

Footsteps

Fun, Fitness, Friendship

Volume XXIV Number 5

September/October 2023



The Prez Sez...

Greetings to all you members:

It sure is hard to get outside and walk in 100 degree

weather. Hydrate yourself if you are heading out walking and keep the distance shorter. Then go home and have some ice cream, yum!

The American Volkssport Association is having their BIG GIVE fundraising event starting Sept 13 and going thru Oct 31st. Our club is donating \$100⁰⁰ to help fund America's Walking Club. If you feel inclined to donate yourself you have options to contribute via the AVA website. These funds help with the purchase of equipment necessary for these walks to take place, as well as sustain the program and administrative operation of the organization with a goal of 90K

(\$90,000 not kilometers). 😊

Our club belongs to the North Central Region of the AVA which includes the states of N.D., S.D., Nebraska, Minnesota, Iowa and Wisconsin. This month on Sept 15th-17th our region is planning a fun Adventure Weekend with plenty of walks, scavenger hunts, contests, geocaching, card games, board games and lots of food of course. It will be headquartered in Rock

Valley, Iowa, at the Grand Stay Hotel & Suites. Our club is sponsoring the walk in Le Mars, Iowa, the Ice Cream Capital of the World. Hope to see many of you there.

There are approximately nine more walks coming up in Sept/Oct with October being National Volkssport Month and if you love to collect the patches there is a very pretty fall patch to purchase. The Sept 20th walk stops into Ted & Wally's for us to learn how to make ice cream. The spaghetti feed on Oct 14th is my all time favorite meal and we will be donating used eyeglasses as well. So check out the schedule in this Newsletter and we will see you on the trail.

~Lori Sue

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





Sandy peaks

It's a Whole New Trail

Sorry, we watched Aladdin yesterday and the song is in my head. But we do have one and it is a beauty! Downtown Omaha has a new start point and all new paths to wander. The start point will be familiar to those of you who did the Lights walk in past Decembers. The start box is now behind the security counter in the lobby of the Landmark Center at 12th & Farnam. It is in a yellow folder. Check out the picture of the "start box" at the end of this article. They are open dawn to dusk.

Parking is a little easier downtown these days once you get the hang of it. You can go to the Park Omaha website for all of the parking garages in the area. Of course, there is one connected to the Landmark Center but there are less expensive options if you are willing to walk a little ways. And street parking is much easier. Park and look at the section number on the post by the car. Go to one of the blue boxes and read the instructions. You will need your car's plate number. You can pay with cash or with a credit card. Just put in how many hours you want to park and it will calculate the total for you. They will even text you a receipt. And if you are a little more techy than I am, you can download the app and pay that way.

The walk itself has been redesigned by Jeanne. One 5K loop travels through the three RiverFront Parks and to the Bob Kerrey Bridge. Meet Omar and get a border crossing after becoming acquainted with the newest parks. The parks are filled with new sights. The pier is a fantastic addition with views east and west, river and skyline. The playground by the Luminarium is so unique, I would love to spend an afternoon playing. The second 5 K loop will look a little more familiar with some of our favorite downtown sites including the Old Market, the Orpheum, The Rose Theater, St. Mary Magdalene Church, The Spirit of

Nebraska's Wilderness Park, Pioneer Courage Park and so much more. I hope you have a chance to try out this new walk.



Walker of the Year

Now Accepting 2023 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

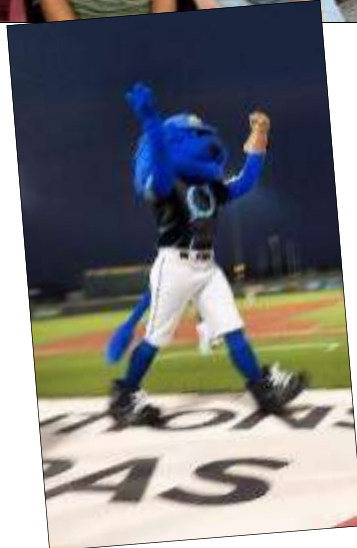


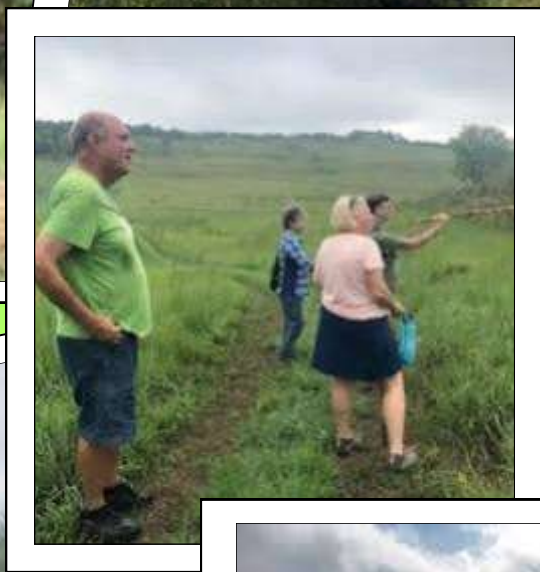
greet, register and walk with new and old friends. They take pictures and keep those memories alive for the future. Our club recognizes one of these people every year as the "Walker of the Year." Can you think of someone deserving of recognition, either as a volunteer or as

someone who exemplifies the spirit of fun, friendship and fitness? Please send your nominations to Diane Fenlon.

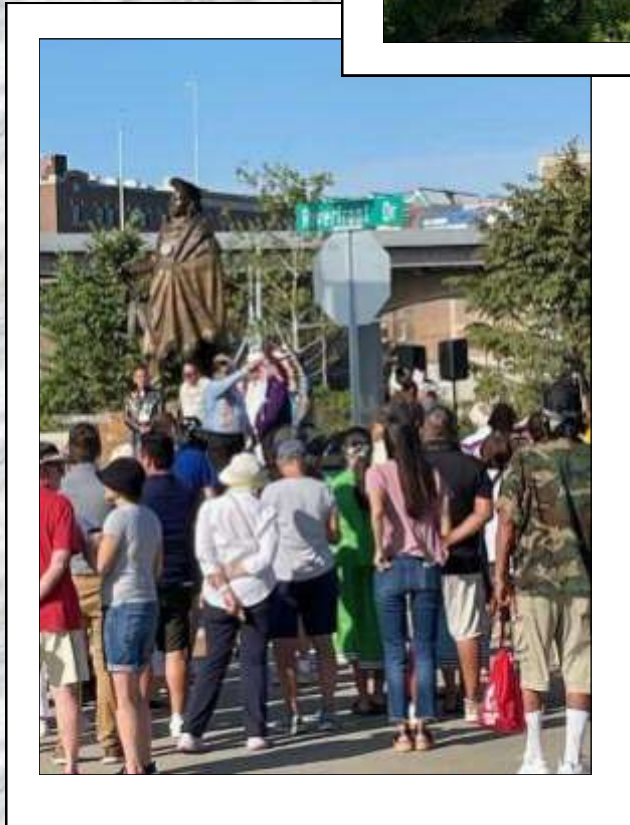
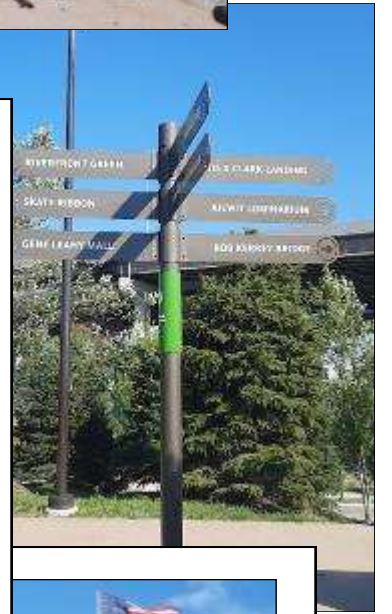
Nominees will be listed in the November/December newsletter and voted on in late November/early December. The person with the most votes (all of them are winners!) will receive the traveling trophy at the January Annual Meeting.

O M A H A STORM CHASERS™













NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown



Vice President
Joyce Sobczyk

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