

Footsteps

Fun, Fitness, Friendship



The Prez Sez...

Happy Fall Y'all,

I am typing this as Lilia and I drive back to Nebraska from a weekend in Kansas. We joined other volkswalkers for the *Hoofin' it on Halloween* multi day event around Hutchinson, KS. We share a for ice cream and listened to Husker Football on Saturday's walk. Our Nebraska Club was represented well and we are bringing back many door prizes to share. We got the chance to visit with several other clubs and compare activities and how to run events. Return address labels are very popular. We especially learned that communication distribution is key from the AVA to the Club Presidents to the members. It was surprising to hear other club members had not heard of the AVA Cruise or the biennial convention details which may be the result of not getting these messages from their club board members like we DO. I hope you are all enjoying the emails that I send your way and reply to me if you have any questions. I am proud of the interest our Trailblazer members display and how engaged we are with the national office and with other clubs which makes it easy to help plan and run this club. The

level of commitment by several members generating ideas, volunteering, serving in committees in general make a cohesive and fun club. We do not have one person doing everything. I especially wanted to thank Jill for her creativeness and Mary for her baking and Joyce for working on nominations. I am looking forward to the U.S. Capitol Christmas Tree making a stop in Omaha coming from Alaska going to Washington D.C. Each year a different National Park is chosen to donate a tree and haul it by truck to the Capitol. The Riverfront is hosting this Tree at a festival and we as partners with MECA have been invited to set up a booth with an activity encompassing the theme of nature and forest. We will be discussing ideas for our booth and will need some volunteers on Nov 13th from 5-7pm I would love to see you all at our next club meeting and walking events. We will be trying a new time for our annual meeting/dinner on Jan 18th which will be at 1:30pm. Hopefully this will allow you to drive home before dark and avoid bad weather. There are only 60 days before Christmas so start shopping now!

~Lori

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





Sandy peaks

What fun. We are doing so much more than just walking. We started September with a great walk in Papillion on a glorious day. So much to see. We were not able to be at the Step to the Beat walk, so we walked the worker's walk. On a very warm day, we greatly enjoyed the wonderful sights and smells in the rose garden in Memorial Park as well as the memorials and the lovely houses in the Fairacres area. The Conservatory of Music made a great start point for this walk! The Seward Labyrinth walk was another warm day but we were welcomed by Jeanne and her husband to the Inner Maker Art Village. We enjoyed her great presentation on Labyrinths, her beautiful artwork and the labyrinth. Walking it was a delight with the sounds of the corn rustling in the wind, the visual of the variety of stunning rocks along the edges and the feeling of the sand under our feet. We also missed the meeting in October. I heard there was a great speaker. But we were able to enjoy the perfect walking weather for the Lion's Club walk and enjoy the spaghetti feed after. I even won a couple of the silent auction items! Jill put together a great display on Pedestrian Safety for Safety Saturday. Unfortunately, there was not a lot of activity as there was only one other table there, but Jill did find a dog to pet and the candy at the table was a draw for kids walking by. A better event on The RiverFront was It's Fall Y'all. Candy was handed out from our skeleton decorated table and there was lots of interest in our club.

Upcoming are some more fun events that involve more than just walking. Our November walk will be a 'Giving Walk. Bring some pie making ingredients instead of pie. Giving these ingredients will help make some needy family have a better holiday. So bring some flour, sugar, pie filling and/or some canned fruit and pay only \$2 to walk. Another unusual event coming up is the National Christmas Tree coming to The RiverFront. On November 13, The RiverFront will have the tree on display and we will be part of that celebration. We are still working on the details, but may be asking for some help putting something together.

And to finish out our year is our famous Old Market Holiday Lights Walk. This will once again be sponsored by The RiverFront and KANEKO so everyone walks for free. We are getting a huge response on Facebook again this year. The last time I looked, there were 5,000 interested!!!!

Similar to the year we had 700 walkers. EEK! That means we will need lots of volunteers and lots of cookies. Be prepared!

~Sandy



Walker of the Year Nominee

Teresa Ziska

Teresa has been a member since 2021. She is the club's Volunteer Coordinator which is a new position created recently.

She has led the group on numerous walks. She also has been a greeter, a speaker at our monthly meeting and also participated in the Olympiad walk in San Antonio. Theresa also volunteered at the air show this summer for the club. We are thankful for her continued contribution to the club.

A link to voting will be sent to all club members with an email address. Since we cannot track who has/hasn't voted, paper ballots will only be available at the club meeting for anyone without an email address.

Halleck Park



Halleck Park Papillion



Halleck Park

Papillion's Butterflies



Seward Labyrinth



Seward Labyrinth



Seward Labyrinth

Walking the Labyrinth

A Journey to the Center

All roads in a labyrinth lead to the center. The labyrinth is the perfect place to begin the journey of exploration and experiential learning from the inside out. Walking the labyrinth offers a powerful way to strengthen your spirit by taking time to listen to and respecting your inner voice. Standing in the center of a labyrinth is a form of prayer. Labyrinths that have been around for thousands of years. A labyrinth is a path that leads to a center and back again. Walking the path is a form of meditative prayer that leads you closer to your personal center, the core of who you are.



History of Labyrinths



Seward Labyrinth



October Walk



Gene Leahy Mall

Safety Saturday



Halloween at the Mall



Lions Club Walk



Lions Club Walk



Galaxy A51



Galaxy A51



Galaxy A51



Mark your calendars: Upcoming Events!!

Nov

- 2 'Giving Walk, Omaha NE Nebraska Trailblazers
- 2 Neighborhood Walk, Richmond Heights MO Gateway Milers NFP
- 9 Prairie State Park, Mindenmines MO Dogwood Trailblazers Assn.
- 9 Veterans Walk, Madison WI Madison Area Volkssport Assn.

Dec

- 14 Old Market Holiday Lights Walk, Omaha NE Nebraska Trailblazers

Jan

- 4 Northtown Mall Walk, Blaine MN Lake Country Wanderers
- 7 Holiday Walk, Spearfish SD Black Hills Volkssport Assn.
- 11 East Towne Indoor Mall Walk, Madison WI Madison Area Volkssport Assn.

NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown



Vice President
Joyce Sobczyk

Treasurer
Jill Champley

Speaker Schedule

- | | | |
|----------|---|---|
| November | 4 | Protecting Yourself from Scams
Deputy Mike DeChellis |
| December | 2 | Iowa Community College Continuing Ed
Megan Blakely |
| February | 3 | Habitat for Humanity
Caroline Nodbisch |
| March | 3 | Omaha Conservatory of Music
Gretchen Crane |



Meeting News

Our next meetings will be 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

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