

Footsteps

Fun, Fitness, Friendship

Volume XXIV Number 3

May/June 2023



The Prez Sez...

Happy Spring Weather Time!

I've really been enjoying meeting all the current club members and all the guests who have walked with us or come to our meetings. Hopefully more and more of you will be wanting to get an IVV book to start stamping and to keep track of your number of events and your distance you've walked and receive a certificate from the AVA. I appreciate each and every one of you for wanting to join us in Fun Fitness and Friendship!

In this newsletter I thought I would update you on what kind of events that our club hosts. The AVA (American Volkssport Association) likes to use a lot of abbreviations which always confused me when I was just starting out in this club.

How to locate events: Whatever state you travel through, you can always find an event listed on the AVA.org website by clicking "Locate Events," select the state, then click "Search Events." This is fun and club rewarding that we walk on other clubs' trails. Just follow the instructions on the event.

Traditional Events are usually one or two day events and the hosting club will be at the Start

Point, Check Points and Finish Table at specific times, books are stamped; there is a \$3 fee.

YRE (Year Round Events) are events that will instruct you to register at a specific location that has a "Walk Box" or an "Online Start Box" and can be walked whenever you want by yourself. \$3 fee.

Seasonal Events are only held during specific times of the year because of weather and are carried out just like YREs.

ACE Events (AVA Community Events) are event walks that can be less than 10K and no books are stamped. They are free yet are sanctioned events by the AVA with the intent of providing more community outreach.

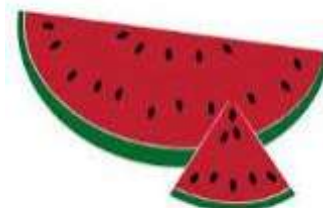
The **Traveling Stamp** is used by our club to hold events, usually during the week or at short notice that are guided walks. Books can be stamped for credit.

~Lori Sue

| Inside this issue: | |
|---------------------------|------|
| The Prez(s) Sez(s) | 1 |
| Sandy Speaks | 2 |
| Photos | 3-10 |
| Upcoming Events | 11 |
| Birthdays & Anniversaries | 11 |
| Officer Roster | 12 |
| Meetings & Dues | 12 |



For the latest on events and news visit our website:
www.nebraskatrailblazers.com





Sandy speaks

What a busy time of year!!! As always, the soup was delicious at the soup walk and the trail was well laid out. I once again saw things I have never seen before. Or is my brain just so full that memories have leaked out. And it felt like spring was in the air.

It was just a short time later and it was time for walking week. What a fantastic week it was! Mother Nature fooled us on April Fool's Day. It threatened to be windy and cold but turned into a delightful spring day. Once again, a whole new trail led me to places I had never been. Lots of history on this one. My favorite story on this one was the couple from Washington State that picked up our brochure in Texas, decided to come to Omaha on the way to complete their 50 capitals and totally loved the walk. He is an architectural buff and said he took over 1000 pictures. They watched the Iowa game the night before and got to take an Iowa mug home as a souvenir. The OPPD arboretum walk was so well attended that we had parking issues. We managed to get everyone parked after moving a few no parking cones and directing folks onto the grass. Walnut Creek was a cool and blustery morning walk but still fun. At Chalco, was that an eagle on the nest? Hmm. The Orpheum Walking Tour was a highlight of the week. Lots of attendance, a beautiful day for the walk to the Orpheum and wonderful tour guides. Lots of steps up and down but it was great fun to see the back rooms. We finished the week with another spot I had never been to-Heron Haven. No herons were to be found, but lots of ducks, geese and turtles. Just a touch of spring. It is a must to go back when the plants are in bloom.

Our first traveling stamp walk was held at Arrowhead Park in Neola, Iowa. Again, Mother Nature did not smile on us, but Tressa had laid out a great route and we all dressed for the weather. It snowed just enough to make us smile. The hillside was covered with bloodroot just getting ready to bloom. I had never seen so much in one spot. After the walk, we all enjoyed lunch in Tressa's great cabin. Lots of sleeping room in this cabin, two bathrooms and nice kitchen. I think this is what you call Glamping.

Don't worry if you missed some of these walks. We promise lots more to come. The Traveling Stamp makes it easy to schedule an event with short notice. We promise to keep them coming. By the time the newsletter comes out, Lake Manawa, Lake Cunningham and maybe even Chadron will be walks of the past. National Trails Day will be June 3 and we plan to have a walk starting at Seymour Smith Park.

And plan for some great events this fall.

First is a new event in the planning to celebrate a small town's big accomplishment. In the Village of Table Rock, named for a unique rock formation near the Nemaha River in Nebraska, a small country schoolhouse was built of native rock, quarried nearby, and constructed by German and Czech immigrants in 1873. This school has been lovingly restored. To celebrate the school's 150 year anniversary, they will host a 5k volkssmarch through fields and pastures beginning and ending at the school building. This will

commemorate the thousands of children that walked up to 2 miles to school each day in the early days of the state. This walk will be held on Labor Day, September 4, the traditional day before the start of the school year. Watch for details coming soon.

A little later in September, another traveling event takes place when the Regional Roundup is held in the Rock Valley area. This is a chance to meet fellow walkers from throughout the North Central Region. Our club is hosting the Le Mars walk. Eight other walks are planned for over the weekend plus an evening of pizza and fun and games and a dinner meeting that will include Le Mars' famous Blue Bunny Ice Cream. Registration is needed by August 18, so if you haven't seen the brochure yet, look for one at a meeting or let a board member know that you need one.

On November 4, NWFT will be celebrating another big milestone. It will be our 500th walking event. Since 1979, when we hosted our first event which brought 350 walkers to Plattsmouth, Nebraska, we have hosted walks in communities throughout Nebraska and Southwest Iowa. From marathons to short ACE events, we have explored architecture, history, culture and Mother Nature.

We are hosting the walk in the same church we hosted our 150th walk in. We will explore the historic Hanscom Park area and the Field Club trail. Bring a pie (I personally love the homemade ones!). We walk and share pie after the walk then share the leftovers with a local shelter. In addition to great pie, we plan to have a beautiful A award patch and a display of past events.

So much to look forward to!!!! And don't forget our YRE's and seasonals. If you have not gotten out yet this spring, take advantage of the beautiful weather while it is here. Hot summer will quickly creep up on us. We walked Council Bluffs this past week and the flowers were gorgeous.

~Sandy

Rest in Peace Lee Frantz



Past club president, walker and friend Lee Frantz passed away on April 25th. His family was with him, so he was surrounded by those he loved and the prayers and thoughts that supported him from his friends. His wife Donna and the rest of his family very much appreciated every card, visit, call and prayer or kind thought from his walking friends.

SOUP WALK



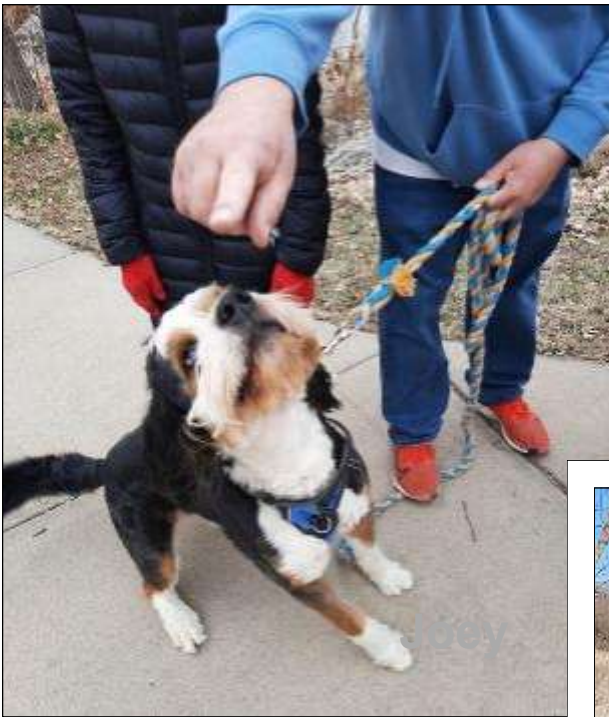
Bockfest



OPPD Arboretum



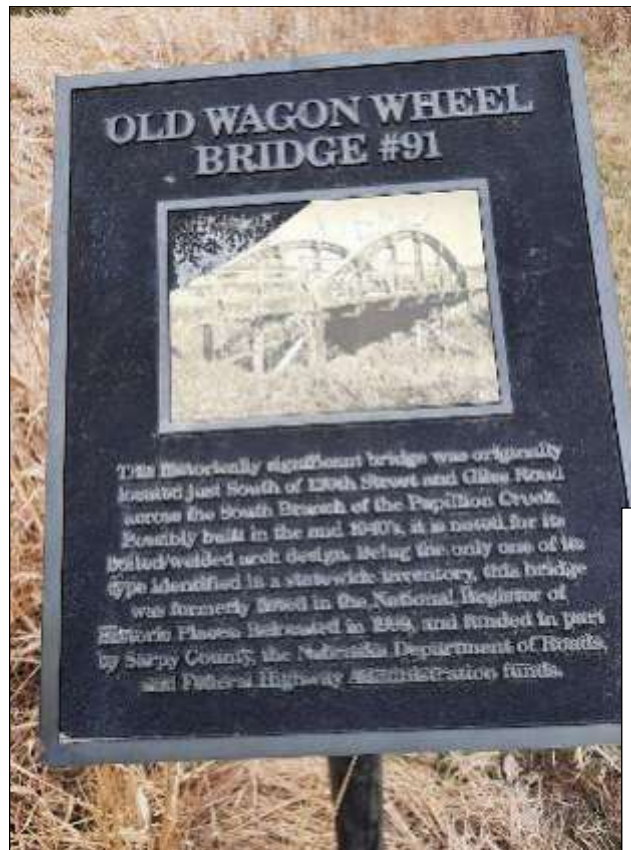
Walnut Creek



Walnut Creek



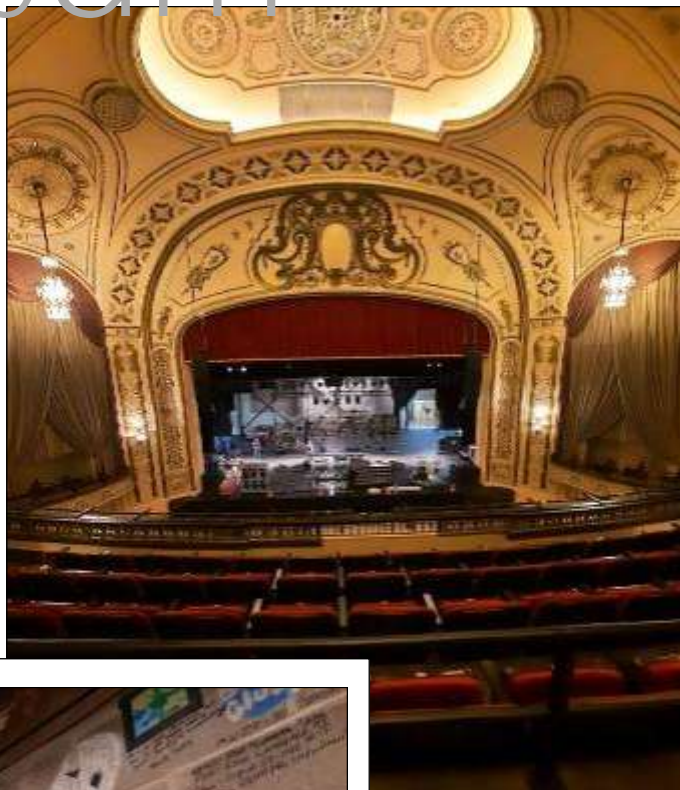
Heron



Orpheum



Our Tour Guides



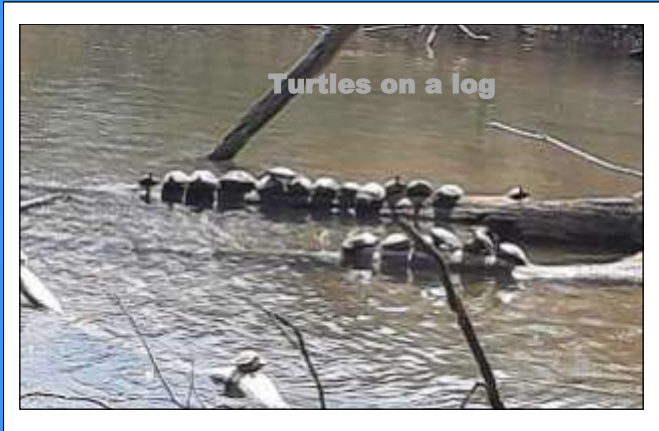
Lighting Booth Art



Original Water Fountain

Heron Haven

Wetland Sanctuary







Mark your calendars: Upcoming Events!!

- May**
- 6 CASA 7th Annual Charity Walk, Leavenworth KS Kansas JayWalkers
 - 6 Earl Von Holt Mem Walk, Mankato MN Lake Country Wanderers
 - 6 Historic Florissant MO St Louis Walkers
 - 8 Lake Manawa State Park Walk, Council Bluffs IA Nebraska Trailblazers
 - 11 Huffin' & Puffin' on the High Plains of Kansas (4 Days) Sunflower Sod Stompers
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 NE Nebraska Trailblazers
 - 20 Evansville Walk, Evansville WI Madison Area Volkssport Assn
 - 20 Grace Coolidge—Custer State Park, SD Black Hills Volkssport Assn
 - 20 Lost Trails—Custer State Park, SD Black Hills Volkssport Assn
 - 20 Webster Groves Blackburn Park, St. Louis MO Gateway 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
- June**
- 3 Willmore Park, St. Louis MO Saint Louis Walkers
 - 3 Spring Crazy Horse Walk, Crazy Horse SD Black Hills Volkssport Assn
 - 17 Traditional Walk, Sturgis SD Black Hills Volkssport Assn
 - 24 Woodbury Thrives Family Volksmarch, Woodbury MN Twin Cities Volkssport
 - 24 Sun Prairie Walk, Sun Prairie WI Madison Area Volkssport Assn
 - 24 Main Street Arts & Crafts Festival, Hot Springs SD Black Hills Volkssport Assn
- July**
- 9 Ice Cream Social, Silver City SD Black Hills Volkssport Assn
 - 15 Beaver Creek Valley State Park Spring Fun Walk, Caledonia MN NorthStar Trail Travelers
 - 15 Greendale Walk, Greendale WI Madison Area Volkssport Assn
 - 16 Great River Bluffs State Park Summer Fun Walk, Winona MN NorthStar Trail Travelers
 - 22 Lover's Leap Trail, Custer SD Black Hills Volkssport Assn

North Central Region Adventure & Meeting

Rock Valley, IA
September 15-17, 2023
Choose your own walking adventure!
Nine walks to choose from
Social Gatherings
Friday-Pizza & games

Saturday-Social hour, dinner and regional meeting
Registration due by August 18

For more information, contact a board member or pick up a brochure at the next club meeting.

NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown



Vice President
Joyce Sobczyk

Treasurer
Jill Champley

Speaker Schedule

| | | |
|---------|-----------------|---------------|
| June 5 | Judy Alderman | Joslyn Castle |
| Sept 11 | Miranda Sherman | Brain Therapy |
| Oct 2 | TBA | |
| Nov 6 | Theresa Ziska | Clown |
| Dec 4 | TBA | |



Meeting News

Our next meetings will be June 5, September 11, October 2, November 6 and December 4 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

Dues are \$10 for a single membership and \$15 for a family membership. Anyone who joins later in 2023 will have their membership pro-rated so that it expires 12/31/23.

Please send 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