

Dallas Trekkers Newsletter



Vol. 25, No. 3

May - June 2005

MAY MEMBERSHIP MEETING WALK AND DINNER

TUESDAY, MAY 10, 2005 at 6:30 PM

Walk our Uptown Dallas 10 KM Year Round Event w/Free Trolley Ride
Special Start Point: Jaden's, 4425 N. Central Expwy., Dallas, TX
(Near Oliver which is midway between Fitzhugh & Knox Henderson)
(Optional Meal at Jaden's after the walk)

For more information and to join the fun contact:
Cathy Kelcher at (972) 386-5922 or cathy@classicopenings.com

DALLAS TREKKERS BOARD MEETING

Tuesday, June 14, 2005 at 7:00 PM
REI, 4515 LBJ @ Welch in Dallas
Open to all members

DALLAS UNDERGROUND 10 KM WALK

See Dallas from the Inside Out, the Top Down and the Bottom Up
(Brochure Enclosed)**

Start Point: DART Headquarters Building (DART Rail Akard Station)
1401 Pacific Avenue, Dallas, TX

Friday, July 8, 2005 - Start Time 10:00 AM - 1:00 PM

Co-sponsored by: DART and New Balance Shoes

For more information or to volunteer contact:

Bruce Fitch at (972) 235-9086 or bfitch@ix.netcom.com or
Cathy Kelcher at (972) 386-5922 or cathy@classicopenings.com

JULY MEMBERSHIP MEETING AND DINNER

TUESDAY, JULY 12, 2005 at 6:30 PM

Speaker from: *Friends of the Katy Trail*

Start Point: Jaden's, 4425 N. Central Expwy., Dallas, TX
(Near Oliver which is midway between Fitzhugh & Knox Henderson)

THE PECAN TREE WALK 5/10 KM WALK

(Brochure enclosed)**

White Rock Lake and Optional Dallas Arboretum
(Purchase ticket to enter The Dallas Arboretum/Arboretum Members Free)

Start Point: Cafe Lago Restaurant, 9219 Garland Rd., Dallas, TX

Saturday, August 20, 2005 - Start Time 8:00 AM - 10:00 Noon

SPECIAL YEAR ROUND GROUP WALKS

Mesquite-Samuell Farm, TX - Sun., May 1, 2005 - Starts 2:00 PM
Richardson (Whole Foods), TX - Sat., May 7, 2005 - Starts 8:00 AM
(Cottonwood Art Festival)

WEEKLY YEAR ROUND EVENT GROUP WALKS AT RICHARDSON (WHOLE FOODS MARKET), CARROLLTON AND WHITE ROCK LAKE**

(UPDATES AND CHANGES - Page 4)

For more information contact our Year Round Events Coordinator, Marilyn
Nash at: (972) 617-5158 or e-mail: cchaos@airmail.net

2005 AVA CONVENTION, NEW JERSEY, JUNE 22-24

For more information go to: www.2005avaconvention.org/

**To print a brochure consult our new updated Web page at:
www.dallastrekkers.org

DON'T MISS ANY OF THESE EVENTS!

EXPLORE OAK CLIFF**

Saturday, May 14, 2005 - Start Time 8:00 AM - 12 Noon
Start Point: Kidd Springs Park, 711 W. Canty Street, Dallas, TX
Sponsored by: Kidd Springs Recreation Center & New Balance Shoes
Story by Beverly Peters, Walk Director, Photo by Lesley Bowen

T. L. Marsalis got it right when he coined the name *Oak Cliff* in the late 1800s: trees and hills are hallmarks of the area, which was a separate township until Dallas annexed it in 1903. Our walk on Saturday, May 14, has something for everyone: quaint cottages, scenic parks, grand custom homes, skyline views, one-of-a-kind shops, and a variety of restaurants.

As with last year's successful event, the start and finish will be at the Kidd Springs Recreation Center, which overlooks a small spring-fed lake. The 5KM and 10KM routes begin together and go through the historic Kidd Springs and Kings



neighborhoods. Like those on the coveted "M" streets in East Dallas, these small but distinctive homes were built in an era when craftsmanship was the rule rather than the exception. With features like exquisite stained glass and intricate

masonry, many of these architectural jewels have been lovingly restored. Near the checkpoint at the Stevens Park Golf Course, the turnaround for the 5KM, both hills and homes get bigger. Those on the 10KM route will proceed down tree-lined Kessler Parkway, paralleling Interstate 30, but seeming a world away. Next we'll go past the grounds of Methodist Dallas Medical Center and on to Colorado Boulevard and a busier city setting. We'll pass Lake Cliff Park, once the site of an amusement park and a resort for the wealthy, and then follow Zang Boulevard to get to the Bishop Arts District, where shopping and dining opportunities abound. The area now known as the Bishop Arts District was the busiest trolley stop in Dallas during the early 1930s. The restored buildings are home to an amazing array of boutiques, antique shops, and restaurants (Mexican, Italian, American—you name it). With so many choices, even those who have visited several times can sample something new. From the Bishop Arts District, it's an easy walk to the finish point at the Kidd Springs Recreation Center.

For more about Oak Cliff, see: www.oakcliff.com, www.bishopartsdistrict.com, and www.ooocl.com (Old Oak Cliff Conservation League). Plan now to join us on May 14!

DALLAS TREKKERS

AVA Silver Star Club & Gold Award Newsletter

President: Bruce Fitch

5706 Maidstone Drive, Richardson, TX 75082
(972) 235-9086 e-mail: bfitch@ix.netcom.com

First Vice President: Jim Carlo

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Second Vice President: Helen Bateman

(214) 732-3419 e-mail: helenbateman@earthlink.net

Secretary: Lesley Bowen

(214) 503-6874 e-mail: lesleybowen@aol.com

Treasurer: Scott West

(972) 393-2810 e-mail: swest47@earthlink.net

Committee Chairs -

Community Outreach Coordinator: Janet Resetar

(972) 513-0394 e-mail: resetar@webnow.com

Dallas Trekkers' Specialty Sales: Nancy Christensen

(469) 384-2819 (home) or (972) 840-4103 (work)

e-mail: nancy.christensen@donmasseydallascadillac.com

Electronic Communications Coordinator: Scott West

(972) 393-2810 e-mail: swest47@earthlink.net

Hispanic Community Outreach Coordinator: Alicia McLean

(214) 320-7225 e-mail: amclea@parknet.pmh.org

Historian: Bruce Fitch

(972) 235-9086 e-mail: bfitch@ix.netcom.com

Membership: Beverly Eversole

914 Country Creek Ln, Red Oak, TX 75154

(214) 532-8222 e-mail: heversole@ev1.net

Newsletter Editor: Claudia Fitch

5706 Maidstone Drive, Richardson, TX 75082

(972) 235-9086 e-mail: crfitch@ix.netcom.com

Program Coordinator: Mary Burnett

(972) 242-4893 e-mail: mary.burnett@staubach.com

Publicity Chairperson: VOLUNTEER NEEDED

Trailmaster: Vickie West

(972) 393-2810 e-mail: vlynn816@earthlink.net

Welcome and Volunteer Coordinator: Cathy Kelcher

(972) 386-5922 e-mail: cathy@classicopenings.com

Year-Round Events: Marilyn Nash

(972) 617-5158 e-mail: cchaos@airmail.net

SPECIAL BENEFITS FOR DALLAS TREKKERS ONLY WHEN YOU JOIN OR RENEW MEMBERSHIP FOR 2005

Name: _____

Address: _____

City: _____ St. _____ Zip _____

Ph: _____ E-mail: _____

____ New Membership: \$12.00 (Includes ____ 1 Patch or ____ 1 Pin)

____ Renewal: \$10.00 for Jan - Dec 2005

____ Extra ____ Patches or ____ Pins (@ \$3.00 each = \$_____)

New Membership Jan-Dec, 2005. Joining mid-year? Good 'til 2006 renewal due

Dallas Trekkers Frequent Walker Coupons

(Good only on Dallas Trekkers' Scheduled or Year Round Events)

____ **\$30.00** for Plus 15 coupons (\$2.00 per event, saving \$1.00 per event)

____ **\$90.00** for VIP 60 coupons (\$1.50 per event, saving \$1.50 per event)

for the initial order, but may re-ordered in lots of 15 during the membership year at the same cost per event as the initial order (VIP \$22.50 or Plus \$30.00 for 15 coupons.) Coupons may be used by all members of the household, are non-transferrable and expire on Dec. 31, 2005. (Dallas Trekkers Members only)

\$_____ TOTAL ENCLOSED

To order, please mail check made out to: The Dallas Trekkers

Send order to: Dallas Trekkers Membership Secretary

Beverly Eversole, 914 Country Creek Ln, Red Oak, TX 75154

For more info: (214) 532-8222 e-mail: heversole@ev1.net

The Dallas Trekkers (AVA 034) is a nonprofit walking club open to people of all ages. It is a member of the Texas Volkssport Association and the American Volkssport Association. Mailing address: P.O. Box 743813, Dallas, TX 75374-3813. **Home Page:** www.dallastrekkers.org

FROM THE EDITOR'S PC

Look at all of the people who have been walking their socks off and finally decided to send in for their achievement awards! What a fantastic group of North Texas walkers from beginners to the intrepid faithful. Go to our Web site at: www.dallastrekkers.org for walking opportunities across the region. Remember that we have discount Frequent walker coupons available for all Dallas Trekkers events (see this page for details), including our Year Round Events (Page 4).

If our 2009 AVA Convention proposal is accepted at 2005 AVA General Membership meeting, then I will need many of you to consider serving on committees to work out the details.

Please plan to attend our upcoming events at Kidd Springs Park in Oak Cliff on May 14 (See Page 1) and look at the enclosed brochures for our Friday, July 8, walk in the Dallas Underground and The Pecan Tree Walk at White Rock Lake and the Dallas Arboretum.

So get out and walk!

Claudia

THE SUN SHONE BRIGHTLY ON OUR SAMUELL FARM 25th ANNIVERSARY WALK

by Bruce Fitch, Walk Director

Back on November 27, 2004 we had our 25th Anniversary Walk and Trail Dedication out at Samuell Farm in Mesquite. Although the day started out a little chilly and there was a brisk wind, 52 people walked for our Anniversary Pin and Credit, 36 for Credit Only and 11 for Free. We gave away "Birthday Gifts" to a random group of those people who came to enjoy the trail and Marsha Matthews won the New Balance Shoes. Everyone, including some scouts enjoyed the Anniversary Cake decorated with icing hiking boots.

A group of dignitaries including IVV Vice President, Lynn Clark; AVA Southwest Regional Director, John Ferguson; REI Representative, Todd Callaway; Friends of the Farm Director, Hugh Brooks and others cut the ribbon opening the trail to our workers. Many groups donated time and money to blaze this trail. Some who worked to cut the new trail ended up with sunburns, poison sumac and ivy rashes, as well as mosquito and tick bites from clearing out underbrush.

My thanks go out to volunteers Beverly Peters, Helen Bateman, Jim & Muffy Carlo, Deborah Carter, Dave Shepard, Jan Wood, Gail Hake, John Ferguson, Beth Joyce, Claudia Fitch, David Toth, Bill & Marilyn Nash, Cathy Kelcher, Lynn Stokes, Mary Burnett and Lesley Bowen for their hard work.

REAP DIVIDENDS FOR DONATING TO THE TREKKERS

For a donation to the club receive the following:

\$15.00 *Starting Point* book of 1500 USA year round events

For Dallas Trekkers Club Shirts: Specify S, M, L, XL, XXL

\$15.00 One Blue or One Light Grey T-Shirt with Skyline Logo (NEW)

\$20.00 One Blue or One Light Grey Polo Shirt with Skyline Logo

\$5.00 Monogram of first name or first and last name per shirt

Choice of all CAPITALS or in Upper and Lower Case

\$10.00 One Blue Dallas Trekkers Sports Cap with Skyline Logo

Place your order with Nancy Christensen

nancy.christensen@donmasseydallascadillac.com

Phone: Home (469) 384-2819 or Work: (972) 840-4103

PRESIDENT'S MESSAGE

Wow! In a little over a month Claudia and I will be heading off to New Jersey for the AVA Convention. This year's convention promises a variety of walks and helpful seminars. Claudia and I will present the proposal to bring the 2009 AVA Convention to the Metroplex and walks in Oklahoma, Louisiana, Kansas, Missouri and Arkansas. I know several of our members plan to attend, so please join us to represent volkssporters from all across our great state of Texas.

In the meantime, we have many exciting activities coming up right here at home, starting with our meeting walk on May 10. We will meet at Jaden's Restaurant located at 4425 North Central Expressway (US 75). Jaden's is located on the west side of Central a few blocks south of Knox/Henderson. We will begin meeting around 6:00 PM and head out around 6:30 PM.

If you signed up to help at the SYSCO Foods Health Fair originally scheduled for May 12, it has been postponed until September. Check your newsletters for additional information and please let us know if you would like to volunteer to help at it later this year.

On Saturday, May 14, don't miss our return to Oak Cliff for an encore to last year's event. If you missed this walk last year then this is your chance to walk this lovely trail and those of you who took it last year know that it is well worth repeating it again this year. The start point is at the Kidd Springs Recreation Center located at 711 West Canty Street in Dallas. Start times are from 8:00 AM until 12 noon. This is **Beverly Peters** first time as a walk director, so let's all thank her in person for setting up this event and support her for boldly venturing out into new territory by showing up to take her walk.

We return to the Dallas Underground on Friday, July 8, for our annual tour above and below the City of Dallas. The walk is on Friday because the underground is closed on weekends. So take the day off and join us to start any time between 10:00 AM and 1:00 PM in the DART Headquarters Building on the west side of Akard Station. See the enclosed brochure for more details.

On Saturday, August 20, our own First Vice President, **Jim Carlo**, will be a first-time walk director as he presents a new 5/10 KM walk at White Rock Lake and the Dallas Arboretum. To take the 10 KM trail that goes into the arboretum you will need to purchase a ticket (free for arboretum members). You may start anytime between 8:00 AM and 10:00 AM at the Cafe Lago Restaurant. For details check out the enclosed brochure and remember that if you need additional copies of any of our brochures to give to people you want to invite to any of our events, go to: www.dallastrekkers.org and print them out.

The job of **Publicity Chairperson** is still open, so call me if you would like to help fill this important voting position on the board.



If you would like to volunteer for this or any other event, contact Cathy Kelcher at: (972) 386-5922 or e-mail her at cathy@classicopenings.com

See you on the trail.

Bruce Fitch

MI LESTONES

The following North Texas volkssporters and/or Dallas Trekkers were recognized in the **February-March 2005** and **April-May 2005** issues of *The American Wanderer* for reaching milestones in the IVV Achievement Awards system.

Congratulations!

- EVENTS -

1400	Siba Spencer
1300	Bruce Fitch
1300	Claudia Fitch
1250	Brooke Hudson
700	Paul Ernst
650	Carolyn Ernst
600	Evard Cottrill
525	John Ferguson
500	Eugene Janke
500	Rose Janke
500	Carole Quarles
475	Lesley Bowen
450	Lesley Bowen
425	Lesley Bowen
400	Lesley Bowen
400	Janica Wood
375	Lesley Bowen
350	Lesley Bowen
350	Reba Walker
325	Helen Bateman
250	Connie Clark
250	Marilyn Tarin
225	Connie Clark
225	Dorothy King
200	Connie Clark
150	Gary Silkworth
125	Joan McCord
125	John McCord
125	Gary Silkworth
100	Gary Silkworth
75	Marilyn Nash
75	Patrick Shay
75	Gary Silkworth
75	Heidi Silkworth
50	Vickie Pendergrass

- EVENTS -

50	Gary Silkworth
50	Heidi Silkworth
10	Dawn Burns
10	Lynn Dalton
10	Janel Holt
10	Bruce McFarland
10	Pam McFarland

- WALK DISTANCE -

15000	Claudia Fitch
15000	Siba Spencer
8000	Margaret Aldridge
7500	John Ferguson
6500	Lesley Bowen
6000	Lesley Bowen
5500	Helen Bateman
5500	Lesley Bowen
5500	Evard Cottrill
5500	Janica Wood
5000	Lesley Bowen
5000	Eugene Janke
5000	Rose Janke
3500	Connie Clark
3000	Connie Clark
3000	Marilyn Tarin
2500	Gary Silkworth
2000	Gary Silkworth
1500	Gary Silkworth
1500	Marilyn Nash
1000	Gary Silkworth
1000	Heidi Silkworth
500	Kaki Gemmell
500	Bill Nash
500	Vickie Pendergrass
500	Charles Wetter

NEW MEMBERS AND RENEWALS

- NEW MEMBERS -

Jan Bridges
Carrie Foster
Lonnelle Kendall
Diana Hersey
Helen Hull
Julia J. Newton
Michelle O'Brien
Theresa Reed
Sally Singleton
Eileen Smith
Luellen Tritsch

- RENEWALS -

Mary Burnett
Dawn Burns

- RENEWALS -

Kay de Wit
Ethel Downing
Bill Giolma
Ed Herider
Barbara Kolb
Paul Lillibridge
Elaine Manuel
Alicia McLean
Ann McRae
Irma Morris
Dan Pool
Janie Rubalcava
Mary Ann Sparks
Barbara Uppole
Jerry Vanlandingham



GROUP WALKS UPDATE

Our club holds weekly group walks. In **Richardson** Cathy Kelcher leads a group from the Whole Foods Market at Coit and Belt Line at 6:45 PM on **Thursdays**. Jim Carlo leads group

walks of the 10 KM trail at **White Rock Lake** on Sundays by appointment (call or e-mail Jim if you want to take this walk) from the new start point, Cafe Lago at 9211 Garland Rd. Park away from the restaurant entrance, adjacent to Garland Rd. In **Carrollton** Bruce and Claudia Fitch lead a group walk on the **Wednesdays**. Because the Fitches live 20 miles from the Carrollton walk, they hold this walk by appointment. If you wish to take the walk, please contact them by e-mail or by phone on the Tuesday right before the scheduled walk. They alternate between the Carrollton West and Carrollton East walks, but are flexible for those trying to walk for a particular stamp in their event books. They will contact you if the walk is being cancelled for any reason. Otherwise, plan to see them there.

The Irving Star Trekkers alternate their Valley Ranch, Las Colinas and Coppell YRE Walks each Monday evening at 6:30 PM and they walk their Heritage Irving YRE every Wednesday. These walks begin at the start point of each of the walks. Contact Gunhilt Money at (972) 986-5086 or gunic@aol.com for more information.

The Plano Walking Club has group walks of YREs available. If there is not another scheduled walk in the Metroplex take the Saturday morning Plano East YRE group walk (includes breakfast). For more information contact Maggie Cole at (972) 612-8129. Claudia Fitch leads group walks of the newest Murphy and Breckinridge Park (and alternate) YREs. These walks are done by appointment only. Contact Claudia at 972-235-9086 or crfitch@ix.netcom.com to arrange a time to walk. Register for both events at the Albertson's Supermarket at Murphy Road and FM 544.

If there is inclement weather anywhere in the metroplex call the point of contact before driving to a group walk event.

SPECIAL YEAR ROUND GROUP WALKS**

Mesquite-Samuell Farm, TX- Sun., May 1, 2005 - Starts 2:00 PM
Meet at the Start Point at Samuella Farm

Richardson (Whole Foods), TX- Sat., May 7, 2005 - Starts 8:00 AM
(Cottonwood Art Festival)

10 KM Uptown Dallas, TX - Tues., May 10, 2005 - Starts 6:30 PM
Special Start Point: Jaden's, 4425 N. Central Expwy., Dallas, TX

For more information on these Dallas Trekkers Year Round Group Walks contact: Marilyn Nash at: (972) 617-5158 or e-mail: cchaos@airmail.net

YOU'RE INVITED TO WALK OUR YEAR ROUND EVENTS WITH US!

JOIN AVA TODAY!

Includes Subscription to The American Wanderer
Download & Print the Form from the Internet
go to: www.ava.org/vajoin/htm
Choose membership level, fill out form, mail in with payment

DALLAS TREKKERS' YRE EVENTS

Carrollton, TX - 10/12 KM Walk & 10KM Walk**

Whataburger, 1919 Frankford at Josey

Dallas (Downtown/Uptown), TX - 10 KM & 10/13 KM Walks**

Security office at the south end of Union Station, 400 Houston St

Dallas (White Rock Lake), TX - 10/16 KM Walk**

START POINT HAS CHANGED!! Cafe Lago, 9219 Garland Rd,

Denton, TX - 10 KM Walk**

Whataburger, 1701 Malone at University

Duncanville, TX - 10 KM Walk**

City Police Station, 203 E. Wheatland Rd at Armstrong Park

Flower Mound, TX - 10 KM Walk**

Tom Thumb Grocery, 2600 Flower Mound Rd (FM 3040) & FM 2499

Samuell Farm, Mesquite, TX - 11 KM Walk**

100 US Hwy 80 E

Richardson, TX - 10 KM Walk**

Whole Foods Market, Coit & Belt Line

Waxahachie, TX - 10 KM Walk & 10 KM Walk**

The Historic Rogers Hotel, 100 College at Main St. (Business 287)

WEEKLY YRE GROUP WALKS

If there is severe, threatening or inclement weather in the Metroplex, please call the P.O.C. before traveling to the event. Don't forget to bring a flashlight and/or wear reflective clothing for the evening walks. For informational updates/cancellations, Group Walk Updates (this page) or: www.dallastrekkers.org

White Rock Lake 10 KM YRE Sun. Mornings (By appointment)

(Take scheduled metroplex walk if one available)

Call or or e-mail Jim Carlo if you want to take this group walk

Parking lot in front of Cafe Lago, 9211 Garland Rd.**

Morning Times Vary - Call P.O.C. - (Optional breakfast after walk)

P.O.C.: Jim Carlo (214) 340-9938 e-mail: j.carlo@iee.org

Carrollton 10 KM YRE 6:50 PM, Wednesdays (Change of Day)

(Please Note: All these walks will be held only if you make an

appointment to walk. Please call or e-mail Claudia Fitch no

later than Tuesday (the day before for the Tuesday walks)

Whataburger, 1919 Frankford @ Josey Ln)**

(Optional meal after walk)

P.O.C.: Claudia Fitch (972) 235-9086 or crfitch@ix.netcom.com

Richardson 10 KM YRE - 6:45 PM, Thursdays (Change of Day)

Whole Foods Market, Coit & BeltLine**

(Optional meal after walk)

P.O.C.: Cathy Kelcher (972) 386-5922 or cathy@classicopenings.com

UPCOMING DALLAS TREKKERS' SCHEDULED EVENTS FOR 2005

To volunteer to help at any of the following events, please call our Volunteer Coordinator, Cathy Kelcher, at: (972) 386-5922 or e-mail her at: cathy@classicopenings.com

Saturday, May 14, 2005 - Kidd Springs Pk, Oak Cliff, TX

Walk Director: Beverly Peters & Lynn Stokes

Friday, July 8, 2005- Dallas (Underground), TX

Walk Director: Bruce Fitch

Saturday, August 20, 2005 - The Pecan Tree Walk

Walk Director: Jim Carlo

**WRITERS, PHOTOGRAPHERS, ILLUSTRATORS
JULY-AUGUST 2005 NEWSLETTER DEADLINE- 6/10/05**

To submit articles, photos or illustrations please contact:

Claudia Fitch

by e-mail: crfitch@ix.netcom.com

or by mail at: 5706 Maidstone Drive, Richardson, TX 75082

Questions? (972) 235-9086