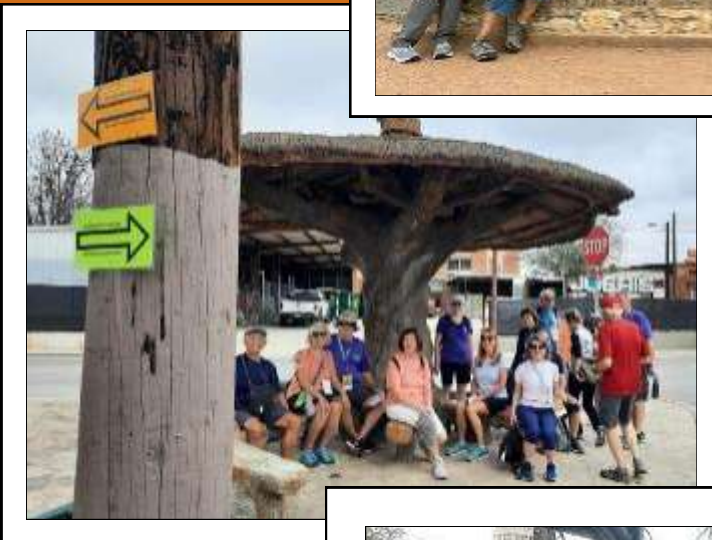
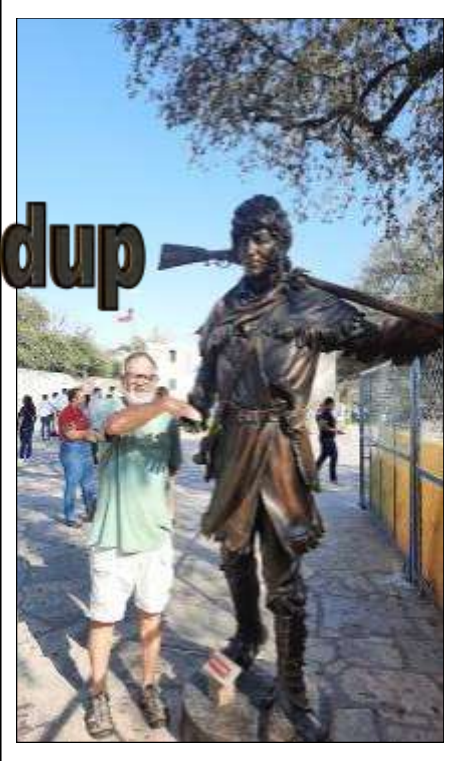
Olympiad & Texas Trail Roundup



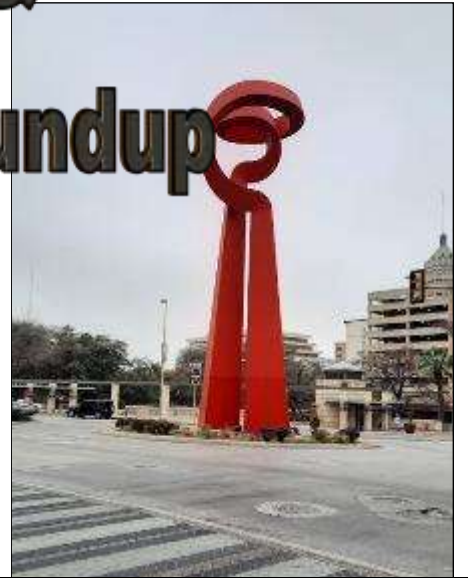
Photos courtesy of Sandy Spaulding

Olympiad &

Texas Trail Roundup

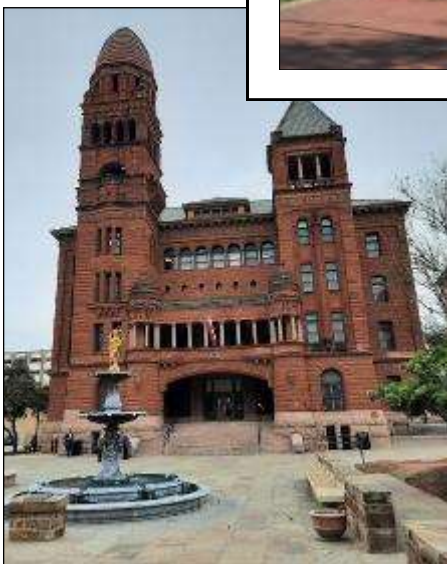
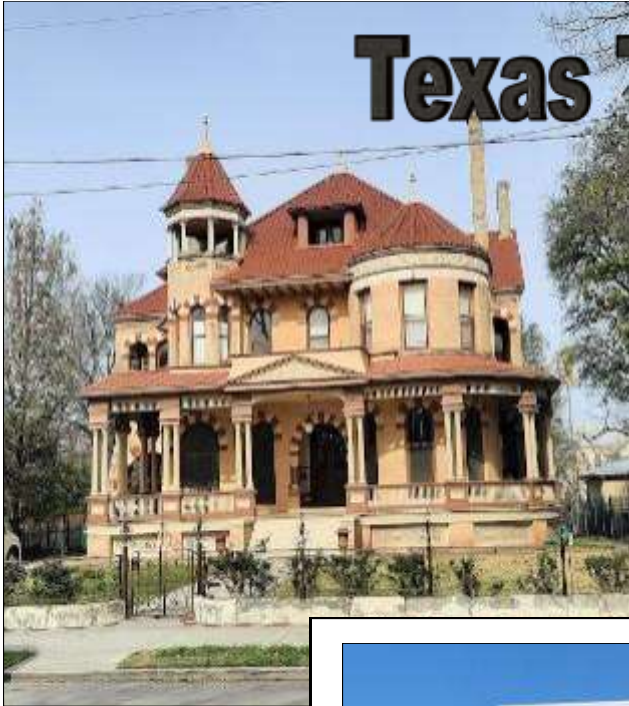


Olympiad & Texas Trail Roundup



Photos courtesy of Sandy Spaulding

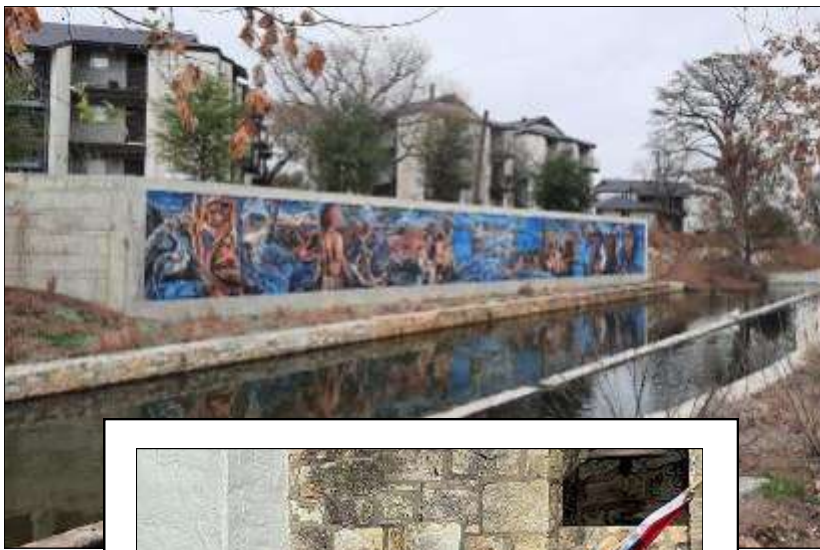
Olympiad & Texas Trail Roundup



Olympiad & Texas Trail Roundup



Olympiad & Texas Trail Roundup



Photos courtesy of Sandy Spaulding



Mark your calendars: Upcoming Events!!

March

- 4 Soup Walk, Omaha NE.....Nebraska Trailblazers
- 12 St. Patrick's March Madness, Lawrence KS.....Sunflower Sod Stompers
- 18 St. Patrick's Day & Food Drive, Des Moines IA..... Greater Des Moines Volkssport Assn
- 18 St. Paul Skyways Walk, St. Paul MN..... Twin Cities Volkssport

April

- 1 Bockfest, Omaha NENebraska Trailblazers
- 19 Chuck Head Mem Walk,, Camp Ripley MN.....Lake Country Wanderers
- 22 Arrowhead Guided Walk, Neola IA.....Nebraska Trailblazers
- 22 Lawrence County Walk, Aurora MODogwood Trailblazers
- 22 Phalen Lake Earth Day Walk, St. Paul MN Twin Cities Volkssport

May

- 6 CASA 7thAnnual Charity Walk, Leavenworth KS..... Kansas JayWalkers
- 6 Earl Von Holt Mem Walk, Mankato MNLake Country Wanderers
- 6 Historic Florissant MOSt Louis Walkers
- 11 Huffin' & Puffin' on the High Plains of Kansas.....Sunflower Sod Stompers
- 4 Days Ellinwood, Ellsworth, Great Bend, Kansas Wetlands Ed Ctr, Larned, Lyons, Russell, Wilson
- 13 Mother's Day Celebration, Lake Cunningham NE.....Nebraska Trailblazers
- 13 Little Canada Walk, Little Canada MN..... Twin Cities Volkssport
- 20 Northwest Nebraska Volksmarch, Chadron NENebraska Trailblazers
- 20 Webster Groves Blackburn Park, St. Louis MOGateway Milers
- 20 Camden State Park Spring Fun Walk, Lynd MN NorthStar Trail Travelers
- 21 Camden State Park Spring Fun Walk, Currie MN NorthStar Trail Travelers

NWFT Officers

President
Lori Sue Anderson

Vice President
Joyce Sobczyk

Secretary
Dave Brown

Treasurer
Jill Champley

Speaker Schedule

April 3*

May 1 Bonsai Society Bonsai Trees

June 5 Judy Alderman Joslyn Castle

*The April meeting will be replaced by a Spring Social at DJ's Dugout, 777 N. 114th Street, Omaha, in the Miracle Hills Shopping Plaza. All food/drink purchases are the responsibility of the attendee.



Meeting News

Our next meetings will be May 1 and June 5 at Maple Ridge Retirement Community, 3525 N. 167 Circle, Omaha, at 7:00 p.m. There will be a short business meeting, and a short program followed by refreshments. 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, April, 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

Information on the club dues structure for 2023 is as follows:

- All club members in 2022 who wish to be club members in 2023 will pay \$10 individual or \$15 family in January. Anyone who joins later in 2023 will have their membership pro-rated so that it expires 12/31/23.

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