

Footsteps

Fun, Fitness, Friendship

Volume XXVI Number 3

May/June 2025



The Prez Sez...

Welcome Spring!

I don't even care if we walk in the rain right now! I've been doing a couple YREs to keep my endurance up while we have breaks in the Club schedule. YRE stands for Year Round Events. These are at specific locations all year and you can walk on your own any time. Our club sponsors six of these and they are listed on our website and also toward the back of your 2025 booklet. If you are a book stamper, several of them have Special Program sites, like our "Step to the Beat" program. Remember if you do a YRE for the first time it is \$4.00 but after that there is a discount for the same walk thru this year of only \$3.00 each time (members only). And remember while you are traveling on vacations this summer, look up other YREs in other cities/states and walk those, too. So walkers, stay in shape and visit these YREs.



Inside this issue:

| | |
|--------------------------------------|------|
| <i>The Prez Sez</i> | 1 |
| <i>Sandy Speaks</i> | 2 |
| <i>Photos</i> | 3-17 |
| <i>Upcoming Events</i> | 18 |
| <i>Birthdays & Anniversaries</i> | 18 |
| <i>Officer Roster</i> | 19 |
| <i>Meetings & Dues</i> | 19 |



A few of us members will be in New Mexico for the AVA Biennial Convention starting April 26th going thru May 4th so we will be gone but I will take my computer if you need me thru email. While there, I plan to go to Carlsbad Caverns (a bucket list item), attend the national meeting where we will vote on some amendments to our constitution, do several walks including crossing over into Mexico where I will try some authentic cultural foods but I'm not big on spicy! Since I like to travel within the U.S. these conventions are a favorite of mine since they are in a different state every 2 years.

We should all be getting out our sun shade hat, bug spray and sun screen lotion ready for the summer weather so go check your supplies now!

I would like to challenge all members to walk each of our YREs once during June, July and August on a cooler day of your choice. Those who succeed will receive a prize at the September meeting!

Thank you Julie Brown for always putting together this great newsletter for our club! And thank you Jeanne Miller for updating the Facebook page with great photos of our walks.

I will see you in May for our Club Meeting on Monday the 5th.
Bye for now,

~Lori

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





Sandy speaks

I am writing this a little early as we are off to convention soon. Looking forward to our own preconvention hikes in Big Bend National Park, Carlsbad Caverns and Guadalupe National Park. Then a week of wonderful walks that await us in New Mexico. I am betting it will be a little warmer there than it has been in our area this month.

We had some wonderful walks for Walking Week! We started with a good 5k event at Shadow Lake. This was a new trail for me. I am always amazed that, after 72 years in the area, there are still new trails to walk and things to see. Shadow Lake was enhanced by a really fun couple that joined us from Dover, Delaware. He is Santa, she is a clown and their cute dog is a therapy dog. They were on their way to South Dakota to research library plans for dinosaur events that the national library association is working on for 2026. April 2nd took us to another brand-new trail for me. Twenty of us walked the fire break at Glacier Creek. It was a little cool, but the scenery was REALLY cool. Dudley introduced us to the Motus Wildlife Tracking System when he spotted the antennae on the tower. After the walk, we enjoyed cookies while the naturalist told us the history of the property and talked about her personal snake research. It was fascinating. She also touched on the Motus that Dudley had mentioned and told us that the birds tracked there were totally different during migration than the birds that Hitchcock tracked, showing a different migratory pattern on each side of the Missouri River. You can look at the data at Motus.org.

April 3rd was our most popular event. About 100 people showed up for our Joslyn walking tour. They split us up into groups of about ten. Each group got a different experience as the docents all focused on different areas. Our group examined the architecture both inside and out. We compared the pottery vessels. I never realized they are arranged basically by era with the oldest on the east side and gradually advancing to the west. The paintings in Joslyn Building are arranged the same. We looked at the Founder's Room and then advanced to the new Hawks Pavilion. It was an amazing experience.

April 4th took us to the RiverFront. It was a little cool, but the walk was fabulous. A visit to Omar and a walk over into Iowa with great company and spectacular views. It was fun to see where the tree trails are going up on the Iowa side of the river. A future walk in the making! Back over the bridge and we were able to traverse the brand new Baby Bob bridge to 10th St. We circled the CHI Center, up the steps and back to where we started from. The rain actually waited until we got to the cars before it started. Very kind of mother nature.

April 5th was another very unique walk. We had never been to the Lotus Monastery. Tri (pronounced tree) was very kind and introduced us to Buddhist traditions and her Vietnamese congregation (Shanghai). The Buddhist religion is all about mindfulness. They use meditation to help know the mind, train the mind and free the mind. Walking while meditating is something they practice in their beautiful garden. The Buddha image reminds the followers of his qualities of perfect wisdom and perfect compassion. The offerings are an act of dana—the act of generosity. Flowers are offered as the beautiful things in the world, but even as they wither, the meaning continues that all things are impermanent. We should value what we have now and live in the present.

Candles offer the radiance of hearts and minds, offering the brightness and wisdom of their own minds uncluttered by problems and vices. Fruits remind us that all actions have their effect. Practicing the Buddhist path will bear fruit. Incense calms the mind, offering peace of mind to the Buddha. Water symbolizes purity and clarity of mind. This symbolizes the offer of goodness and virtue. Lamps illuminate darkness, symbolizing a wise solution and the perfection of wisdom. The walk itself was filled with Council Bluffs history. Lots to see!

April 6th, we were finally blessed with perfect walking weather. Twenty-one walkers enjoyed the peaceful walk around Lake Zorinsky. The birds were singing and the woodpeckers were pecking. A few even got a glimpse of some deer that were enjoying the lovely day.

April 7th—our final walking day was another great walk, crossing the Platte River on the pedestrian bridge from South Bend, Nebraska. We had 19 walkers enjoy the nice weather and great scenery. We also had fun finding Easter eggs—Thanks, Lori! Then we stopped at Round the Bend Steakhouse for supper. Yummy end to our great week of events!

~Sandy



Florence



Florence



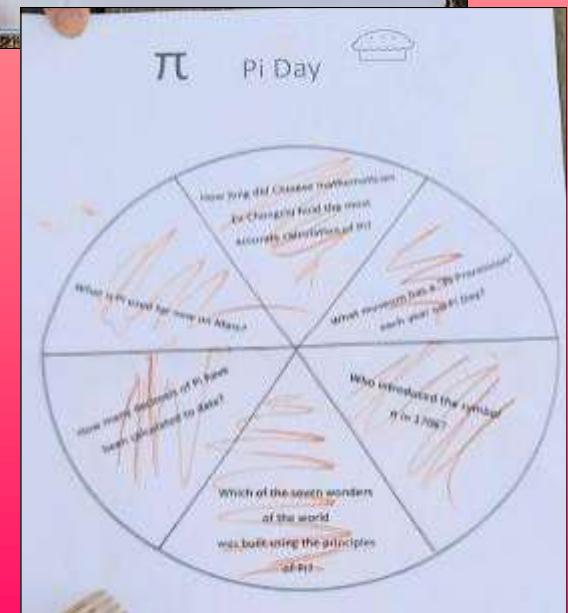
Pi Day



Pi Day at The RiverFront



Pi wasn't always known as pi. People used to refer to the number as "the quantity which when the diameter is multiplied by it, yields the circumference". The symbol for pi was created in 1706 by mathematician William Jones.



Walking Week

Day 1 - Shadow Lake



Santa & Mrs-incognito!

Walking Week

Day 2 - Glacier Creek Preserve



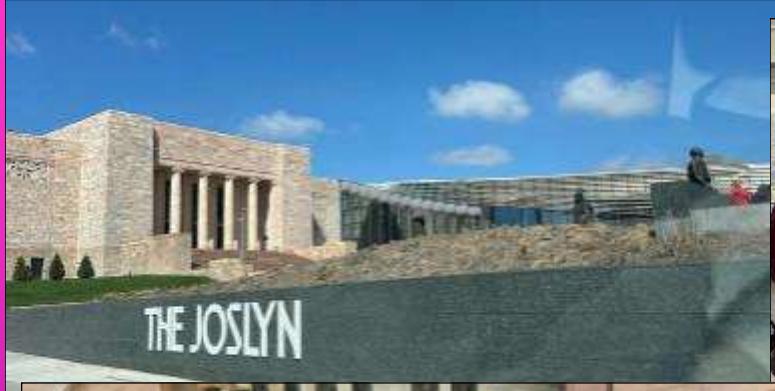
Walking Week

Day 2 - Glacier Creek Preserve



Walking Week

Day 3 - Joslyn



Walking Week

Day 4 - Bob & Baby Bob



Walking Week

Day 4 - Bob & Baby Bob



Walking Week

Day 5 - Lotus Monastery



Walking Week

Day 5 - Council Bluffs



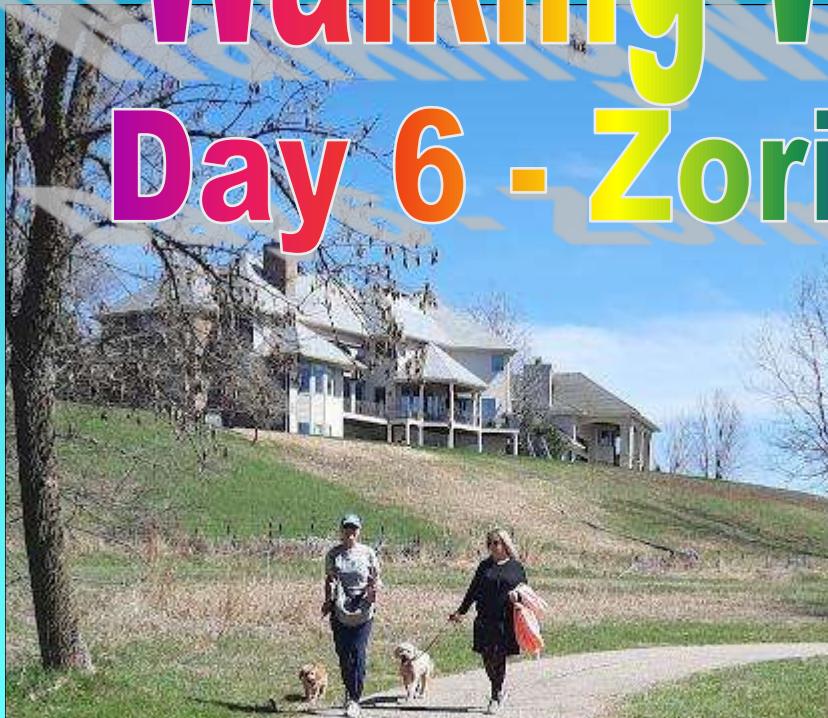
Walking Week

Day 5 - Council Bluffs



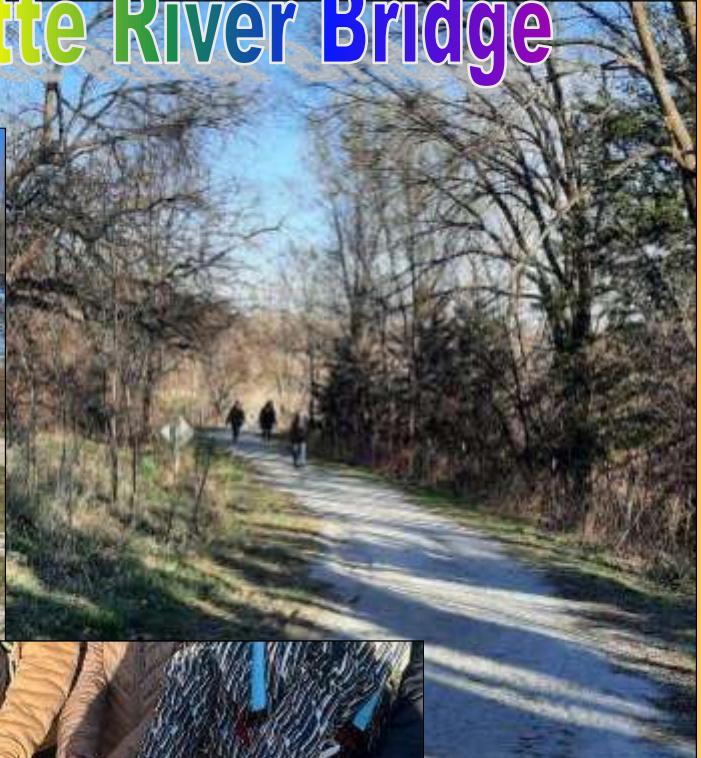
Walking Week

Day 6 - Zorinsky



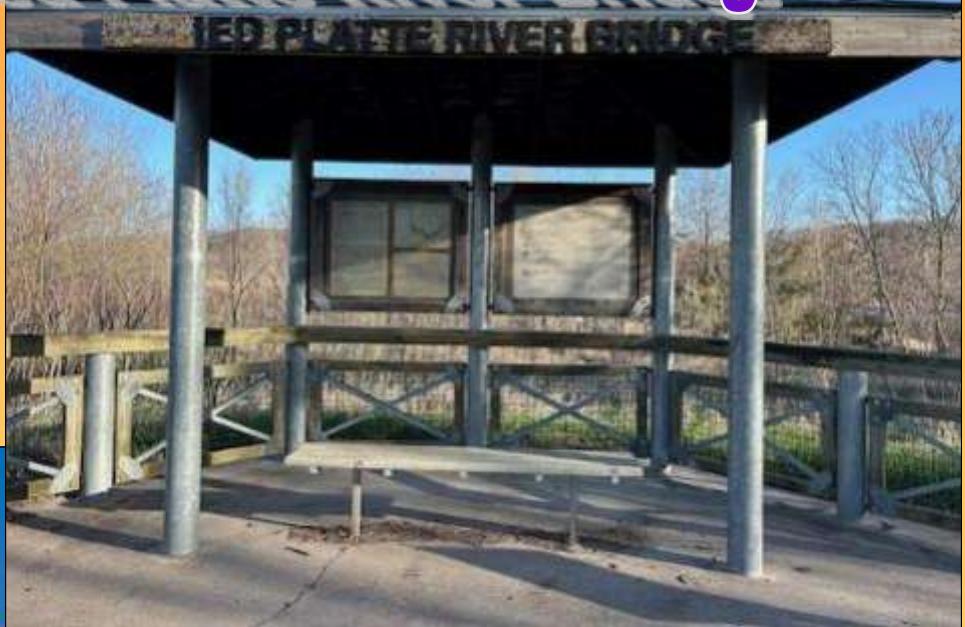
Walking Week

Day 7 - Lied Platte River Bridge



Walking Week

Day 7 - Lied Platte River Bridge



Bald Eagle



Mark your calendars: Upcoming Events!!

May

| | | | |
|-------|---|-------|---------------------------------------|
| 7-10 | Huffin' & Puffin' on the High Plains of Kansas | | Sunflower Sod Stompers |
| 10 | Schramm Park State Volksmarch, Gretna NE | | Nebraska Trailblazers |
| 17 | Historic Snusville, Des Moines..... | | Greater Des Moines Volkssport Assn |
| 17 | Northwest Nebraska Volksmarch, Crawford NE | | Northwest Nebraska Trails Association |
| 17 | Creekside Trail, Custer State Park SD..... | | Black Hills Volkssport Assn |
| 17-18 | Myre Big Island State Park Spring Fun Walk, Albert Lea MN | | NorthStar Trail Travelers |
| 18 | Lover's Leap, Custer State Park SD | | Black Hills Volkssport Assn |
| 24 | Outlaw Ranch, Custer, SD | | Black Hills Volkssport Assn |

June

| | | | |
|----|--|-------|-----------------------------------|
| 7 | Trails Day at Mandan Park, Omaha NE | | Nebraska Trailblazers |
| 7 | Spring Crazy Horse Walk, Crazy Horse SD | | Black Hills Volkssport Assn |
| 14 | Adams Homestead & Nature Preserve, North Sioux City SD | | Prairie Wanderers Volkssport Club |
| 21 | Sturgis Volksmarch, Sturgis SD | | Black Hills Volkssport Assn |

July

| | | | |
|----|--|-------|------------------------------------|
| 13 | Woodbury Thrives Family Volksmarch, Woodbury MN | | Twin Cities Volkssport |
| 13 | Silver City Ice Cream Social, Silver City SD | | Black Hills Volkssport Assn |
| 19 | Brenton Arboretum, Dallas Center IA..... | | Greater Des Moines Volkssport Assn |
| 26 | Moose Lake Summer Fun Walk, Moose Lake State Park MN | | NorthStar Trail Travelers |
| 26 | Whitewood-Oak Park Trail, Whitewood SD | | Black Hills Volkssport Assn |
| 27 | Banning State Park Summer Fun Walk, Sandstone MN | | NorthStar Trail Travelers |

Longtime Members

New in 2026: If you are 85 years young, we have great news for you! Any member who has reached this milestone is entitled to receive a FREE Lifetime Membership! Details coming soon!

Congrats!!

NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown

Vice President
Joyce Sobczyk

Treasurer
Jill Champley



Meeting Speakers

May 5 Midwest Winds Kitefliers
Randy

June 3 Boys & Girls Club
Tom Kunkel



Meeting News

Our next meetings will be May 5 and June 3 at Maple Ridge Retirement Community, 3525 N.167 Circle, Omaha, at 7pm. There will be a short program and a short business meeting 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 2025 will have their membership pro-rated so that it expires 12/31/25

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