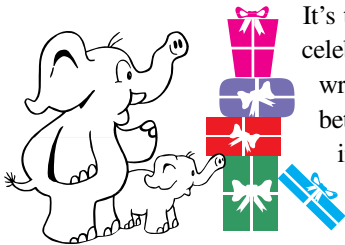




ANNUAL WHITE ELEPHANT GIFT EXCHANGE & HOLIDAY PARTY

TUESDAY, JANUARY 13th • EL FENIX DOWNTOWN
1601 McKinney Ave @ Field, Dallas 75202 • 214-747-1121
Dinner and Social: 6:00 pm • Gift Exchange: 7:00 pm



It's time again for our annual holiday celebration and gift exchange. Bring a wrapped item (the more unusual, the better) for our Chinese auction—all in the spirit of fun and friendship. Who knows what "treasures" lie inside those bags and boxes!



NEW YRE AT CEDAR RIDGE PRESERVE: CHANGE OF PACE

by Bob Rountree

If you are looking to get off the sidewalks, move up and down, and do some huffin' and puffin', try the new YRE at Cedar Ridge Preserve, where the Trekkers hosted a walk in November. As of January 1, this walk will be available Tuesday through Sunday, with hours that vary seasonally (6:30 am to 6:00 pm November through March, and 6:30 am to 8:30 pm April through October).

At an elevation of 755 feet, Cedar Ridge Preserve is a slice of the Hill Country just 20 minutes southwest of Dallas. Located at 7171 Mountain Creek Parkway, Dallas 75249, Cedar Ridge Preserve is a not-for-profit natural habitat that features 10 miles of hiking trails. The park is managed by Audubon Dallas.

From central Dallas, drive south on I-35E and take the US 67 exit. Follow US 67 to Danieldale Road and turn right. In about 2 miles, Danieldale becomes Mountain Creek Parkway; the Cedar Ridge Preserve gate is 1 mile farther, on the left. From the gate, a quarter-mile drive leads to the parking lot, and restrooms are located at the picnic area nearby.

Cedar Ridge Preserve is an unmanned park, so the walk box is located just north of the entry gate at the 'Park in the Woods' Recreation Center, 6801 Mountain Creek Parkway, phone 214-671-0218. The recreation center is open M–Th, 9 am – 8:30 pm; F, 9 am – 1 pm; Sa, 9 am – 5 pm; Su, 1 pm – 5 pm.

WHITE ROCK LAKE YRE: NEW START POINT

by Beverly Peters

Beginning January 1, the start point for the White Rock Lake YRE will be at Doctors Hospital, 9330 Poppy Drive, near Buckner Boulevard and Garland Road in Dallas. Located just a few blocks away from the previous start point at Café Lago, the new start point is closer to the lake and will be open 7 days a week, from sunrise to 3 hours before dark. There are 3 routes (6, 10, and 16 km); the alternate 10 km route through the Dallas Arboretum will no longer be offered. Our Sunday morning group walks will continue as scheduled—we'll meet outside the hospital entrance (see photos).

To get to Doctors Hospital, take N Buckner Boulevard/TX Loop 12 N to Poppy Drive; from Poppy, take the second turn-in to the parking lot. (Note: the hospital is on the left, and professional offices with an attached garage are on the right). Park in Lot A or the free garage, but not near the Emergency Department. Enter the automatic door below the "Hospital Entrance" sign; go to the Communication Office, Room 112, across from the women's restroom. Ask the hospital operator for the walk box, register in the lobby, and then return the box to the operator.

On behalf of the Trekkers, I'd like to thank owner Gabriela Pataro and her staff at Café Lago for their support in hosting the start point for the past several years. If you have any questions about this YRE or the new start point, please contact me at bpetersels@netscape.net or by phone at 972-489-3072.



Doctors Hospital from Poppy Drive. The doorway marked "Hospital Entrance" (see inset) leads to the lobby and the Communication Office (Room 112) where the walk box is kept.

YEAR-ROUND* GROUP WALKS

WHITE ROCK LAKE 10K

Most Sundays @ 8:00 am
Doctors Hospital, 9330 Poppy Dr
POC: Beverly 972-489-3072
bpetersels@netscape.net

RICHARDSON 10K

Wednesday evenings @ 6:45 pm
Whole Foods, Coit @ Beltline
POC: Cathy 972-386-5922
cathy@classicopenings.com

SAMUELL FARM 10K

1st Sunday each month @ 9 am
100 US Hwy 80 E, Mesquite
(Just east of Beltline Road)
POC: Dave 972-285-8102
dahv@earthlink.net

KATY TRAIL/UPTOWN 10K

One day a month (see calendar)
McDonald's, Fitzhugh @ US 75
POC: Helen 214-732-3419
helenbateman@earthlink.net

Please do not use prime parking at start point locations. Always check the website for any last-minute changes or updates.

*Year-Round Events (YREs) are self-guided walks available most every day. Some are offered as group walks at specific times.



MILESTONES

EVENTS:

Christine Benson	75
Bob Rountree	75
Eugene Janke	600
Rose Janke	600

DISTANCE (kilometers):

Marilyn Nash	5500
Eugene Janke	6000
Rose Janke	6000

PRESIDENT'S MESSAGE by Helen Bateman

Santa Claus came to town recently . . . at least he came to my house . . . and now the TVA is coming to town. TVA (Texas Volkssport Association) is the state organization for volkssporting clubs. The TVA meets twice a year, in February and August, and in conjunction with the board and membership meetings, there is usually a walk. This year, due to the national convention taking place this June in Richardson, we will hold workers walks for some of the convention walks instead of a one-time sanctioned event. You are welcome to attend the TVA board and membership meetings and also the workers walks. Please note that to participate in the workers walks, you will need to be a volunteer for the June convention. E-mail Deborah and David at dahv@earthlink.net to volunteer, or sign up to volunteer on the day of workers walks. Payment for the walks and IVV credit will be handled at the June convention. Please take the time and come out to meet fellow walkers from around the state.

Friday, February 6	1:00 pm	Downtown Dallas Underground Workers Walk
	6-9:00 pm	TVA Board Meeting at REI, Dallas
Saturday, February 7	8:00 am	Uptown Dallas Workers Walk
	1-4:30 pm	TVA Membership Meeting at REI, Dallas
Sunday, February 8	8:00 am	White Rock Lake Workers Walk—meet at White Rock DART Station instead of Doctors Hospital

RECAP: RECENT EVENTS



Left: Trekkers enjoy Cajun food and live blues at the Alligator Cafe during the November membership social. Photo: Lesley Bowen.
Right: Walkers and their four-legged friends visit near the start table at the Cedar Ridge Preserve event in November. Photo: Bill Suhr.

CALENDAR OF EVENTS • JANUARY–FEBRUARY 2009

Sunday, January 4	GROUP WALK	SAMUELL FARM YRE, 9 am
Sunday, January 4	PLANNING MEETING	2009 CONVENTION PLANNING MEETING—REI, 2 to 4 pm
Friday, January 9	GROUP WALK	UPTOWN YRE—McDonald's, 6:45 pm
Tuesday, January 13	CLUB PARTY!	EL FENIX DOWNTOWN (McKinney Ave near Woodall Rodgers), 6 pm
Saturday, January 17	WALK	TEXAS NATIONAL GUARD ARMORY, DALLAS—Star Trekkers of Irving
Sunday, January 18	PLANNING MEETING	2009 CONVENTION PLANNING MEETING—REI, 2 to 4 pm
Sunday, February 1	GROUP WALK	SAMUELL FARM YRE, 9 am
Fri–Sun, February 6–8	TVA MEETING	(See President's Message above for full schedule of events)
Tuesday, February 10	BOARD MEETING	REI, 7 pm
Saturday, February 14	GROUP WALK	"SWEETHEART STROLL," UPTOWN YRE—McDonald's, 10:00 am
Sunday, February 15	PLANNING MEETING	2009 CONVENTION PLANNING MEETING—REI, 2 to 4 pm
Saturday, February 21	WALK	MARDI GRAS FESTIVAL, JEFFERSON—East Texas Trekkers
Saturday, February 28	WALK	BENBROOK PARK WALK—Tarrant County Walkers

Visit www.ava.org for more walk listings and www.dallastrekkers.org for club information

The Dallas Trekkers, Inc., is a member of the American Volkssport Association and has been promoting healthful walking and trail development in the Dallas area since 1979.

Your 2008–2009 Club Officers are—President: Helen Bateman 214-732-3419 helenbateman@earthlink.net

1st VP: Marilyn Nash 972-617-5158 marilyn_nash@aircanopy.net • 2nd VP: Deborah Carter 972-285-8102 dahv@earthlink.net

Secretary: Helen Hull 972-530-1026 helenhull@yahoo.com • Treasurer: Bob Rountree 214-369-5658 jrtee@swbell.net

Dallas Trekkers, P.O. Box 743813, Dallas, TX 75374-3813

Please submit articles, reports, and digital photos to Beverly Peters, e-mail: bpetersels@netscape.net. Deadline for March/April newsletter is February 15th.