

Footsteps

Fun, Fitness, Friendship

Volume XXVI Number 4

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The Prez Sez...

Happy Summer Walkers,

Our club's very own Jill Champley was recently recognized by AVA: America's Walking Club with the Meritorious Service Award. This award is only given to individuals who have given five years or more of outstanding service at the club, regional or national level. As a reminder, our club belongs to the North Central Region of the American Volkssport Association, which has been serving anyone interested in noncompetitive sports such as walking for almost 50 years.

Here's how Jill's nomination for this prestigious award read:

"Do you know that one member of your club you can always count on to be present? We have one of these, Jill Champley. Jill has been the treasurer of our club, The Nebraska Wander Freunde Trailblazers, since 2017 and was voted Walker of the Year in 2021. If you have ever seen the back of her vehicle, it holds her wagon that she loads up with every supply you can think of. She is a giant piece of the puzzle that constitutes the backbone of our club and we love to eat her treats!!"

Congratulations to Jill for her award, and many thanks for her contributions!

See page 5 for the picture!



~Lori

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I wanted to give you all a summary of the AVA National Convention held in Las Cruces, NM April 26-May 4th. We ventured out on several volkswalks around the area to City of Rocks, Silver City, Fort Bayard, Gila Cliff Dwellings, New Mexico State University, Mesilla, Organ Mountain and El Paso. Some events we attended were the Opening Reception buffet at the Farm & Ranch Museum, crossing the Mexico border for a buffet in Juarez, Dessert in the Desert, White Sands National Park, and Carlsbad Caverns. Speakers talked about Mexico history, the Missile Range, Safety while walking and Rails to Trails. Can't wait to see where we go for the next one in 2027. Consider making this a vacation idea for your family.

For this summer, the six YREs to walk are: Lincoln Capital, Chalco Hills, Historic Downtown Omaha, Music of Seward, Glenwood and Wabash Trace. If you register for all 6 before the end of August there will be a prize for you at the September meeting.

For the latest on events and news visit our website:

<http://www.netrailblazers.club/>





Sandy peaks

Downsizing-wow. Not a typical subject for walkers but that is what is happening at my house.

After 51 years of accumulating stuff and 33 years in one spot, we have a lot of downsizing to do as we move into an apartment. You don't realize how much stuff you have stored away until you start looking at the shelves and boxes that have been hidden away under the staircase and in closets. Thank goodness for our kids, grandkids and volksmarching friends, we are getting there. With more than five shelves of storage just for the club, it is nice to get some of that moved out. Thanks so much to Jill for taking on the storage of all of the Christmas Lights Walk goodies. And for Lori taking chairs and tables off our hands.

As to the kids and grandkids, they all wanted to come for one more visit to Grandma and Grandpa before it is an end to the era of spending the night. They each have to leave with at least a bin full of stuff. That is my idea of how to get rid some of our treasures.

Back to the business of Nebraska Trailblazers. August 10th, we will be listening to Taxi Driver at Surfside. This was really fun last year. And I hope you are all planning to join us as we help Iowa's Walking Club celebrate their 40th Anniversary walking in the spot that their very first walk was held in the oldest park in Des Moines. The rumor is that there will be food, cake and a presentation after the walk. Let a board member know if you would like to carpool to this fun event.

2026 will be here before we know it. We will be celebrating two pretty major milestones. AVA's 50th Anniversary and our country's 250th. Got any great ideas about how we could mark these big events? The Coordinating Committee would love to hear them! Just let one of us know. ~ *Sandy*



From the folks in Midlothian, Texas, where the July average high is 95°F:

Walking or any exercise in the hot summer months requires a bit more planning. Here are a few tips to keep in mind when preparing for a walk in the heat.

1. **Work up gradually:** You must acclimate your body gradually to higher temperatures. Cut back your normal routine to an easier and shorter workout and gradually work back up to a longer and harder workout over a few weeks. Your body will eventually acclimate to the heat. Try to exercise in the shade as much as possible, keep to shady streets or tree lined paths for your walk.
2. **Wear appropriate clothing:** Light colored, loose fitting clothing made from cotton or sweat wicking fabrics is best. Also, don't forget a hat and sunglasses. A wet bandana or neck cooler can help by cooling the blood flow to the brain.
3. **Water:** An hour or two before exercising drink two eight ounce glasses of water. During exercise have a drink every 15 to 20 minutes. Follow up your walk with another eight ounce glass of water within 30 minutes after exercising.
4. **Know when to stop:** Heat stroke and heat exhaustion are very serious so if you get a headache or feel dizzy then stop walking immediately, drink water and get out of the heat.

With just a few precautions, you can enjoy walking even during the hot summer months. Stay smart, stay safe and walk!

County Walks

Viking Lake



County Walks

Glenwood



County Walks

Wabash & Shenandoah



County Walks

Corning



Convention

White Sands



Convention

Social Events



Convention

Social Events



Convention

Rose Garden

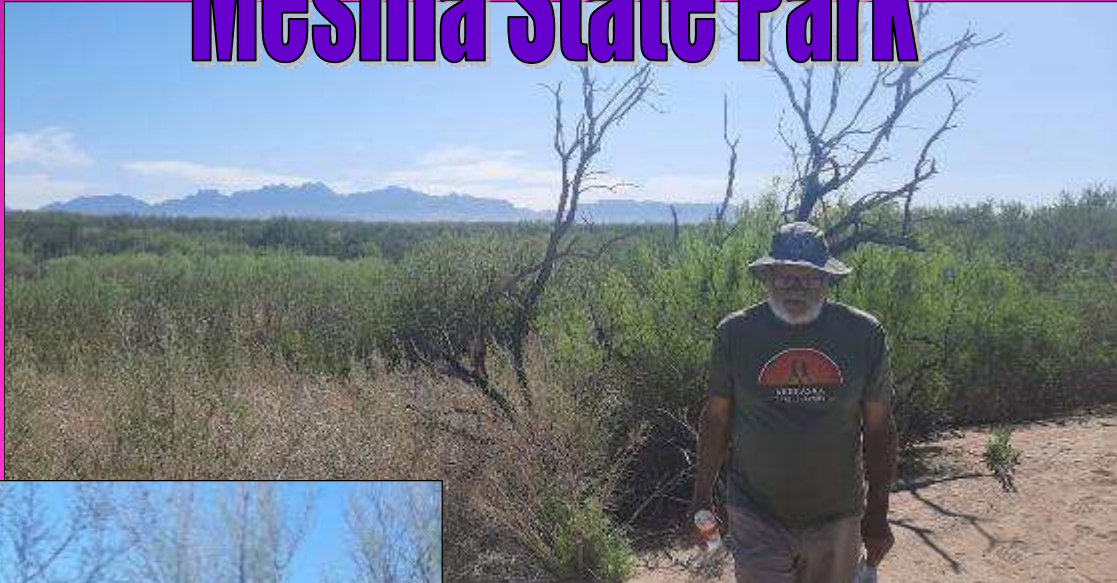


Convention



Convention

Mesilla State Park



Convention Juarez



Convention

Dripping Springs



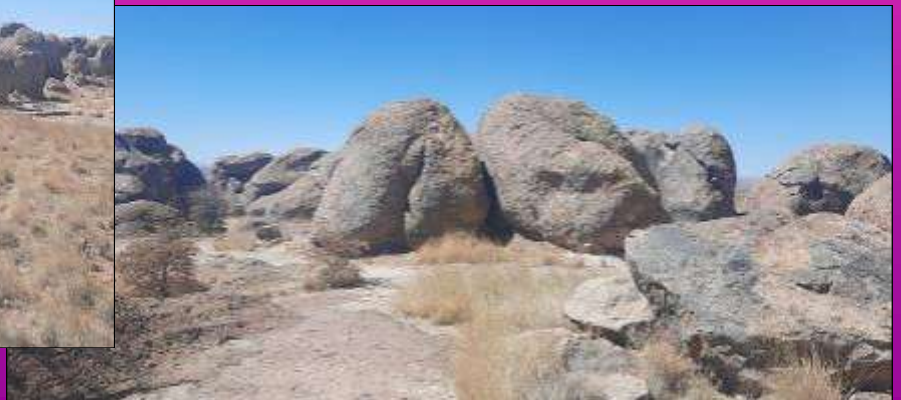
Convention

Demming



Convention

City of Rocks



Convention

Carlsbad Caverns



Schramm Park



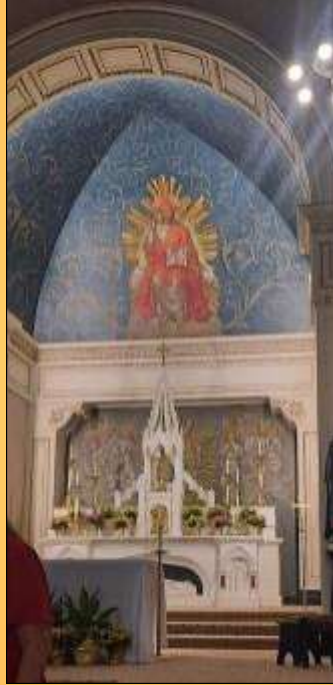
Mandan Park



Little Italy



Little Italy





Mark your calendars: Upcoming Events!!

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

Aug

- 8 Custer County Fair, Hermosa SD Black Hills Volkssport Assn
- 23 Greenwood Park, Des Moines IA..... Greater Des Moines Volkssport Assn
- 23 Festival of Nations, St. Louis MO St. Louis Walkers
- 30 Black Elk Peak, Custer SD..... Black Hills Volkssport Assn
- 30 Cathedral Spires, Custer SD Black Hills Volkssport Assn

Sept

- 6 Slattery Vintage Estates Vineyard, Nehawka, NE Nebraska Trailblazers
- 6 Hill City Quilt Show Walk, Hill City SD Black Hills Volkssport Assn
- 13 Mission City Walk, Mission SD..... Black Hills Volkssport Assn
- 14 White River City Walk, White River SD..... Black Hills Volkssport Assn
- 20 Yanney Park, Kearney NE Nebraska Trailblazers
- 20 Cottleville MO walk..... Gateway Milers
- 20 River & Town Walk, Hot Springs SD..... Black Hills Volkssport Assn
- 21 Wild West Frontier, Hays KS..... Sunflower Sod Stompers
- 27 Flandrau State Park, New Ulm MN NorthStar Trail Travelers
- 28 Minneopa State Park, Mankato MN NorthStar Trail Travelers
- 28 Fall Crazy Horse Walk, Crazy Horse SD Black Hills Volkssport Assn

Awards

	<u>Events</u>	<u>Distance</u>
Barbara Sronce	125	
Jill Champley		2500 km

NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown



Vice President
Joyce Sobczyk

Treasurer
Jill Champley

Meeting Speakers

September 8 Nebraska Forest Service
 "The Language of Trees"
 Graham Herbst

October 6 Audubon Society of Omaha
 Bill Bossman

November TBA

December TBA



Meeting News

Our next meetings will be Sept 8 and October 6 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,



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