

# Footsteps

Fun, Fitness, Friendship



## The Prez Sez...

This is from Carl Cordes AVA Chair:

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Increasing participation is critical to sustain AVA and the member clubs. That has proven more difficult for some than others. Perhaps you are member of a small club that can not or will not host traditional events to attract new walkers and members. Or maybe you are an AVA member with no club. Please consider joining the AVA Sustained Giving Program. Your one time or recurring donation helps fill the participation gap. Give as little as \$10 a month. Or become an AVA Pioneer by donating \$50 in recognition of our 50th Anniversary. Clubs, regardless of size, can have a massive effect by encouraging their members become regular donors.

Friends of America's Walking Club Sustained Giving Program help our communities live a longer healthier life by becoming a Monthly Donor a monthly donor.

Our mission as America's Walking Club is to promote health and wellness through non-competitive physical fitness activities for people of all ages and abilities. As America's Walking Club, it is important for us to improve the physical and mental well-being of our nation. We want to be the preferred walking organization to help lower the risk of obesity in the United States. We want to reduce the risk of heart disease and high blood pressure. Through our social events, we want to reduce isolation, treat depression, and enhance mental well-being. When you join our Friends of America's Walking Club Sustained Giving Program, you're joining a special group of people dedicated to helping others live longer, healthier lives. Your monthly donation will help keep America Walking for Fun, Fitness, and Friendship. We invite you to become our AVA Advocates, Companions, Pioneers, Leaders, Guardians, and Legends through our Friends of America's Walking Club Sustained Giving Program.

Your first monthly charge will happen on the day you first sign up. After that, your credit card will be charged every month on the anniversary of your initial donation. By providing your credit card information, you authorize AVA: America's Walking Club, to charge your credit card on a recurring basis.

~Lori



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





## Sandy Peaks

Instead of an article, I am attaching kind words that were in the AVA Checkpoint and the Rails to Trails Conservancy Facebook page.

### From Rails to Trails Conservancy:

As we kicked off the week leading up to Celebrate Trails Day, our team was thrilled to join the Nebraska Trailblazers—part of America's Walking Club—on the trails in Omaha, Nebraska, and Council Bluffs, Iowa!

The multi-day gathering was one of the special events planned in celebration of America's Walking Club's 50th anniversary, and it brought together 80 people who traveled from various states to walk together on iconic trails—including part of the route of the Great American Rail-Trail!

The group first walked the First Ave Trail in Council Bluffs and saw one of the Great American Rail-Trail historical markers—developed as part of a program made possible thanks to the partnership of the @wgpfoundation and the local trails—as well as several beautiful murals along the trail, all helping to share unique stories. Later, the group was joined by Council Bluffs Mayor Jill Shudak and Dr. Viv Ewing before crossing by bridge into downtown Nebraska.

Our team was honored to also attend a reception hosted by America's Walking Club, where RTC was presented with an appreciation award and had an opportunity to share a few words about our mission and work, including on Celebrate Trails Day and the Great American Rail-Trail; Nebraska's leadership within the trails

movement; and the impact trails deliver.

Thank you to our partners at America's Walking Club for inviting us celebrate their 50th; America's trails; and a weekend of walking for fun, fitness and friendship!

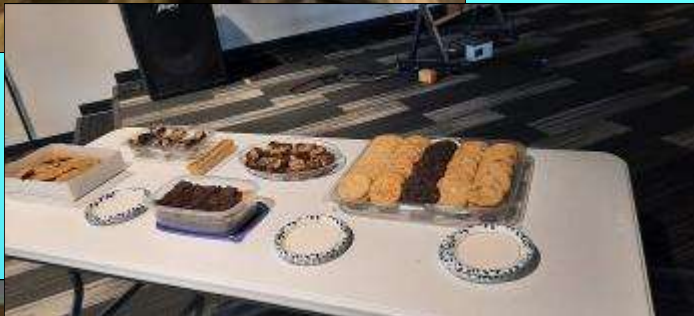
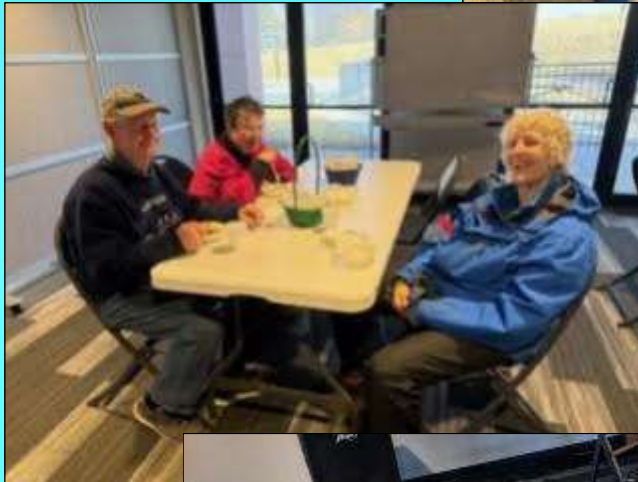
### From the AVA Checkpoint:

SPECIAL THANKS TO THE NEBRASKA TRAILBLAZERS CLUB FOR HOSTING A SPECTACULAR 50TH ANNIVERSARY EVENT IN PARTNERSHIP WITH RAILS TO TRAILS CONSERVANCY. ACCORDING TO SUZANNE MATYAS, SOCIAL MEDIA AND ENGAGEMENT STRATEGIST FOR RAILS TO TRAILS CONSERVANCY;

"We greatly appreciate your support in making this year's celebration extra special. Events and activities were planned in all 50 states, D.C., and Puerto Rico, and people visited trails all across America. In the lead-up to the celebration, we were excited to inspire people to hit the trails by sharing our collaborative blog about ways to engage with the AVA as well as highlights from your 50th anniversary event with the Nebraska Trailblazers—thank you again for inviting us!"

*~Sandy*

# Soup Walk



# Quaker Steak & Lube



# 50th Anniversary

## First Avenue Trail



# Tree Tops Trail



# Tree Tops Trail



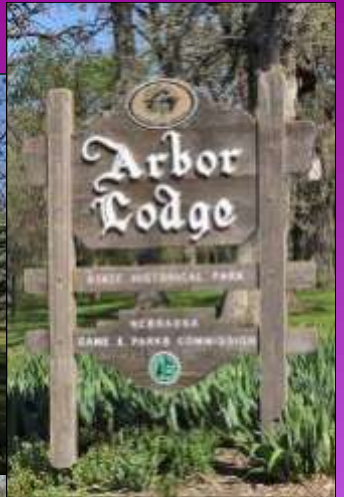
# Tree Tops Trail



# Museum Tours



# Nebraska City



# Nebraska City





# Mark your calendars: Upcoming Events!!

- May**
- 16 Bison Trail, Hudson-Meng Education Ctr, NE.....Northwest NE Trails Association
  - 23 Standing Bear Lake, Omaha, NE..... Nebraska Trailblazers
  - 24 Old Stone Arch Trail, Shelby, IA ..... Nebraska Trailblazers
  - 25 Leavenworth VA Medical Center & Cemetery, Leavenworth, KS ..... Clay-Platte Trackers of Kansas City
  - 30 C.A. Lindbergh State Park Spring Fun Walk, C.A.Lindbergh SP, MN .....NorthStar Trail Travelers
  - 31 Crow Wing State Park Spring Fun Walk, Crow Wing SP, MN .....NorthStar Trail Travelers

- June**
- 2 Overland Park Arboretum, Overland Park, KS ..... Clay-Platte Trackers of KC
  - 6 40th Spring Crazy Horse Walk, Crazy Horse, SD.....Black Hills Volkssport Assn
  - 7 Outlaw Ranch, Custer, SD .....Black Hills Volkssport Assn
  - 13 Whitewood-Oak Park Trail, Whitewood, SD .....Black Hills Volkssport Assn
  - 19 Jacob L. Loose Park, Kansas City, MO ..... Clay-Platte Trackers of KC
  - 20 Sturgis Hike AVA 50, Sturgis, SD .....Black Hills Volkssport Assn

- July**
- 12 Silver City Ice Cream Social, Silver City, SD .....Black Hills Volkssport Assn

- August**
- 1 Big Stone Lake State Park, MN .....NorthStar Trail Travelers
  - 2 Lac qui Parle State Park, MN.....NorthStar Trail Travelers
  - 7 Custer County Fair, Hermosa, SD .....Black Hills Volkssport Assn
  - 15 Monarchs AVA 50, Belle Fourche, SD .....Black Hills Volkssport Assn
  - 21 Lemmon Grain Elevator, Lemmon, SD .....Black Hills Volkssport Assn
  - 22 Wall Grain Elevator, Wall, SD .....Black Hills Volkssport Assn



## NWFT Officers

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Lori Sue Anderson

Secretary  
Dave Brown



Vice President  
Joyce Sobczyk

Treasurer  
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## Speakers

|      |    |                                |
|------|----|--------------------------------|
| June | 1  | Gardens on Glen<br>Tom O'Brien |
| Sept | 14 | BingoCise<br>Amber Raes        |
| Oct  | 5  | TBA                            |



## Meeting News

Our next meetings will be June 1 and September 14 at Maple Ridge Retirement Community, 3525 N.167 Circle, Omaha, at 7 p.m. There will be a short program and a short business meeting followed by refreshments. Just a reminder that the club meetings are the 1<sup>st</sup> Monday of the month at 7 p.m. with some exceptions: no meetings in January, July or August, and it is the 2<sup>nd</sup> 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 2026 will have their membership pro-rated so that it expires 12/31/26.

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