

Footsteps

Fun, Fitness, Friendship

Volume XXIV Number 4

July/August 2023



The Prez Sez...

Hello Summertime!!

Time for family vacations, ball games, vegetables in the garden, mowing the lawn, bike riding,

wine on the patio etc. Any kind of exercise is good to keep us in shape for the walks we have coming up. July and August are not without walks this year thanks to the coordinating committee. Generally we keep quiet during these two very hot months but not this year. Check out the calendar in this newsletter!

Did you know when the walks are planned there is a specific AVA Trail/Route Rating System? The events are identified with any obstacles or special conditions that must be explained to describe the difficulty of the course. All to keep you safe!

The 2-part numerical/alpha rating system will give participants a reliable tool to have an idea about what to expect on a route whether it is for walking, biking, cross-country skiing, or snowshoeing. They need to know about major elevation gains, heavy traffic, narrow road shoulders, construction detours, roaming dogs, cattle guards and the like on the route.

Part 1—Incline is rated from 1 to 5 becoming more steep.

Part 2—Terrain is rated from A to E becoming more rugged. For instance, a beach walk would be rated a 1C. A moderate hilly, well groomed trail would be rated 2B

Now please read on about the Secretary of our club, Dave Brown and get to know him.

Club members, Mary and I started to attend club meetings way back in 1992. We were dating then and her parents, Tex and Betty Schneider, asked if we'd be



Dave Brown, Secretary

interested in walks and going to meetings at Morningstar Church monthly. Tex and Betty had joined the Trailblazers in 1980, were avid walkers and naturalist, talking fondly of the club, its members and the great walks they had done. We joined them in the one day walk events and other club offerings which fit into our lifestyle plus the members were so interesting and helpful. "Interesting!" was an understatement.

I was born and raised in Omaha, attended high school, Westside High, then UNO after graduation. One year later I was in the USAF (my draft lottery number was 26. I knew where this was going.). I was stationed in California and Germany (for 2 ½ years) before discharge. Attended UNL graduating with a degree in Special Ed, I was already working in the Intellectual and Developmental Disability field and continued to do un 2021 when I retired.

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For the latest on events and news visit our website:

www.nebraskatrailblazers.com



~Lori Sue

Continued...

Dave Brown, Continued

I worked in four organizations, the longest of these was with the State of Nebraska's HHS department. There my position was as a caseworker. Good times throughout the over 45 years I was in this career path.

What do I like to do? Besides have a raging good time with Mary Ann, I like to read, see movies, listen to music, our neighborhood, baseball, Husker football, coffee, anything Mary cooks, The Simpsons and Rocky & Bullwinkle cartoons and being a Trailblazer. Not necessarily in that order because we want to travel more. Lot of walks out there! Also, the Trailblazers allow me to be Secretary, what a club!

~Dave

House and modern public library. Again, you have until the end of the year to enjoy this walk. And thank the Goeltzes who maintained the box for many years and Dave Brown who took over last year. We will do a group walk one last time on Tuesday, October 17th, meeting at 9:45 in Lansky's parking lot to start walking at 10 a.m. \$3 fee.

Nebraska City: You only have until October 31st to walk this one and must register on the online start box unless you do the group walk on Saturday, September 30th, at 10 a.m. Apples will be in season! This 5K walk will pass the Historic Morton Barns, through the Lied Center Lodge, through Arbor Lodge Park, passing the Arbor Lodge Mansion and finishing up at the Arbor Day Farm where you can purchase apples or have some great barbecue at Porter's at the Apple House Market. Meet in the Arbor Day Farm parking lot, 2611 Arbor Ave., Nebraska City, at 9:45 to start walking promptly at 10 a.m. Want to carpool? Let a board member know and we will try to get one set up. \$3 fee.

North Platte will also be one of the walks that will not be renewed next year. If you are traveling west, make sure you stop at the Kwik Stop, pick up a map and enjoy this railroad town one last time. Larry Seger has maintained this walk for many years and we greatly appreciate all of the work he has done to keep this walk updated every year. Due to distance, we will not be able to finish this great walk as a group, but have been happy to be able to do it as we traveled through.

Look forward to some new walks in 2024. If you have an idea where a new traditional, year round or seasonal event might take place, let a board member know and we will see if we can get it together. We must have the information in by August for any year round or seasonal events in order to get it into the Starting Point.

We will be sanctioning the entire Cowboy Trail from Norfolk to Valentine as both walk and bike events in 2024 only. It will be open as a seasonal event March-October. This will cover six new counties in Nebraska. You can start anywhere on the trail and walk either direction. You must register on the online start box. Suggested starting points will be listed for each county in the description on the online start box.

~Sandy



Sandy peaks

Last Chance!

2024 will bring a change in our year round events. Four of our current walks will go away. So take advantage and get out there on the next cool day to enjoy them. Or,

make plans to join us one last time at one of our group walks. And don't forget to thank those POC's who have worked so hard to bring these walks to you over the last, sometimes, many years.

Ashland has been a favorite for many years. Wandering through this small town known for its art followed by lunch at Cheri O's is a special treat. We still love the small shops, eateries and galleries. Thank Karen Dix-Johnson for her hard work. You have until Dec. 31st to walk this one once, twice or more. If you would like to walk this one with a group, join us on October 28 at 9:45 in Wiggernhorn Park, 25th & Clay, to start walking at 10. We will have the stamp available for those who stamp their books and start the walk from that spot. Want to carpool? Let a board member know and we will try to get one set up. \$3 Fee

The Council Bluffs walk has been hosted by Lansky's for many years. It passes so many great historic sites. We will visit the Kanessville Tabernacle grounds, the "Historic 100 Block" with restaurants and bars aplenty, murals, ceramic postcards and sidewalk mosaics celebrating the city's history, Bayliss Park with its black squirrels and Veterans Plaza, the Union Pacific Museum (free admission and restrooms) and the Squirrel Cage Jail before returning past the tiny Bregant

Bonnie Christensen Memorial Walk

Adair



The only kind of snake Jill will get close to!



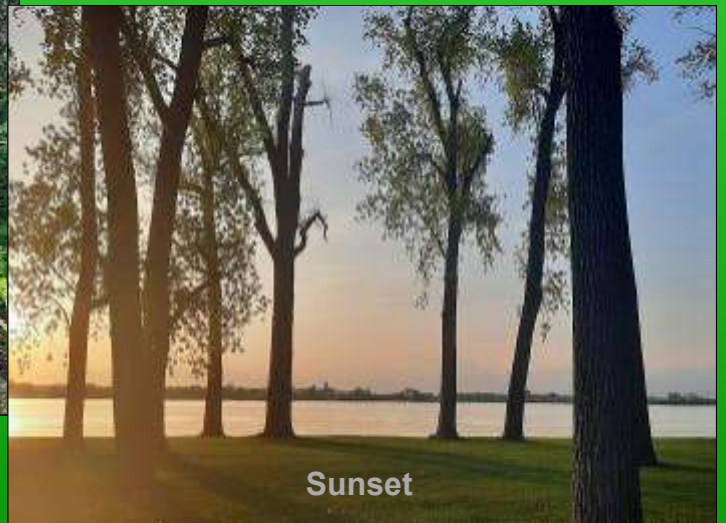
Cummingham Lake



Lake Manawa

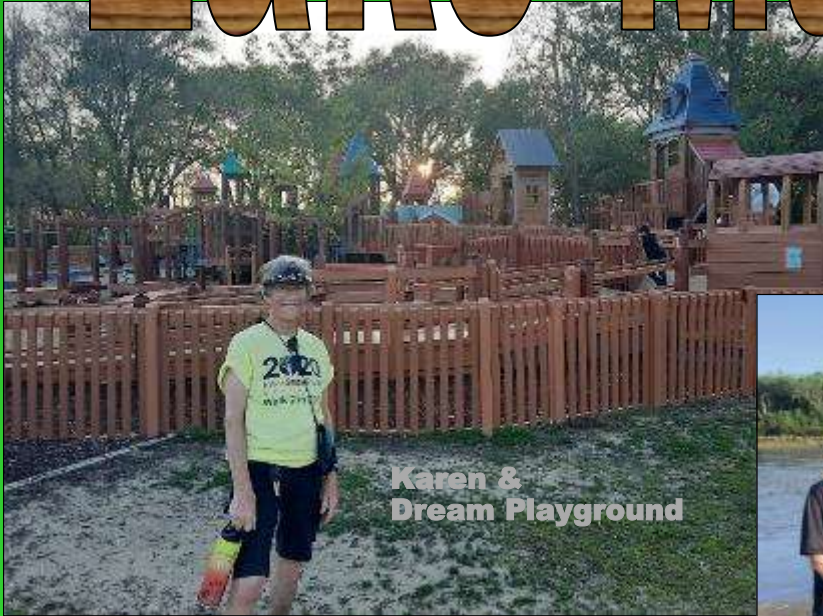


Toadstool



Sunset

Lake Manawa



Karen & Dream Playground



10K Walkers

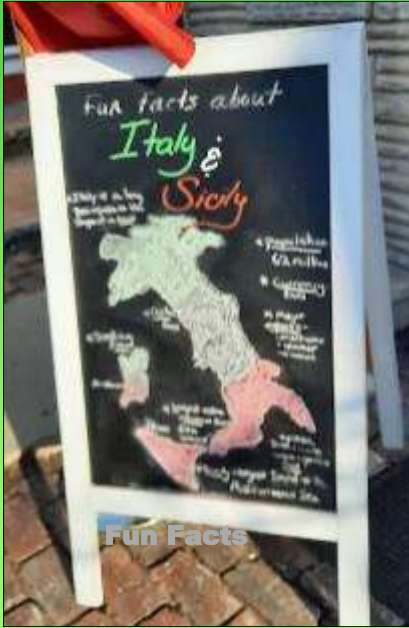


5K Walkers



Missouri River

Little ITALY



Little ITALY



Dan Matuella
Sons of Italy



Orsi's Bakery



Santa Lucia 2022 Queen &
Former Queen



Sheri Kanger
Walk Organizer



Santa Lucia Hall



Giant
Spaghetti
Fork

National Recognition Awards

Butch Spaulding

Distinguished Achievement Award in recognition of over 20 years of service to AVA and Nebraska Wander Freunde Trailblazers as Trailmaster, Treasurer, Vice President, President, Deputy Regional Director and Regional Director. He served on the AVA Governance Committee for two terms, working on the Restated and Amended Certificate of Formation and Bylaws and the Board of Directors Handbook. He assisted with the AVA 2011 Convention. He has completed at least six walks in each of the 50 states. He is a certified trailmaster, serving as POC for many walks and volunteering at almost all club sponsored events.



Jeanne Miller

Meritorious Service Award for her outstanding contributions to the growth of volkssports in Nebraska in multiple disciplines and to AVA while serving on the AVA Strategic Planning Committee. Jeanne Miller has been a driving force for the Nebraska Wander Freunde Trailblazers for many years. She was an active member of the club's Coordinating Committee from its inception in 2012. She was a mainspring in the majority of our most significant events. She helped organize Lincoln Highway walks. She organized "A Time to Walk" for our club in 2014 which was a highly successful event. Her suggestion of joining Meetup in 2014 has brought us over 3500 Meetup members. In 2016, it was on her suggestion that our club began planning our Solar Eclipse events in 2017. She helped plan most of the walks associated with it as well as the organization and promotion of the events. In 2018, she helped set up all of the trails in our Small Town walks which involved driving great distances several times. During the pandemic, she set up COVID prevention procedures and created an online registration process.



Her ongoing changes to Facebook and our website have brought us many walkers (including the 698 walkers at our 2017 Christmas Light's walk) and lots of great representation since 2015. Her addition of Trail Mail to email notices adds to our walkers communications. She has created tutorials for the NWFT website for how to take part in traditional events/seasonal or year round events, how to use the online start box and how to use a physical start box. She became a certified trail master in 2018 and has been a continuous resource for our members in trail design and mapping in addition to adopting and creating many trails for the club. Jeanne held the office of Vice President of the club in 2019 and 2020. She also served on the AVA Strategic Planning Committee.



Mark your calendars: Upcoming Events!!

July

- 11 Lake Flanagan Group Walk, Omaha NENebraska Trailblazers
- 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
- 29 Memorial Park Group Walk, Omaha NE.....Nebraska Trailblazers

August

- 19 Riverfront Grand Opening Group Walk, Gene Leahy Park, Omaha NENebraska Trailblazers
- 30 High Trestle Bridge Full Moon Walk (7:30 pm), Madrid IA GDMVA, Iowa's Walking Club



NWFT Officers

President
Lori Sue Anderson



Vice President
Joyce Sobczyk

Secretary
Dave Brown

Treasurer
Jill Champley

Speaker Schedule

Sept 11	Brain Therapy	Miranda Sherman
Oct 2	Sarpy County Museum	Ben
Nov 6	Clown	Theresa Ziska
Dec 4	Keep Omaha Beautiful	TBA



Meeting News

Our next meetings will be 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