# Fußstapfen

Volume XVI Number 3

Fun, Fitness, Friendship

May/June 2015



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By now, most of you know that the Grand Island YRE will be ending this month (May). BUT ... we have a new YRE starting in July in Omaha. It is one you can do year round regardless of the weather-because the walk is indoors at Westroads Mall on West Dodge Rd near

### **President's Corner**

Interstate 680. The start point is the AmericInn Hotel just east of the mall. You can start walking as early as 7 a.m.

Treasurer Butch has already sanctioned the the Old Market and October walk – which will start from the Latino museum in South Omaha and November's pie walk which will start from Morning Star Lutheran Church. We still need one or more volunteers to step forward and plan each of these events. That includes planning the route and serving as a point of contact for questions. Please sent President Mel an email (nwftprezmel@cox.net) if you would like to take

on either of these.

Our program coordinator has arranged our July event, which will be a tour of Ted and Wally's Ice Cream in include FREE samples of their products. We talked about a group walk in Ashland as our August get-together.

Finally, National Trails Day is June 6. Please see the article elsewhere in this issue for information about that special event. In addition, you should be getting a reminder later on by email or phone.

~Mel

Questions?

Suggestions?

Call!!!

402/213-7972 Secretary

Tricia Abel 402/889-1910

President

Mel Bohn

# **NWTB** Officers

Vice President Larry Boehm 402/393-5697

Treasurer **Butch Spaulding** 712/322-2797

www.nebraskawander.org

## Western Historic Trails Center Saturday, April 4, 2014





#### **National Trails Day**

The Trailblazers are partnering with the Papio-Missouri NRD to celebrate National Trails Day on June 6, 2015. We'll be starting at the Visitors' Center from 8:30 to 10 a.m. that morning, under "Group Walk" rules. That is, if you're walking for credit, you pay your fee and you get your book(s) stamped. Fun walkers will walk for free at this event! We'll have a special 5K route laid out, which will take advantage of trails and mowed paths for most of the walk. We got the idea for this walk by reading a Facebook posting on the American Volkssport Association's Group Page. Members share ideas, pictures and suggestions about walking events and ways to get the word out. If

you're on Facebook, check out our Facebook page and AVA's page.

Our club is always looking for ways to interact with the community and for opportunities to share our mission of fun, friendship and fitness. The club had a booth at the UNO Claussen-Leahy Run/Walk Event in 2014, joining other health and fitness organizations in promoting community health. Do you know a church, school, business or other community event where we would be welcome to promote volksmarching? If so, let Sandy Spaulding know at spldngs@aol.com.

# Mark your calendars: Upcoming Events

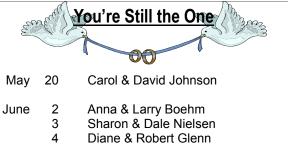
May	2	Longview Lee's Summit	Clay-Platt Trackers
	9	Standing Bear Lake, Omaha	
	9	Burr Oaks YRE	C-PT
	16	Shoal Creek Museum & Nature Walk	
	30	Cedar Rapids Walk	HH
	30	Westport YRE	C-PT
	30	Clay Center KS	SSS
	31	Fort Riley & Manhattan KS	SSS
June	6	National Trails Day, Chalco Hills, Omaha	NWFT
	6	Parkville YRE	
	6-7	Crazy Horse Monument	BHVA
July	11	Big Stone City SD/MN Border Crossing	Prairie Wanderers VA
	18	Iowa Games, Ames	GDMVA
Sept	12	Breakfast Walk, Zorinsky Lake	NWFT
	19	Urbandale IA	GDMVA
	27	Crazy Horse	
Oct	3	South Omaha Museo Latino Walk	NWFT
	10	Maxwell Walk to Wildlife	GDMVA

#### Event Awards for Club Members

Karen Dix

#### Distance 6000

"The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends." -- Marvin.



- 9 Cathy & Jim Ochsner
- 16 Karen & Jerry Dix
- 25 Diane & Jim Fenlon

#### Happy Birthday to You!!!!

#### Мау

- 3 Steven Dowling
- 4 Dave Johnson
- 9 Martha McGahan
- 10 Ann Drebot
- 18 Norma Wessel Julie Brown
- 30 Tricia Abel



#### June

- 6 Pete Dowling
- 14 Sandy Spielman
- 19 Marlene Wailes
- 20 Lina Cashin
- 30 Joe Houfek

### **Meeting News**

The next club meetings will be May 4 and June 8, 2015, at Morning Star Lutheran Church, located at 331 S 85th Street in Omaha. The meetings start at 7:00 p.m. We try to have a short program before the business meeting. 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, 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.

### **Membership Dues**

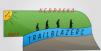
February & March dues are now past due (check your mailing label—email message will be sent out as a reminder). Renewal is \$10 for a single membership and \$15 for a family membership. Please send renewals to:

> NWFT PO Box 8147 Omaha NE 68108

### **Newsletter Info**

To place info/articles/photos in the next newsletter, simply email: nwftprezmel@cox.net

Or snail-mail by June 15 to: NWFT PO Box 8147 Omaha NE 68108



Nebraska Trailblazers PO Box 8147 Omaha NE 68108