

Footsteps

Fun, Fitness, Friendship

Volume XXV Number 3

May/June 2024



The Prez Sez...

Good Day, Fellow Walkers!

Happy Spring/ Summer time has arrived!!! Get those gardens planted, those yards mowed, that sunscreen on and new walking shoes broke in. Our coordinating committee has a FULL schedule of walks for us to participate in during the next few months. Some are great renewals like Little Italy and some are fantastic new walks like Plawking. We love your attendance at all walks and at our club meetings. We have a couple more club meetings in May and June till we take a break from those in July and August. Our Board meetings are open via zoom to all interested members and we invite you to join us as we try to have more interest in members being an officer/board member of the Trailblazers. We can send you the zoom link by request to observe the board meeting. If you are not a board member or committee chair, be sure that you are muted unless invited by the President to speak. The chat function will be open to everyone to speak on a subject. At the end of the meeting, you will be invited to share your walk experiences or any other item of interest. This is a new procedure for us all and

may require some adjustments along the way but we would love to have more attendance. If you are new to the club and people ask you what our club is all about here is a response: *AVA is America's Walking Club, which is the largest organized walking organization in the United States. We are dedicated to promoting health and wellness by providing fun-filled, well-planned and informative walks. The walks are non-competitive, which allows participants to walk at their own pace. We also support hikes, bike rides and swimming. We have more than 180 clubs across the U.S. with more than 2,500 events each year. Visit our website at ava.org to locate a club and walks near you.*

Welcome to all the newest members and we would love to get to know you better as we walk the trails!

~Lori
President



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





Sandy Peaks

Do you love doing our walks?
Do you like to volunteer?
Combine these two things and help our club grow. You can do

this in a big or small way. Just tell us what you enjoy doing. Are you a leader? It won't be that long before we will be looking for officers to help fill our board of directors. Offer now and you can start getting trained. Do you like to write? Offer to write articles for the newsletter or even better, the national newsletter-*The American Wanderer*, better known as the TAW. For either of these newsletters, you can write about walks we have recently done, walks we will be doing or where you went on your last walking vacation. Read some past copies to see what has been written in the past. Are you a planner? Offer to join the Coordinating Committee. We meet once a month by zoom or in person to discuss ideas for upcoming events. Are you a creative person? Offer to help with decorating for our annual dinner or upcoming special events. Do you like the hands on approach to mapping out walks? We can get you acquainted with Plotaroute, a fun computer program that, with a little training, is a great tool for mapping. If you are really excited about creating walking routes, take the test. Become a certified Trailmaster. We currently have just three in our club. Any of them would be glad to guide

you along the "path" to becoming certified. Are you a computer guru? Offer to help with Meetup or Grouper. Spending about an hour every other week adding our walks to their websites will bring more walkers to our events. Love to cook? Offer to bring treats to a meeting. Not ready to commit but have some ideas for walking events? Or any other idea to make our club better? Let one of the board members or committee members know your idea and we will see if we can make it work.

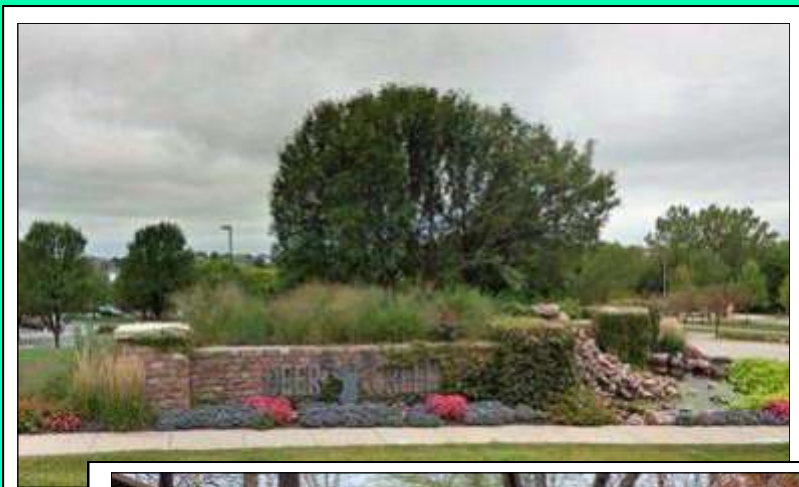
In the meantime, be sure to thank the current volunteers, some of whom have been volunteering for our club for many years. When you see someone sitting at the start or finish table, thank them for being there. The person adopting the walk has spent a lot of time putting together a great walking experience for you. Find out who that person is and be sure to let them know how much you enjoyed the walk they created. When you enjoy the speaker, the newsletter, the treats at a meeting, or just a friendly face, thank the folks who have made that happen. We are lucky to have such great volunteers. A thank you and an offer to help will go a long way to making them feel appreciated.

~Sandy



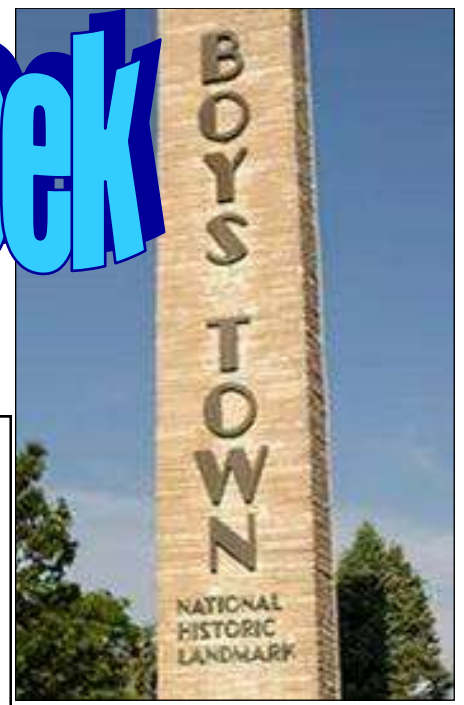
Walking Week

Deer Creek



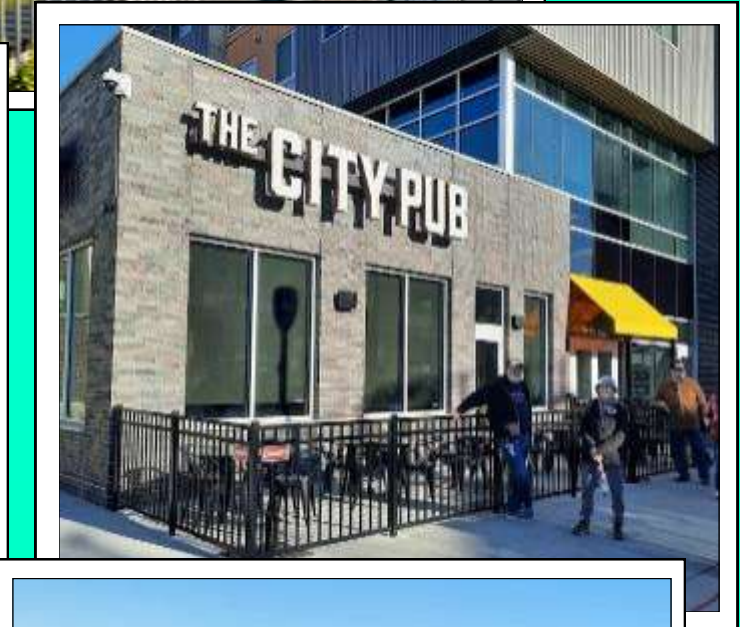
Walking Week

Boys Town



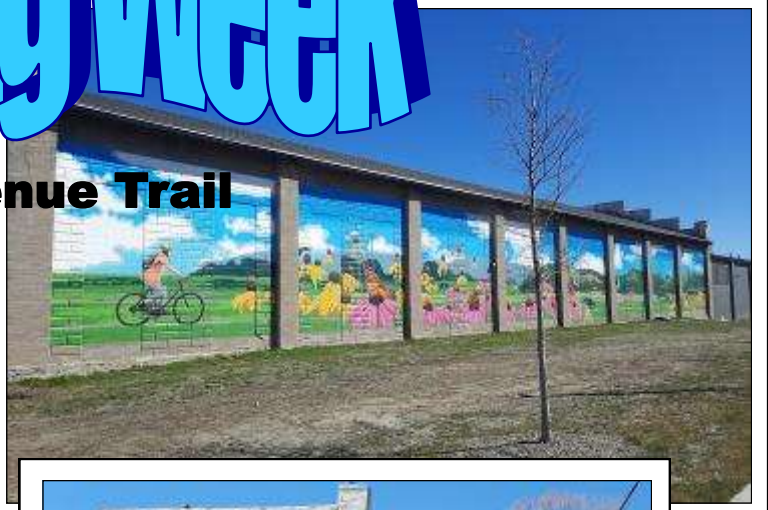
Walking Week

La Vista



Walking Week

1st Avenue Trail



Walking Week

Bellevue





Pella

Tulip Time









Mark your calendars: Upcoming Events!!

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 Northwest Nebraska Volksmarch, Harrison NE Northwest Nebraska Trails Association
- 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
- 18 Art-a-Whirl, NE Minneapolis MN Lake Country Wanderers
- 25 Spring Fun Walk, Blue Mounds State Park 2, MN NorthStar Trail Travelers
- 25 Outlaw Ranch, Custer SD Black Hills Volkssport Assn
- 26 Spring Fun Walk, Blue Mounds State Park 2, MN NorthStar Trail Travelers

June

- 1 Lee Frantz Memorial Walk, Bennington NE Nebraska Trailblazers
- 1 Spring Crazy Horse Walk, Crazy Horst Memorial, SD Black Hills Volkssport Assn
- 8 Yanney Park Walk, Kearney NE Nebraska Trailblazers
- 14 Pie & Ice Cream Social, silver City SD Black Hills Volkssport Assn
- 15 Woodbury Thrives Family Volksmarch, Woodbury MN Twin Cities Volkssport
- 15 Savoring the Centennial, Sturgis SD Black Hills Volkssport Assn
- 20 Summer Fun Walk, Rice Lake State Park, MN NorthStar Trail Travelers

NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown



Vice President
Joyce Sobczyk

Treasurer
Jill Champley

Speaker Schedule

June 3 Open Door Mission



Meeting News

Our next meetings will be June 3, September 9, October 7, November 4 & December 2 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:



NWFT, PO Box 8147, Omaha NE 68108