

Footsteps

Fun, Fitness, Friendship

Volume XXV Number 2

March/April 2024



The Prez Sez...

Good Day,
Fellow Walkers

Now that our 2024 year is beginning with some walks already under our belts, let's see if we can break some records this year. Bring a friend who needs to get out of the house and enjoy some Fun, Fitness and Friendship. Join us for some multi-day events with fun activities and meals.

With each walk you attend this year, it is a great idea to have a pre-walk prep which consists of a warm-up with flexibility exercises, the walk itself and a cool-down with final stretches. You might think there's no need to bother with all this just to take a walk, but it's vital to help prevent injury and stiffness in your joints and muscles. Warming up increases blood flow, which can help to reduce problems. Try these: march in place, raise your arms above your head and do knee and ankle circles. Get yourself

some new shoes that feel great on your feet.

I'm looking forward to some great events this year and also the way our club is very giving to non-profits that survive on donations.

I want to thank the club for sending me a peace plant for my mother's funeral visitation. It was the only live plant we received and I LOVE it. THANK YOU ALL.

~Lori



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





Sandy Peaks

In a very short period of time, Butch and I went from very, very cold weather here to very hot and humid weather in Costa Rica and back to beautiful spring like weather here. What a change in just a month. And now it is walking season! Jeanne put on a great Story Walk at the RiverFront. She created a scavenger hunt with candy for a prize for Black History Month and a local historian was present for the President's Day popup event. She started with 19 and added another 12 along the way. Our worker's walk in Plattsmouth let us sample the great trail that Karen Dix-Johnson laid out for us. And the Leap Day Walk adult participants all got fun frog sun catchers and the kids (10 of them!) got plastic frogs to commemorate Leap Day's mascot. A few sampled the Pond Scum available at Billy Frogg's. What a great start to our very busy year.

By the time you get this, our Soup walk will probably be a thing of the past. With few walks scheduled in March, if the spring weather holds out, take some time to walk some of our year rounds. Once April gets here, there will be LOTS of walking opportunities. If you haven't gotten the January-June brochure yet, let someone know. It should have come out by email and there will be copies at the club meetings and upcoming walks. I find it amazing that we keep finding places to walk that I have never walked before.

Something interesting is happening over the last couple of years. Our name

has become known across the state. We have people contacting us to ask for help setting up a walk. Last year, it was Table Rock. This year, we have a walk hosted by folks in Kearney, Table Rock, and Lincoln. This gives us a great chance to spread our wings and walk in new places. Looking at our schedule, out of 28 events we have scheduled, 14 are in different communities. Eight walks are in areas we have never walked before. Three of those are ACE events during National Walking Week. Get these fun walks on your calendar!

~Sandy



Club Shirts

If you are interested in ordering a club T-shirt, now is the time!

Shirts are available in a variety of styles and colors. Price will depend on how many are ordered. At this point, there are 22 ordered. Payment will be due when the shirts arrive. If you'd like to order, please email your *name, option#, size and color* to: brydlrdh17@gmail.com, Ordering ends March 15.

	<u>Style</u>	<u>Color</u>
#1	Wicking Short Sleeve 20-35 @ \$26 36-49 @ \$25 50-71 @ \$22	Carolina Blue Graphite Heather
#2	Short Sleeve Gildan 8000/67000 50/50 20-35 @ \$23 36-49 @ \$22 50-71 @ \$19	Graphite Heather Cactus
#3	Long Sleeve Gildan 8400 Blend 20-35 @ \$28 36-49 @ \$27 50-71 @ \$24	Graphite Heather
#4	Hoodie 20-35 @ \$37 36-49 @ \$36 50-71 @ \$23	Graphite Heather
#5	Crew Neck Sweatshirt 20-35 @ \$32 36-49 @ \$31 50-71 @ \$28	Graphite Heather

All pricing is for S-XL. Add \$2 for XXL and \$1 for each X larger. Pricing does not include tax, which is 7%.



Annual Dinner

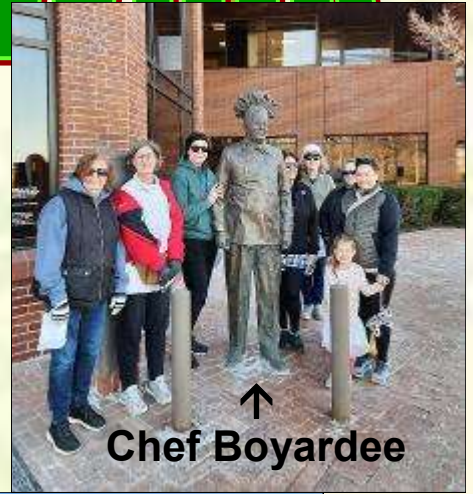


**Diane presents Tressa
with the
Walker of the Year trophy.**

Congrats, Tressa!!



Leap Day Walk



Presidents Day Walk



Celebrating Black History Month at The RiverFront



Civil Rights activist and campaigner Septima Poinsette Clark (1898-1987) helped to found nearly 1,000 citizenship schools, which contributed to helping African Americans register to vote.





Mark your calendars: Upcoming Events!!

March

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

April

- 1 Deer Creek Walk, Omaha NE Nebraska Trailblazers
- 2 Boys Town Walk, Omaha NE..... Nebraska Trailblazers
- 3 La Vista Central Park Trail, La Vista NE Nebraska Trailblazers
- 4 First Avenue Trail Walk, Council Bluffs IA..... Nebraska Trailblazers
- 5 Heroes Park Walk, Bellevue NE Nebraska Trailblazers
- 6 Chalco Hills Walk, Omaha NE Nebraska Trailblazers
- 7 Downtown Walk, Omaha NE..... Nebraska Trailblazers
- 20 Arrowhead Guided Walk, Neola IA Nebraska Trailblazers
- 20 Kickoff Walk, Rapid City SD..... Black Hills Volkssport Assn
- 27 Tulip Time Walk, Pella IA Greater Des Moines Volkssport Assn
- 27 Walking Rt. 66, Carterville MO..... Dogwood Trailblazers
- 27 Joplin-Murphysburg Walk, Joplin MO Dogwood Trailblazers
- 27 Historic Downtown & Neighborhoods, Maplewood MO Gateway Milers NFP

May

- 4 Historic Florissant Missouri, Florissant MO..... Saint Louis Walkers
- 9 Huffin' & Puffin' on the High Plains of Kansas, Hays, Hill City, Lacrosse, Ness City
Nicodemus, Victoria, Wakeeney, KS (4 days) Sunflower Sod Stompers
- 11 A Spring Walk on the Antelope Trail, Lincoln NE..... Nebraska Trailblazers
- 11 Oak Park Trail, Whitewood SD Black Hills Volkssport Assn
- 18 Badger Clark Trailhead, Custer State Park, Custer SD Black Hills Volkssport Assn
- 18 Prairie Trail, Custer State Park, Custer SD..... Black Hills Volkssport Assn
- 25 Outlaw Ranch, Custer SD Black Hills Volkssport Assn

NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown



Vice President
Joyce Sobczyk

Treasurer
Jill Champley

Speaker Schedule

- April 1 No Speaker
Spring Social at Legends, walk & short meeting
- May 6 Papillion Lion Club
- June 3 Open Door Mission



Meeting News

Our next meetings will be March 4 and May 6 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 2024 will have their membership pro-rated so that it expires 12/31/24.

Please send to: NWFT
PO Box 8147
Omaha NE 68108

Send in Your Newsletter Info

To place info/articles/photos in the next newsletter,



snail-mail: NWFT, PO Box 8147, Omaha NE 68108