

Footsteps

Fun, Fitness, Friendship

Volume XXVII Number 4

July/August 2026



The Prez Sez...



"Plenty of Pennies Challenge"

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First some background:

The United States penny has officially ended its 232nd year production run for general circulation. Due to skyrocketing manufacturing costs—which reached nearly four cents to produce a single one-cent coin—the U.S. Mint struck its final circulating pennies at the Philadelphia Mint. Moving forward, pennies are only produced as limited-edition collector items.

Current Status and Legal Tender

- Still Valid: Existing pennies remain legal tender indefinitely and can still be used for everyday transactions.
- Trillions Out There: An estimated 114 billion to 300 billion pennies remain in circulation across America.
- Cash Rounding: As the physical supply dries up, cash transactions at retailers are transitioning to symmetrical rounding to the nearest five cents.
- Digital Stays Exact: Credit cards, debit cards, mobile wallet payments, and checks are not impacted and still process exact cents.

Rules of the Challenge

The goal is for us to collect as many pennies as possible. Do you have a hoard of pennies just laying around? Let's use them as a fundraiser and a competition.

For each mile you walk this summer during any NWFT route, you get a credit of 50 pennies plus any donation of pennies you want to add. If you are not up to walking, you can still donate as many pennies as you want. If you attend the August and/or Sept club meetings you get a credit of 50 pennies. There will be prizes for the top 30 donators.

Pick a cooler time of day and head out to one of our YREs or attend one of these events: July 4th Seward walk, Aug 13th RiverFront Art Walk, Sept 5th Rock Valley School, Sept 12th Lake Manawa, Sept 14th Meeting.

Challenge ends the last day of Summer, Monday Sept 21, 2026, the deadline to get your pennies turned in. Prizes will be awarded at our Oct 5th Meeting.

Good Luck to all

~Lori



For the latest on events
and news visit our website:

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





Sandy peaks

After a hot, quiet summer with just a few events, we are looking forward to fall and a whole plethora (I love that word!) of exciting events in the works.

I hope you already have our August 13th Art Walk at The RiverFront on your calendar. Starting by the Arch at 11th & Farnam in the Gene Leahy Mall at 9 a.m., learn all about the fantastic art work in the park. After this one hour walk, stroll with us to Ted & Wally's at 11th & Jackson for some nice cold ice cream.

September is where we really get rolling. We are starting the month with a new program. If you have a friend who doesn't think they can walk 5K, we can help. We will start a 6-week *Couch to 5K* program to help them get in shape just in time for our October 10th walk. Starting August 31st, we will meet in the morning three days a week at the Arch at 11th & Farnam at the Gene Leahy Mall at 9 a.m. We will supply lots of encouragement and a plan to get them in walking shape. They just need to bring some water, comfortable shoes, maybe an umbrella if it looks like rain and a desire to get off the couch and on the trail.

September 5th brings us to our Rock Valley walk. If you don't mind driving a distance, you can enjoy this great walk on the same dirt trails that kids walked to the one room school house. After the walk, enjoy a hay rack ride or just hang out in the beer tent, listening to the music and trying out the kolaches along with a beer. Bring the kids for some fun games on the school grounds.

September 12th takes us to Lake Manawa in Council Bluffs. The \$5 entrance fee for out of state cars is waived for this event. You can enjoy the lovely views of sail boats and water skiers on the lake as well as the trail through the woods. White tailed deer are often spotted in the park. Bring a picnic lunch to enjoy after the walk. We will supply water.

September 19th we are hoping club members will walk with us at *Step out for Seniors*, a new event that supports the Eastern Nebraska Office on Aging. Preregistration is \$5 per person (\$10 the day of the event). Lunch is included. You can register as an individual or as a group. If you would like to add a T-shirt, the cost for the shirt is an additional \$15 and appears to be only available if you register with the group. If you are interested in a T-shirt, contact Jill before August 1st at NWFTJill@gmail.com We will also host a table at the Lifestyle Exposition at the



event,
would

so if you
prefer to
represent

our club at the table instead of walking, email me at sandyspauld@yahoo.com. We will have registration forms available at our September meeting and September 5th & 12th walks. This walk is being held at Benson Park on Friday, September 19th with sign-in at 8:30 a.m. and walk starting at 9. This will be an easy walk around the lake and through the Expo. Watch your email for more details.

September 24th gives us one more exciting event, the American Discovery 250 Relay. This relay is crossing the country in 2026, to celebrate the outdoors and 250 years of American history. The Discovery Trail is the first coast to coast trail in the nation. This 6,800-mile relay from California to Delaware will carry a copy of the Declaration of Independence from coast to coast. The Omaha arm will walk from Democracy Park to The RiverFront. We plan to divide this 10 mile route into three segments of 5- to 8K with cars available to return walkers to their own vehicles. Everyone is invited for a presentation at The RiverFront at the end of the walk. Timing for this event is still to be determined. We will have sign-up sheets available at the September meeting and September 5th & 12th walks. For more information go to <https://discoverytrail.org/america-250-relay>

One more piece of news is the October walk. This was originally scheduled to be at Lake Cunningham. Due to some major construction at Lake Cunningham, this may not be possible. We are looking at other options. So watch your email closely. We will still have a walk that day but we want to make sure you get to the right place to start. We promise it will be a great walk no matter where we start.

On Wednesday, July 15th at 7:44 a.m. and 3:44 p.m. check out 91.FM, KIOS radio for Live & Local with Mike Hogan for a special interview. If you can't make one of those times, it will be streamed at KIOS.org after airing.

~Sandy

If you would like to help plan our events, join "The Committee!" Contact Sandy at sandyspauld@yahoo.com for more info.



Trail Trek hosting guided hike July 11

Nebraska Game and Parks Commission sent this bulletin at 07/07/2026 08:10 AM CDT

Our Your Parks Adventure: Trail Trek is in full swing. A special guided hike is coming up soon and **we invite you to participate!**

This is a great way to pick up a Trail Trek stop AND enjoy learning about the history of our nation while walking in the footsteps of Lewis and Clark.

On **July 11** at 9 a.m., join us at the Missouri River Basin Lewis and Clark Visitor Center (near Nebraska City) for the fourth in our series of guided Trail Trek hikes. During this hike, you'll follow the path of Lewis and Clark's historic expedition while learning more about it and its importance.

Afterward, enjoy living history reenactors and hearing from celebrated author Joe Starita, author of "I Am A Man." Then make plans to join us for our final two Trail Trek hikes in August and September!

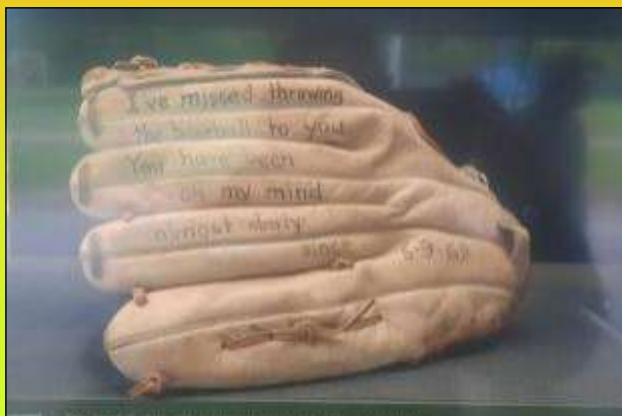
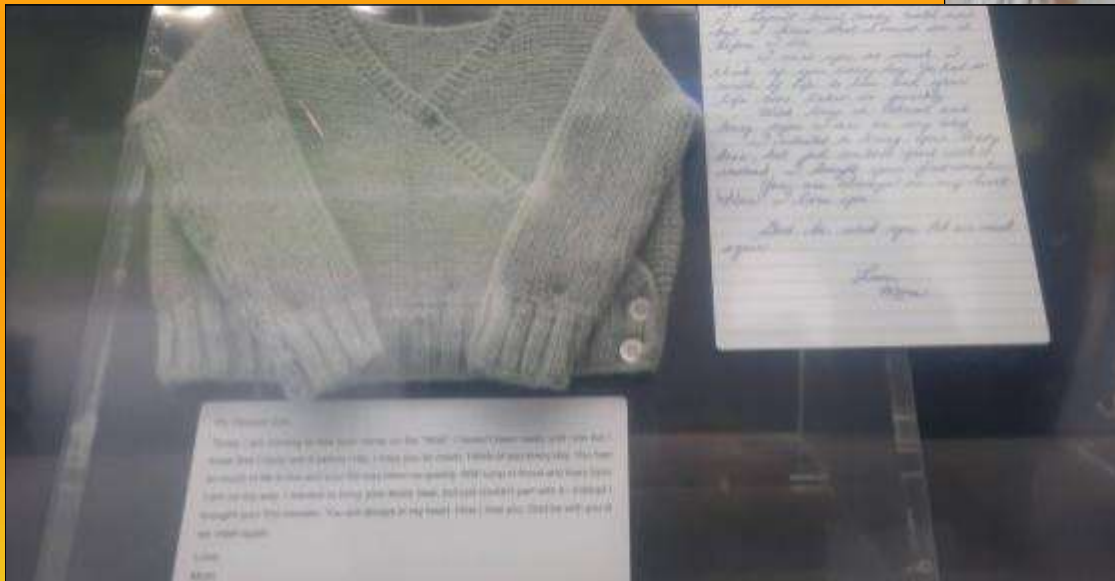
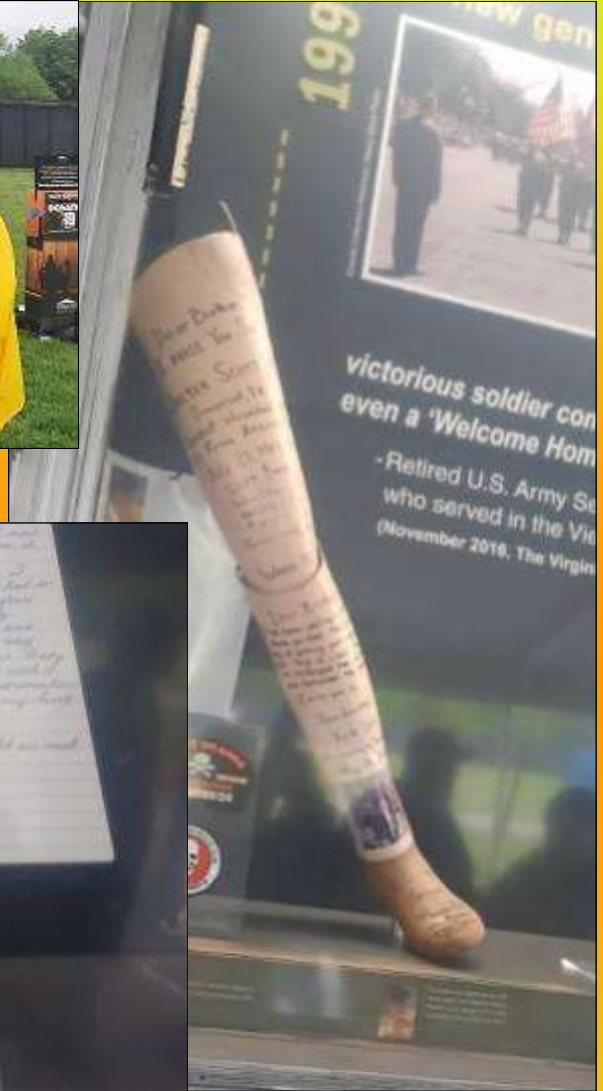
Your Parks Adventure is a free program running through Sept. 30. There is plenty of time left to participate. Visit our website to learn more and then hit the trails today!

Walking Week Standing Bear



Walking Week

The Wall That Heals



Walking Week Shelby



Little Italy



Walking Week First Ave Trail Cleanup



Walking Week Ak-Sar-Ben & Dundee





Mark your calendars: Upcoming Events!!

July

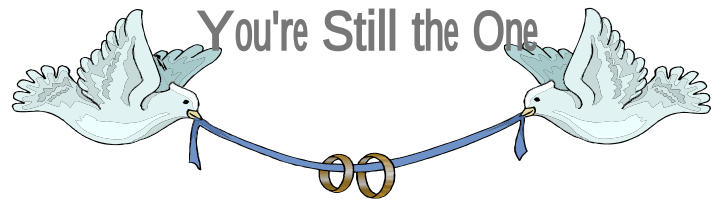
- 12 Silver City Ice Cream Social, Silver City, SDBlack Hills Volkssport Assn
- 18 Iowa State Fairgrounds Walk, Des Moines, IAGreater Des Moines Volkssport Assn
- 21 Prairie Creek Getaway, Platte City, MOClay-Platte Trackers of Kansas City

August

- 1 Big Stone Lake State Park, MNNorthStar Trail Travelers
- 2 Lac qui Parle State Park, MNNorthStar Trail Travelers
- 3 Shawnee Mission Park Walk, Shawnee, KSClay-Platte Trackers of Kansas City
- 7 Custer County Fair, Hermosa, SDBlack Hills Volkssport Assn
- 15 Monarchs AVA 50, Belle Fourche, SDBlack Hills Volkssport Assn
- 18 Burr Oak Woods Conservation Area, Blue Springs, MOClay-Platte Trackers of Kansas City
- 21 Lemmon Grain Elevator, Lemmon, SDBlack Hills Volkssport Assn
- 22 Wall Grain Elevator, Wall, SDBlack Hills Volkssport Assn

September

- 4 Smithfield Lake Walk, Smithfield, MOClay-Platte Trackers of Kansas City
- 5 Rock School Celebration, Table Rock, NENebraska Trailblazers
- 12 Lake Manawa State Park Walk, Council Bluffs, IANebraska Trailblazers
- 12 Homestake Trail 150th Anniversary, Lead, SDBlack Hills Volkssport Assn
- 17 St Joseph Historic Walk, St Joseph, MOClay-Platte Trackers of Kansas City
- 19 Empire Mine AVA 50, Rapid City, SDBlack Hills Volkssport Assn
- 27 14th Fall Crazy Horse Walk, Crazy Horse, SDBlack Hills Volkssport Assn



July	4	Sharon Sullivan
	6	James & Lina Cashin
August	5	Mark & Mary Anne Conway
	9	Stan & Carol Fraas
	15	Gabriel & Wendy Carlson
	16	Deb Gaskins
	31	Tim & Julie Brown

Happy Birthday to You!!!!

- July 2 Gabriel Castro
- 7 Sydney Carlson
- 9 Gabriel Carlson
- 16 Ardith Ortgies
- 18 Jerry Pope
- 23 Tressa Brooner
- 27 Dudley Allen



- August 4 Robert Glenn II
- 4 Ronda Stevens
- 9 Karen Dix-Johnson
- 13 Diane McKee
- 14 Mark Conway
- 17 Sharon Sullivan
- 20 Kenneth Hagerup
- 20 Micky Dorn
- 20 Keith Riley
- 23 Tim Brown
- 24 Mary Brown
- 28 Georgia Abboud
- 29 Jeanne Miller

NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown



Vice President
Joyce Sobczyk

Treasurer
Jill Champley

Speakers

Sept	14	BingoCise Amber Raes
Oct	5	TBA
Nov	7	Gardens on Glen Tom O'Brien



Meeting News

Our next meetings will be September 14, October 5 and November 2 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 1st Monday of the month at 7 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.

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, send to: NWFT, PO Box 8147, Omaha NE 68108