

Footsteps

Fun, Fitness, Friendship

Volume XXV Number 1

January/February 2024



The Prez Sez...

- We will be ordering new wicking Club shirts so we can all look alike and be cooler.
- I have cleaned out my 2023 folders.
- We will be celebrating the 45th Year of our Club.
- Our walks will cost normally \$4.00 each now.
- RSVPs for our Annual Dinner Meeting on January 20th are being submitted until Jan 12th.
- Board members are meeting and planning Jan 8th.

Happy New Year Walkers!

Some exciting events are coming our way in 2024.

- The coordinating committee is preparing many walks and activities.
- Butch is replenishing our start boxes with new 2024 stamps
- The POCs for the YREs are making our walk boxes look clean and inviting.
- I am getting new walking shoes.
- Sandy is busy sanctioning our events with AVA.
- We have voted on officers and WOTY.
- I especially want to congratulate Tressa Brooner for winning that very prestigious award. Diane F. will have your trophy ready.
- Members have paid their dues for the new year. Have you done this?
- I went on a New Year's diet that lasted three days.
- Jill has sent out a Sign Up Genius email to invite us all to adopt a walk.
- Our Special Program "Step to the Beat" is officially off and running.

Whew, there is so much work happening behind the scenes. Be prepared to have so much fun, fitness and friendship in the coming year.

None of this would be possible without **all** of the wonderful volunteers. You all are so appreciated more than words can say.


~Lori



Inside this issue:	
The Prez Sez	1
Sandy Speaks	2
2023 Walk Schedule	3
Photos	4-11
Upcoming Events	12
Birthdays & Anniversaries	12
Officer Roster	13
Meetings & Dues	13



For the latest on events and news visit our website:
<http://www.netrailblazers.club/>





Sandy Peaks

It is the beginning of another year. The Coordinating Committee has been working feverishly to put together a complete calendar for 2024 with multiple walking opportunities in the nice walking months. With so many walks, so much organizing to do and the possibility of last minute changes, we decided to do things a little differently this year. We will be publishing a six month brochure instead of our usual yearly brochure. And we can guess that some extra walks will probably be thrown in. So, check out the walks we have scheduled between now and June 30. You can find these walks on our website or pick up a brochure at the Annual Dinner, February meeting or any of our upcoming walks. We will start the walking year with a Leap Day Walk. Bet you can guess the date for that one. We will throw in a surprise for that walk.

Our second walk will be our 45th Birthday walk. Come to Plattsmouth where NWFT's first walk was held. Walk this great community and enjoy some soup and cake after. We promise lots of good memories will be shared. Then comes walking week. It is filled with some new trails as well as a few old standbys. And the fun walks continue from there. I am excited about all of the possibilities.

Get these walks on your calendar and look forward to another year of Fun, Fitness and Friendship!

~Sandy

- Wear appropriate footwear, water-resistant with a sole that provides adequate traction. Traction

Winter Walking Safety Tips

devices are available with abrasive soles or cleats.

- Dress appropriately to stay warm.
- Wear brightly colored or reflective clothing, especially if walking when it is dark.
- Plan ahead, giving yourself sufficient time and plan your route.
- Walk on designated pathways as much as possible.
- If you must walk on a slippery surface, slow down, take small steps, and keep your hands free for balance.
- Use special care when climbing or descending stairs, entering or leaving buildings.
- Use handrails, when available.
- Move slowly and look ahead.
- Maintain your center of balance.
- Keep your hands out of your pockets.
- If you fall, avoid using outstretched arms to brace yourself.

Avoid:

- Talking or texting on cell phones while walking.
- Carrying more than you can easily manage and still maintain balance.
- Walking on uneven surfaces.
- Jumping or sliding.

Resources: <https://www.ehs.iastate.edu/weather/winter/walking>



NWFT 2024 Schedule

Jan	20	Annual Dinner Legends	5:30 p.m.
Feb	29	Leap Day Walk @ the RiverFront Gene Leahy Mall Arch	2:00 p.m.
Mar	2	Soup walk (bring 2 cans of soup) Plattsmouth	9:00 a.m.
Walking Week April 1-7			
Mon	April 1	Deer Creek, 12221 Mary Plaza strip mall	5:15 p.m.
Tues	April 2	Boys Town, 13628 Flanagan Blvd.	10:00 a.m.
Wed	April 3	La Vista Central Park Trail, Park View Blvd & 83 rd St	5:30 p.m.
Thur	April 4	First Avenue Trail, Railway Inn parking lot, 115 S 12 th St, CB	10:00 a.m.
Fri	April 5	Heroes Park, E Mission Ave & Jerry Ryan Plz, Bellevue	5:30 p.m.
Sat	April 6	Chalco Hills, Natural Resources Ctr, 8901 S 154 th St, Omaha	10:00 a.m.
Sun	April 7	Old Market, Landmark Center Lobby, 13 th & Farnam, Omaha	2:00 p.m.
April	20	Arrowhead County Park, Neola, Iowa Group Walk (Traveling Stamp)	10:00 a.m.
May	7	Wabash Trace Walk, Iowa West Foundation Trailhead Harry Langdon & E South Omaha Bridge Rd, CB	5:30 p.m.
May	11	Antelope Trail Walk, Trago Park, N 22 nd & U St., Lincoln NE	8:00 a.m.
May	16	ACE Little Italy Walk Starts at Gene Leahy Mall 11 th St. Promenade	5:00 p.m.
June	1	Prairie View Lake & Rec Area N. 180 th St., Bennington	9:00 a.m.
June	11	Iowa Western Campus Walk 2800 College Rd, Parking Lot 6A CB	5:30 p.m.
June	22	Seward Group Walk, Seward NE	10:00 a.m.
July	13	Tristan's Trail Event, Treynor IA	Time & location TBD
Aug	17	Nebraska Balloon & Wine Festival Walk, Elkhorn	Time & location TBA
Sept	7	Halleck Park Walk, 475 E Lincoln St., Papillion NE	8:00 a.m.
Sept	10	Lincoln Group Walk, Visitor Center, 201 N 7 th St.	3:00 p.m.
Sept	28	Spirit Hawk Acres Labyrinth Walk Inner Maker Art Village, 1693 224 th Rd, Seward	10:00 a.m.
Oct	5	Omaha Conservatory of Music The Gig, 7023 Cass Ct. (park @ Conservatory's lot)	9:00 a.m.
Nov	2	'Giving Walk, Covenant Presbyterian Church, 15002 Blondo	9:00 a.m.
Dec	14	Lights Walk, KANEKO Art Gallery	4:00 p.m.

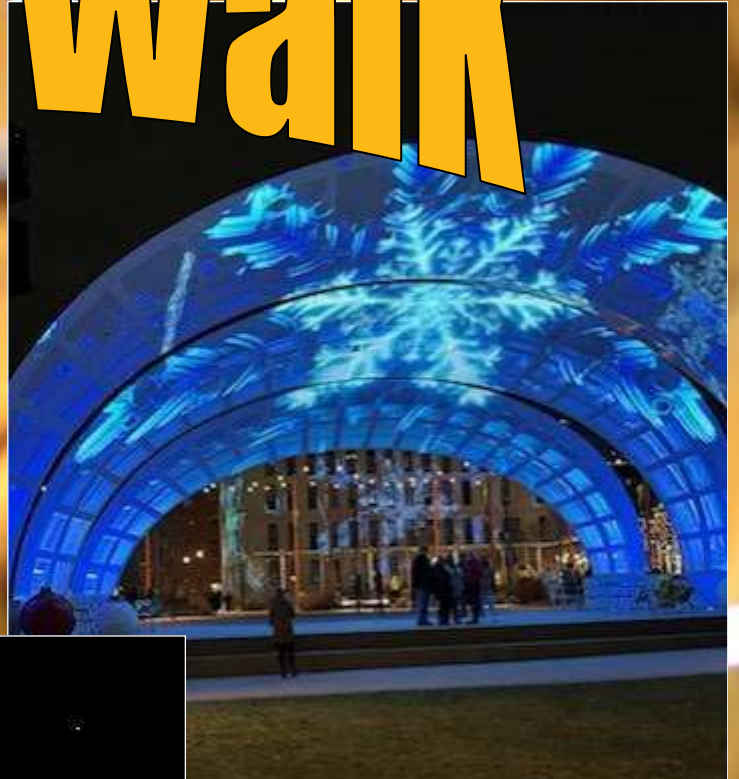
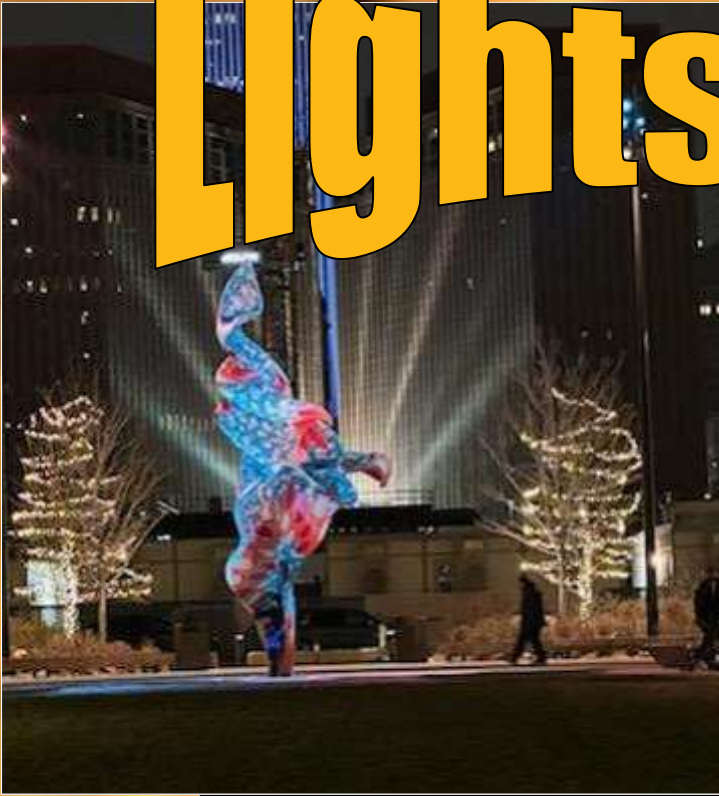
Hitchcock Park



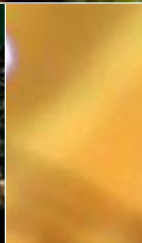
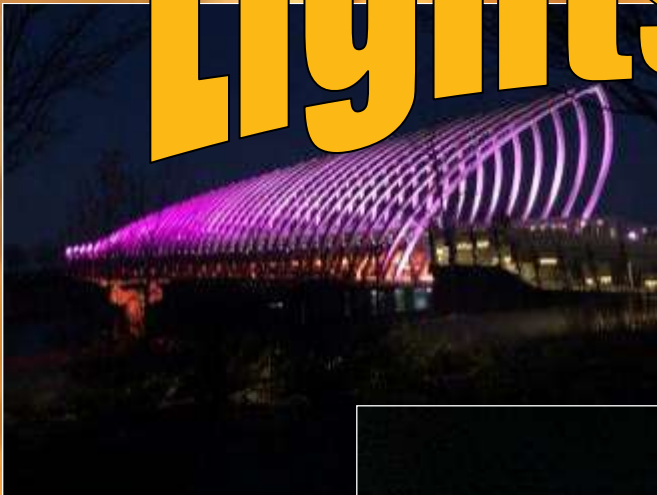
Hitchcock Park



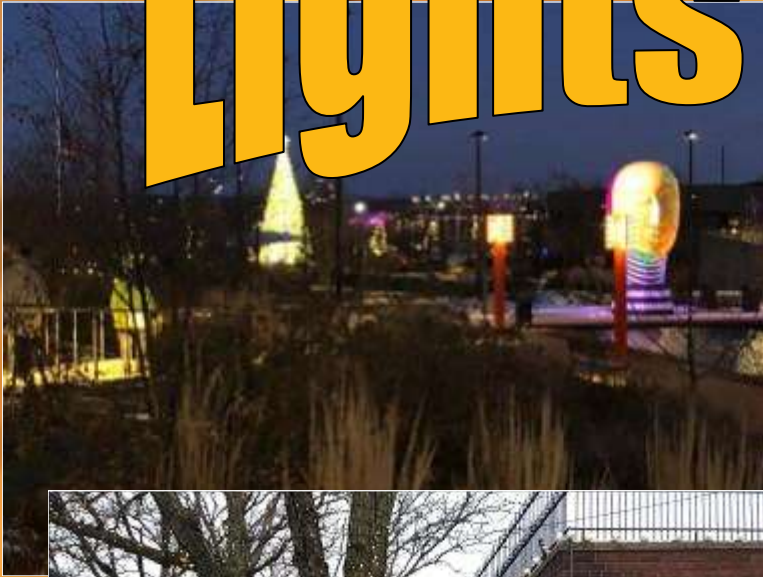
Lights Walk



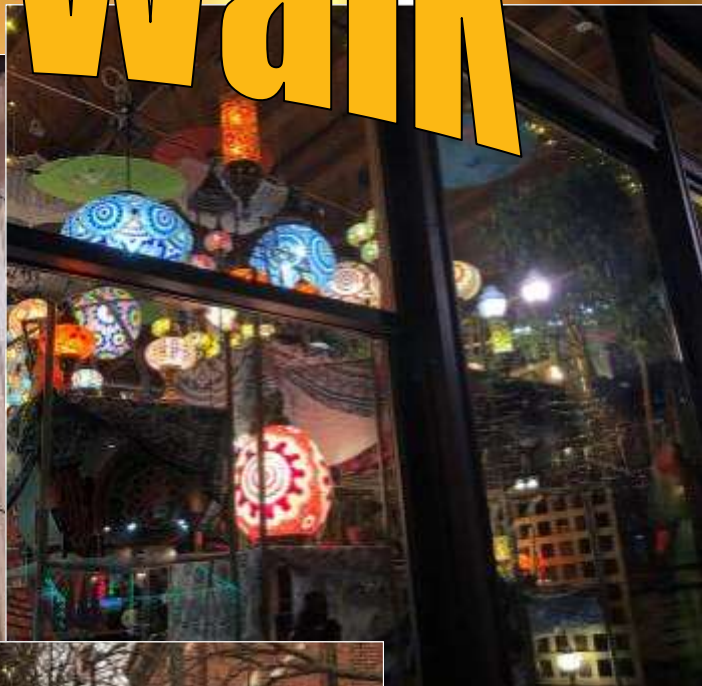
Lights Walk



Lights Walk



Lights Walk



Lights Walk



Lights Walk

KANEKO





Mark your calendars: Upcoming Events!!

January

- 10 East Towne Indoor Mall Walk, Madison WI.....Madison Area Volkssport Assn
- 17 East Towne Indoor Mall Walk #2, Madison WI.....Madison Area Volkssport Assn
- 20 East Towne Indoor Mall Walk, Madison WI.....Madison Area Volkssport Assn
- 24 East Towne Indoor Mall Walk #3, Madison WI.....Madison Area Volkssport Assn
- 31 East Towne Indoor Mall Walk #4, Madison WI.....Madison Area Volkssport Assn

February

- 3 Winter Mall Walk, Des Moines.....Greater Des Moines Volkssport Assn
- 7 East Towne Indoor Mall Walk #5, Madison WI.....Madison Area Volkssport Assn
- 14 East Towne Indoor Mall Walk #6, Madison WI.....Madison Area Volkssport Assn
- 21 East Towne Indoor Mall Walk #7, Madison WI.....Madison Area Volkssport Assn
- 28 East Towne Indoor Mall Walk #8, Madison WI.....Madison Area Volkssport Assn

March

- 2 45th Anniversary & Soup!.....Nebraska Trailblazers
- 10 St Patrick's Day March Madness, Lawrence KSSunflower Sod Stompers
- 16 St. Paul Skyways Walk.....Twin Cities Volkssport
- 30 Downtown Des Moines Walk, Des Moines IAGreater Des Moines Volkssport Assn



NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown



Vice President
Joyce Sobczyk

Treasurer
Jill Champley

Speaker Schedule

February 5	Memory	Miranda Sherman
March 4	Labyrinths	Jeanne Wiemer
April 1	No speaker	
May 6	TBA	
June 3	TBA	



Meeting News

Our next meetings will be February and March 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.

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