San Diego Feets

Vol. 35 **No.1**

WALKABOUT INTERNATIONAL is a non-profit educational group that promotes neighborhood walking in urban, suburban, and rural environments throughout the world. Walkabout publishes a monthly schedule of events; for one complimentary issue call the Walkabout office, located at 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007, **(619) 231-SHOE (7463)**, FAX (619) 231-9246. Office hours: 10:00 am to 2:00 pm, Monday through Friday. Internet: www.walkabout-int.org, e-mail: info@walkabout-int.org.

January 2012

SUNDAY, JANUARY 1

7:15 am

BREAKFAST SPECIAL ON SHELTER ISLAND. Ships and seagulls will delight us as we walk as far around Shelter Island as we wish **at our own speed**. Time out to pet cute dogs. The walk is mostly flat, but we might go along the shore and some might go up the hill for the views. Optional breakfast follows to eat and chat. Meet at Shelter Island Dr. and Anchorage Ln. This area is served by the 6:45 #28 bus to Shelter Island Dr. and Anchorage Ln. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

MERRY GO-ROUND. Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **brisk** pace encompasses the harbor, downtown, Bankers Hill and bridges depending on size of group and mood. Allow 3 hours, which includes a coffee break. To use public transportation, take the trolley to 3rd Ave. and C St. At 3rd Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** at the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

10:45 am

13TH ANNUAL NEW YEAR CORONADO "CRUISE." You're invited to celebrate New Year's Day in Coronado. We'll catch the 11:00 am ferry from Broadway Pier (allow time to purchase the $8.50 roundtrip tickets) and, after crossing the sparkling bay, we'll walk at 3 different paces to the beach: **casual** walkers will follow **Robert B.**, **Fran W.** will lead at a **moderate** pace and **Enid F.** will lead those who prefer a **moderate-plus** pace. We'll view the Del ice rink and tree before deciding where to eat lunch. Walk back to the Ferry Landing **at your own pace** to shop or catch the 2:30 ferry (or later every hour on the half-hour). Being a Sunday and a holiday, there is no charge to park in metered spaces. Rain cancels. **Fran W.** (619) 271-7107.

Unless otherwise specified, Walks start at the time shown. Walk leaders should arrive 15 minutes before the time listed in the newsletter.

MONDAY, JANUARY 2

6:30 am

SUNRISE SERIES: UNIVERSITY HEIGHTS. Begin the new year with a new walk, a stroll down Adams and Madison Avenues to find New York St. Join us for a casual 1-hour, mostly flat walk beginning at the corner of Idaho St. and Adams Ave. From the 805, take the El Cajon Blvd. exit, go west, turn right on 30th St. and left on Adams Ave. to find street parking. An optional breakfast follows. **Betty** (858) 248-3782.

10:00 am

CROWN POINT AREA BECKONS. Start out your week with a beautiful scenic view of Mission Bay and homes nearby. **Kathy L.** leads a **moderate**-paced walking group and pauses for coffee at a Pacific Beach coffee shop. Rain cancels. Take I-5 to Grand Ave. and go west to Lamont St. Turn left on Lamont St. then right on Crown Point Dr. Meet at the west end of the parking lot near the restrooms. To use public transportation, take the trolley to Old Town. Take the #9 bus at 9:10, get off at La Cima at 9:30. Walk 3 blocks east to the parking lot. Rain cancels. (858) 484-0349.

TUESDAY, JANUARY 3

10:00 am

TWEEBS (TUESDAY WALKING ETHNIC EATING BUNCH) will take a scenic walk along the water on Mission Bay to watch the boats and birds. Go **at your own speed** and for as long as you please on this flat, paved walkway for 60-90 minutes. Optional snacks follow. Meet at the restrooms just south of the former Visitors Center. From the I-8, go west at Clairemont Dr. and left on East Mission Bay Dr. to the first lot. **Bernie** (619) 561-3136.

Pace Yourself

Half Speed	—	1-2 miles per hour
Casual	—	2-3 miles per hour
Moderate	—	3 miles per hour
Moderate/Plus	—	3 1/2 miles per hour
Brisk	—	4 miles per hour
Very Brisk	—	over 4 miles per hour

6:30 pm

ABOVE THE BAY. Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, one hour plus, **moderate** to **moderate-plus** paced walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Donna** (858) 279-7016 or **Teri** (619) 584-8984 to make sure the walk is "on" for the week (rarely cancelled due to holiday or commitments).

WEDNESDAY, JANUARY 4

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today's hike will be an e-mail hike with details sent out a day or two before. IMPORTANT HIKE INFO: Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. "First timers" must call the leader. Also call in case of bad weather conditions. All participants must be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers must be able to keep pace with the group. Check the hikes at http://www.walkabouthikes.org as weather or unusual conditions January cause the hike to be moved or canceled. If you have any questions, please contact **Kathy** at (760) 796-4007 or kpiller@cox.net.

10:00 am

No Robert & Friends walk today.

6:15 pm

WEDNESDAY NIGHT WORKOUT. Join us at Pioneer Park in Mission Hills next to Grant School at Washington Pl. and Randolph St. for a **moderate-plus** to **brisk**-paced, 1½ hour walk. We head in a different direction each week to explore Old Town, Hillcrest, Bankers Hill or Mission Hills. Come and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.

THURSDAY, JANUARY 5

6:30 am

SUNRISE SERIES: MISSION HILLS. Time for us to check out this area as it gets ready for Spring. Come with us to look at one of the oldest areas of San Diego. Meet at Goldfinch St. and Ft. Stockton Dr. for a **moderate**, flat, 1-hour walk. Bring money for optional breakfast after. Bring a flashlight just in case. **Jane** (619)299-1060.

10:00 am

MISSION BEACH NORTH & SOUTH. Walk the beach or the bay and stop for coffee at the end of this **moderate**-paced flat walk. Meet at the Belmont Park ticket booth off Mission Blvd. To use public transport, take the trolley to Old Town. Take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54. Walk across the street. Rain cancels. **Kathy L.** (858) 484-0349.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. Sandra, Sally and Friends will do a **casual** walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.2 miles round trip & about 60-70 minutes). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to seashore wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at the east end of the island, about 100 paces to the right of the entrance to the Bali Hai, by the lamp post and hand rails, where we will stretch a few minutes and leave promptly at 10:03 am. If you're late, drive down the island and join us along the away. Optional: re-walk the island to the pier for additional mileage. Bring a pedometer if you have one. For public transportation, take the #28 bus and walk approximately 3 blocks to the Bali Hai. Ample free parking. Rain cancels. Join us - just for the health of it!! Walk repeats every Thursday. **Sally R.** (619) 272-8851.

10:15 am

MORNING STROLL IN BALBOA PARK. Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park for about 45 minutes. Terrain is flat and mostly paved. Stay after for optional coffee and cookies. Use the #7 bus if you don't want to drive. Rain cancels. **Mary T.** (619) 291-1349.

FRIDAY, JANUARY 6

10:00 am **NOTE:** NO FURTHER OLD TOWN WALKS THIS MONTH.

OLD TOWN UPS & DOWNS. Meet on the front porch of the Old Town Visitor & Information Center (northwest corner of the central square) for a **moderate-plus** 2-hour walk up into Mission Hills with its interesting architecture and landscaping. A brief stop at a coffee shop for some refreshment will spur us on our up-and-down journey back into Old Town. Be prepared for some hilly terrain. Optional Mexican lunch follows in Old Town. **Michael B.** (619) 231-7463.

4:30 pm

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this homey old neighborhood on a 1-hour, **moderate**-paced walk on flat terrain. Meet at Espresso Mio, 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white or light colors for safety's sake. **Pat P.** (619) 291-6162.

The following geographical descriptions are used for walks not in San Diego proper. They appear on the same line with the time.

NC = north past La Jolla
EC = east of La Mesa
SB = National City or south

January 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:15 Breakfast Special-Shelter Island 8:15 am Merry Go Round 10:45 Coronado "Cruise"	**2** 6:30 am Sunrise Series-University Heights 10 am Crown Point	**3** 10 am Tweebs-Mission Bay 6:30 pm Above the Bay	**4** TBA-Hike-Kathy 10 am Robert-NO walk 6:15 pm Workout	**5** 6:30 am Sunrise Series-Mission Hills 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	**6** 10:00 am Old Town 4:30 pm Mission Hills	**7** TBA-Hike-Stan 1:00 pm-La Jolla 6:15 pm Sat Night
8 7:15 Breakfast Special-Balboa Park 8:15 am Merry Go Round	**9** 6:30 am Sunrise Series-Ocean Beach 10 am Crown Point	**10** 10 am Tweebs-Balboa Theater 1:00 pm-Board meeting 6:30 pm Above the Bay	**11** TBA-Hike-Candy 10 am Robert-Balboa Park 6:15 pm Workout	**12** 6:30 am Sunrise Series-Mission Bay 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	**13** 10:00 am Old Town-NO walk 4:00 pm Downtown Happy Hour 4:30 pm Mission Hills	**14** TBA-Hike-Bill 7:15 am Late Birds 6:15 pm Sat Night
15 7:15 Breakfast Special-East Mission Bay 8:15 am Merry Go Round	**16** 6:30 am Sunrise Series-Downtown 10 am Crown Point	**17** 10 am Tweebs-Downtown 6:30 pm Above the Bay	**18** TBA-Hike-Candy 10 am Alleyways of North Park 10 am Robert-NO walk 6:15 pm Workout	**19** 6:30 am Sunrise Series-Mission Hills 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	**20** 10:00 am Addie-La Jolla Shores 10:00 am Old Town-NO walk 3 pm Happy Hour in North Park 4:30 pm Mission Hills	**21** TBA-Hike-Bill 6:15 pm Sat Night
22 7:15 Breakfast Special-Crystal Pier 8:15 am Merry Go Round	**23** 6:30 am Sunrise Series-Little Italy 10 am Crown Point	**24** 10 am Tweebs-Liberty Station 3:00 pm Evelyn-University Heights 6:30 pm Above the Bay	**25** TBA-Hike-Don 10 am Robert-Coronado Tidelands 6:15 pm Workout	**26** 6:30 am Sunrise Series-Balboa Park 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	**27** 10:00 am Old Town-NO walk 4 pm Hillcrest Happy Hour Walk 4:30 pm Mission Hills	**28** TBA-Hike-Don 7:15 am Late Birds 6:15 pm Sat Night
29 7:15 Breakfast Special-Normal Heights 8:15 am Merry Go Round 9:15 Carmel Valley 4-5:00 pm Chinese New Year walk/dinner	**30** 6:30 am Sunrise Series-Mission Valley 10 am Crown Point	**31** 10 am Tweebs-North Park 6:30 pm Above the Bay				

UPCOMING EVENTS 2012

JANUARY

1 13th Annual New Year Ferry Ride to Coronado
3-4 Pasadena Overnight.....Dan & Rita
29 Chinese New Year

FEBRUARY

Nominating Committee will be appointed

MARCH

10 Walkabout 35th Anniversary Celebration
Safety Seminar..... Robert
Baltimore/Penn Dutch Trip Mar/ April .....Dan

APRIL

5 Hawaii Cruise .....Dan
Mystery Trip Overnight .....Dan & Rita
Anza Borrego Day Trip ..... Bev & Walter
Board Member Retreat..... Election of Officers

MAY

Huntington Library Day Trip..... Walter & Rita
London/Paris Trip .....Dan

JUNE

Twilight in the Park .....Julie
Balboa Island Day Trip ..... Rita & Marilyn B
Annual Walk Leaders' Appreciation Luncheon

JULY

Laguna Beach Pageant of the Masters..... Rita & Bev
4th of July

AUGUST

Nixon Library ..... Rita & Bev

SEPTEMBER

Rhode Island/Cape Cod Trip.....Dan
Palm Springs Day Trip..... Rita & Bev
Catalina Overnight..... Rita & Bev

OCTOBER

Annual Picnic/Meeting/Auction
Julian Lodge Overnight ..... Rita & Walter

NOVEMBER

Thanksgiving Dinner

DECEMBER

California Missions .....Dan

Additional trips will be available in 2012. Walkabout supporters who are interested in learning more about these trips should contact the office and have their names (with email addresses/ phone number) placed on the interest list for each trip.

NEWSLETTER DEADLINE NOTICE

All walks must be in the office by the 3rd of the month before the month of the walk. None will be accepted after that date. (For example, the April newsletter is published in March, so walks must be submitted by March 3rd.) You can e-mail your walks to walks@walkabout-int.org, or mail them to Walkabout, 2650 Truxtun Rd. Suite 110, San Diego, CA 92106-6007. If you mail them, please use the walk information form available in our office, on our website at www.walkabout-int.org, or send a SEPARATE 8 x 11 sheet for each walk. If you e-mail more than one walk, please leave extra space between each walk.

LAST CALL FOR ALOHA! WALKABOUT 2012 CRUISE TO HAWAII!

Departure: April 5, 2012, return April 20, 2012.
15 Nights Aboard Luxurious Celebrity Century!

One or two spaces are still available on Walkabout's fabulous roundtrip cruise from San Diego to three of the islands of Hawaii, with visits to Honolulu, Lahaina, Maui, Kailua-Kona, Kilauea (volcano), Hilo, plus Ensenada, Mexico. Enjoy Walkabout's special touches to this trip, including walking tours in each port of call, daily exercise/walking program to burn off shipboard calories, special lectures and tours! The cost per person includes everything: meals, lodging, port taxes, shipboard gratuities, Walkabout-sponsored excursions, leader and co-leader services. Inside cabin per person is $1669 (a cabin mate will be provided), or $1875 per person for ocean view cabin. Call tour leader Dan Haslam, (619) 334-0004 to find out if the space is available before sending in your deposit. Travel insurance highly recommended but not included. Passport required. First-come, first-served, and interest list people already know about this trip!

2011-2012 Board Members

President
Stan Follis .....(619) 222-3447
president@walkabout-int.org

1st Vice President
Norman Vigeant ..... ngfrenchy@hotmail.com

2nd Vice President
Beverly Bruff..... (619)-886-8086
bbruff1@san.rr.com

Recording Secretary
Donna Farris ..... secretary@walkabout-int.org

Treasurer
Rita Balliot .....(619) 266-2555
treasurer@walkabout-int.org

Directors

Marilyn Buckley ..... pr@walkabout-int.org

Robert Buehler .....(858) 571-7733
robo9@ix.netcom.com

Larry Forman.....(858) 755-1751
larry@walkabout-int.org

Dan Haslam.....(619) 334-0004
danhaslam@walkabout-int.org

Dick Hiatt .....publisher@walkabout-int.org

Walter Konopka .....(619) 281-4958
wkonopka@sbcglobal.net

Bruce Herms..... Emeritus

Office Staff

Donna Farris, Marilyn Buckley, Pat Peterson, Marilyn Ralph, Anna Terkelsen.

SATURDAY, JANUARY 7

Time: TBA

SATURDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See January 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 (before 6:00 pm) or shunt92071@yahoo.com.

1:00 pm

LA JOLLA'S HIDDEN BRIDGES. Meet **Virginia** where the #30 bus stops at Torrey Pines Rd. and Prospect St. for this 2-hour, somewhat hilly **casual** walk to see how the houses have changed over the years. (619) 231-7463.

6:15 pm

SATURDAY NIGHT LIVE. Carol, Donna or Teri will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the statue on the Harbor Dr. side of the County Administration Center building between Ash and Grape Sts. The pace is **moderate** to **moderate-plus** for about 1½ hours. Rain cancels. We encourage anyone to lead a slower version of this walk any Saturday. Walk leaves promptly at 6:15. **Carol W.** (619) 303-7942, **Donna F.** (619) 443-6131, **Teri E.** (619) 584-8984.

SUNDAY, JANUARY 8

7:15 am

BREAKFAST SPECIAL IN BALBOA PARK. The park is beautiful any time of the year with many paths to explore on this flat walk **at your own pace**. Eating and chatting afterwards is optional but great fun (Greek?). Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

8:15 am

MERRY GO-ROUND. See January 1.

MONDAY, JANUARY 9

6:30 am

SUNRISE SERIES: OCEAN BEACH. Now that our walks start a half hour later we will be able to see more. Take I-8 west to Sunset Cliffs Blvd., turn south for a few blocks until you reach Newport Ave., turn right for a block and a half and meet next to the youth hostel on the south side. We will try walking at a **moderate** pace south on Sunset Cliffs Blvd. to see the lovely views and beautiful homes. Bring money for optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

CROWN POINT AREA BECKONS. See January 2.

In case of emergency please carry ID and medical information on walks.

A HAPPY LUNAR NEW YEAR CELEBRATION -- CHINESE STYLE

SUNDAY JANUARY 29, 2012

4:00 PM "Feet" -- Gather outside the Great Plaza Buffet restaurant entrance in Pacific Beach

5:00 PM Feast -- Gather outside the restaurant entrance (for Rita to collect your payment)

Happy 4710! Time to tame the most celebrated creature in the Asian cultures as we enter the Year of the Dragon! Officially starting on January 23, the celebration continues for several days and Walkabout will join in as usual. Look for **Larry** to start things off with a flat and **casual** appetite-awaking, anecdote-filled amble at 4:00 pm. At 5:00 pm, we prepare to feast on delicious and delectable dishes in the most amazing assortment of culinary delights of any Walkabout event. Over 150 items including tantalizing stir-fried shrimp, oysters, crab -- even some lobster and steak -- as well as tasty traditional pork, beef, chicken, fish and veggie dishes, along with bountiful appetizers, soups, salads, fruits, devilish desserts and beverages.

Enjoy this fabulous feast for $14 per person – if you RSVP (with your name and number in your party) **by Wednesday, January 25**, by calling the Walkabout Office at (619) 231-7463. Otherwise, if you procrastinate and "dragon" down without RSVPing by January 25th, the price fires up to $16 per person.

Be sure to bring your check(s) **payable to WALKABOUT INTERNATIONAL** to the restaurant by 5:00 pm on January 29, at which time you will receive your admission ticket to our special festivities. The price includes unlimited food, non-alcoholic beverages, tax and tip. Our bountiful and beautiful venue is the Great Plaza Buffet at 1840 Garnet Ave. in Pacific Beach in the shopping center by the northwest corner of Garnet Ave. and Lamont St. Any questions? Call Walkabout at (619) 231-7463. Gung Hay Fat Choy!

TUESDAY, JANUARY 10

10:00 am

TWEEBS: Let's meet at the historic Balboa Theater at 4th & E (Horton Plaza) for a walk through East Village to check out new and foundering construction projects, with lunch near the ballpark. We'll meander at a **casual** pace and be back at Horton Plaza within our 3 hour comp parking limit. Rain cancels. Questions? Email: danielbhaslam111@yahoo.com.

1:00 pm

WALKABOUT BOARD MEETING. The meeting will be held in the BOARD ROOM in the NTC Command Center at 2640 Historic Decatur. (619) 231-7463.

6:30 pm

ABOVE THE BAY. See January 3.

WEDNESDAY, JANUARY 11

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See January 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

10:00 am

BALBOA PARK--6th AND JUNIPER. Join **Robert and Friends** for 1-hour at a **casual** gait and stroll with the friendliest creatures on earth besides the squirrels. The terrain is half city streets and half parkland paths. Optional restaurant stop afterwards. Parking is free on the Park side of 6th Ave. near Juniper St. or on Balboa Dr. in the Park. Watch for No Parking signs on some days. To use public transport, take the #3 bus north on 5th Ave. or south on 4th Ave., get off at Juniper St. at approximately 9:15 and walk east to 6th. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See January 4.

THURSDAY, JANUARY 12

6:30 am

SUNRISE SERIES: MISSION BAY. Enjoy a refreshing, **moderate** 1-hour flat walk along the Bay. We can watch a beautiful sunrise and check out other sights and happenings. Meet at the Visitors Information Center. From the I-5, take the Clairemont Dr. exit west. Optional breakfast follows. **Winnie** (858) 278-4003.

10:00 am

MISSION BEACH NORTH & SOUTH. See January 5.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See January 5.

10:15 am

MORNING STROLL IN BALBOA PARK. See January 5.

NEWSLETTER STAFF: Diane Altona, Verna Bain, Bob Buehler, Dick Hiatt, Stan Follis, Larraine Marshall, Marilyn Ralph, Fran Whiteman.

MAILING CREW: Pat Peterson (Captain), Alice Berwert, Barbara Miller, Sharon Nelson, Donna O'Donnell, Joanne Paul, Fusa Shimizu, Judy Vandruff.

FRIDAY, JANUARY 13

4 p.m

DOWNTOWN HAPPY HOUR WALK. Meet at the historic Balboa Theater at 4th & E (Horton Plaza) for a casually-paced walk downtown in search of the perfect Happy Hour. We'll have scoped out a few, so there will be a choice. For about five bucks you should be able to imbibe reasonably and perhaps a munchie or two. We'll be back to our starting point within the 3hr. comp. parking limit, but if you plan on multiple libations, you should take public transportation. Questions? email: danielbhaslam111@yahoo.com

4:30 pm

MISSION HILLS MEANDER. See January 6.

SATURDAY, JANUARY 14

Time: TBA

SATURDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See January 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

7:15 am

LATE BIRDS. For those of us who can't get up for the Sunrise Series, **Anna T.** will lead a walk **at your own pace** around Pacific Beach. After the walk, we will have an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of the Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

6:15 pm

SATURDAY NIGHT LIVE. See January 7.

SUNDAY, JANUARY 15

7:15 am

BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let's take a flat walk **at your own speed** to see the birds, boats and views. Optional breakfast and chatting follow. Meet at the Visitors Information Center. From I-5 take the Clairemont Dr. exit and go west. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

MERRY GO-ROUND. See January 1.

MONDAY, JANUARY 16

6:30 am

SUNRISE SERIES: DOWNTOWN. Let's celebrate Martin Luther King Day with a flat, 1-hour **moderate** walk along the MLK walkway with some of his famous quotes, then over the bridge and back along the harbor. Meet in Seaport Village. Take Pacific Hwy. to south of Harbor Dr. Park in the lot next to the merry go-round. Optional breakfast follows. **Pat K.** (619) 469-6223.

10:00 am
CROWN POINT AREA BECKONS. See January 2.

TUESDAY, JANUARY 17

10:00 am
TWEEBS celebrates the day after MLK Day with a 60-90-minute flat walk **at your own pace** along his memorial path. Then we explore downtown, cross the new bridge and travel along the harbor to an optional lunch or return. Meet at 4th Ave. and E St. by the Balboa Theater. Free parking at Horton Plaza for 3 hours (4 if you have a handicapped license). **Pat K. (**619) 469-6223.

6:30 pm
ABOVE THE BAY. See January 3.

WEDNESDAY, JANUARY 18

Time: TBA
WEDNESDAY WILDERNESS HIKE. Today will be an e-mail hike with details sent out a day or two before. You can check the hikes at www.walkabouthikes.org for updates. See January 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

10:00 am
No Robert & Friends walk today.

10 am
THE ALLEYWAYS OF NORTH PARK. Meet in front of Albertson's grocery store (University, just south of Texas Street, #7 busline) to tour some of the many interesting alleys in North Park. Find out how to supplement your income (bring your whole glass bottles & cans for cash recycling), and bring enough so you can join us for an inexpensive lunch in one of the many eateries in the area. Some hills on this casually paced saunter. Lots of street parking. Rain cancels. Questions? email: danielbhaslam111@yahoo.com.

6:15 pm
WEDNESDAY NIGHT WORKOUT. See January 4.

THURSDAY, JANUARY 19

6:30 am
SUNRISE SERIES: MISSION HILLS. We gain a minute of sunshine this morning (sunrise at 6:50), well on our way to morning light again. We'll take a **moderately**-paced, 1-hour mostly flat walk, but some of the sidewalks have irregularities because of their age. Meet at the corner of Ft. Stockton Dr. and Goldfinch St. Bring money for an optional breakfast to follow. **Barbara O. (**619) 260-8360.

10:00 am
SHELTER ISLAND WALK & TALK BUNCH. See January 5.

Remember to wear comfortable, supportive shoes with good soles for your soles' sake.

10:00 am
MISSION BEACH NORTH & SOUTH. See January 5.

10:15 am
MORNING STROLL IN BALBOA PARK. See January 5.

FRIDAY, JANUARY 20

10:00 am
LA JOLLA SHORES. We'll walk along the beach, explore the campus of Scripps Institution of Oceanography and view some lovely neighborhoods for 1-1/2 hours on mostly flat terrain at a **moderate** pace. Optional lunch follows at an attractive new café overlooking the ocean. Meet **Addie** at the lifeguard tower at the La Jolla Shores parking lot. Take La Jolla Shores Dr. to Calle Frescota and go west. Rain cancels. (858) 456-4260.

3 p.m
HAPPY HOUR IN NORTH PARK WALK. Meet us on the southwest corner of 30th and University Street (parking on area side streets) to **wander** in search of libations for the soul. Five bucks should cover your first round and perhaps a munchie or two. Just remember where you parked or take the #2 or #7 bus from downtown and really live it up. Rain cancels. Questions? email: danielbhaslam111@yahoo.com.

4:30 pm
MISSION HILLS MEANDER. See January 6.

SATURDAY, JANUARY 21

Time: TBA
SATURDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See January 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

6:15 pm
SATURDAY NIGHT LIVE. See January 7.

SUNDAY, JANUARY 22

7:15 am
BREAKFAST SPECIAL IN PACIFIC BEACH. Before the crowds arrive, walking in Pacific Beach can be delightful. We'll walk along the ocean admiring the waves on a flat walk **at your own speed** and then return by the same route. Meet at the west end of Garnet Ave. by the Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps on a deck overlooking the ocean. **Pat's Pals** (619) 469-6223.

8:15 am
MERRY GO-ROUND. See January 1.

In case of emergency please carry ID and medical information on walks.

MONDAY, JANUARY 23

6:30 am

SUNRISE SERIES: LITTLE ITALY. Help **Gloria** search for a special orchid as we locate the restaurant that received the Grand Orchid for architecture and design in 2011. Meet in the parking lot of Denny's at Pacific Highway and Hawthorn St. Walk will be **moderate** for 1 hour – flat and paved. Bring flashlight and money for optional breakfast after. (619) 482-7677.

10:00 am

CROWN POINT AREA BECKONS. See January 9.

TUESDAY, JANUARY 24

10:00 am

TWEEBS WALK AT LIBERTY STATION. Let's meet at the Walkabout office at Liberty Station (2650 Truxtun Rd. Suite 110). for a **casually**-paced walk mostly level walk through Liberty Station and lunch at one of the local eateries along the way. We'll also stop to do a little holiday shopping on the way back. Rain cancels. Questions? Email danielbhaslam111@yahoo.com.

3:00 pm

UNIVERSITY HEIGHTS. Explore some hidden streets in this charming, historic neighborhood. Meet at the corner of Madison Ave. and Maryland St. for a **moderate**, mostly flat 1.5-hour walk. Bus #11 stops at Park Blvd. and Madison Ave. Rain cancels. **Evelyn K.** (619) 461-6095.

6:30 pm

ABOVE THE BAY. See January 3.

WEDNESDAY, JANUARY 25

RESERVATION DEADLINE FOR CHINESE NEW YEAR CELEBRATION. Today is the last day to call the Walkabout office at (619) 231-7463 to RSVP for the fabulous feets and feast this Sunday, January 29th. See Box on page 5,

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today will be an e-mail hike with details sent out a day or two before. You can check the hikes at www.walkabouthikes.org for updates. See January 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at (760) 796-4007 or dpiller@cox.net.

10:00 am

CORONADO TIDELANDS STROLL. Join **Robert and Friends** for a 1-hour, flat, paved, **casual** stroll in Coronado's Tidelands Park. Optional brunch afterwards. Drive over the beautiful blue bridge to Coronado, turn right after the former tollbooth onto Glorietta Blvd, then turn right again on Mullinix Dr. into Tidelands Park. To use public transport, take the #901 bus (Iris Trolley) from the 12th & Imperial Transit Center at 8:35; after crossing the bridge, get off at first stop, walk southeast on 3rd St. onto Mullinex Dr. and into the park. Meet at the restroom. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See January 4.

THURSDAY, JANUARY 26

6:30 am

SUNRISE SERIES: BALBOA PARK. Join **Marilyn M.** for a level walk **at your own pace** through the park for about an hour. There is always something in bloom and sometimes a few surprises. Meet at 5th Ave. and Spruce St. Optional breakfast follows. (619) 294-8308.

10:00 am

MISSION BEACH NORTH & SOUTH. See January 5.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See January 5.

10:15 am

MORNING STROLL IN BALBOA PARK. See January 5.

FRIDAY, JANUARY 27

4pm

HILLCREST HAPPY HOUR WALK. Meet in front of Whole Foods on University (street parking in neighborhood) for a **casually**-paced walk through this avant garde neighborhood, with at least one stop along the way for libations at special happy hour prices. Five bucks or so should cover your first round, and perhaps a munchie or two. Remember your parking spot or take the #1 or #11 bus if you plan a few snorts. Rain cancels. Questions? email: danielbhaslam111@yahoo.com.

4:30 pm

MISSION HILLS MEANDER. See January 6.

SATURDAY, JANUARY 28

Time: TBA

SATURDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See January 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at (760) 796-4007 or dpiller@cox.net.

LATE BIRDS. For those of us who can't get up for the Sunrise Series, **Dick and the Divas** will lead a 1-hour walk **at your own pace** around Shelter Island. After the walk, we'll have an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (858) 558-1442.

6:15 pm

SATURDAY NIGHT LIVE. See January 7.

Even when not mentioned, flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen.

SUNDAY, JANUARY 29

7:15 am

BREAKFAST SPECIAL ALONG ADAMS AVE. Interesting homes and views along the edge of Mission Valley will greet us on this flat, **moderate** walk. Optional breakfast follows. Rain cancels or postpones. Meet at 30th St. and Adams Ave. **Pat K.** (619) 469-6223.

8:15 am

MERRY GO-ROUND. See January 1.

9:15 am **NC**

TRANQUILITY IN CARMEL VALLEY. Amid the caldron of construction in Carmel Valley is an oasis of serenity tucked away in a secluded valley. Let's belatedly ring in the new year on the right (or left) foot with a **moderate-plus** paced, 2.5 hour prance over mixed up and down terrain. Look for **Larry** in the Torrey Pines High School parking lot by the northeast corner of Del Mar Heights Rd. and Torrey Ridge Dr., about 1.5 miles east of the Del Mar Heights exit for the I-5. BYO water, but rainwater cancels! Larry@walkabout-int.org or (858) 755-1751.

4:00 pm or 5:00 pm

WALKABOUT'S LUNAR NEW YEAR CELEBRATION. See box on page 5.

MONDAY, JANUARY 30

6:30 am

SUNRISE SERIES: MISSION VALLEY RIVER. Let's hope for a beautiful morning to see if the growing foliage allows us some good views of the river. The trolley stops nearby at Hazard Center for those who would like to save some gas. We'll meet in the parking lot of Mimi's at 5180 Mission Center Dr. Take the I-8 to the Mission Center Auto Circle exit and proceed north on Mission Center Rd. (Mimi's will be on your left). Bring money for an optional breakfast after this **moderate** 1-hour, flat walk. **Edie** (619) 222-4396.

10:00 am

CROWN POINT AREA BECKONS. See January 2.

TUESDAY, JANUARY 31

10:00 am

TWEEBS walk, North Park/Morley Field. North Park/ Morley Field. Meet in front of the swimming pool at Morley Field in northeastern Balboa Park with ample street parking for a **casually**-paced walk with some hills through lovely residential neighborhoods and lunch at a local eatery. Rain cancels. Questions? email: danielbhaslam111@yahoo.com.6:30 pm

6:30 pm

ABOVE THE BAY. See January 3

Even when not mentioned, flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen.

Walkabout International
San Diego's Premier Social Network Afoot

By Larry Forman, Founder of Walkabout

San Diego's premier social network afoot and largest and longest-running, oops, walking organization on the planet, celebrates its 35th birthday on March 17, 2012. Since its inception in 1977 before the fitness craze erupted, Walkabout International has been in the forefront of promoting good health and fitness by conducting over 25,000 walks covering more than two million people-miles – or the equivalent of walking around the equator over 80 times – for tens of thousands of "soles"!

Walkabout International is a nonprofit, all-volunteer educational organization that promotes walking in urban, suburban and rural environments throughout the world for like-minded 'soles' who enjoy the pleasures of putting one foot in front of the other for fun, fitness, discovery and socializing. Annually, we conduct over 1000 free walks in San Diego neighborhoods as well as day trips in California and extended, behind-the-scenes walking tours in the US and abroad.

The organization derives its name from an Australian aborigine ritual, called a walkabout, in which members of the community venture out to live off the land and meet their environment on its own terms. That is the spirit of what our walks are all about. We encounter and embrace our urban, suburban and rural environments on their own terms and open ourselves up to uncovering the beauty and essence of a neighborhood while we enjoy healthy exercise and convivial socializing. That's the "Walkabout" part. The "International" component reflects the opportunities to travel to other countries where we have conducted customized, behind-the-scenes walking tours of Switzerland, England, Wales, Scotland, France, Canada, Mexico and even Japan.

Walkabout began as a result of people, recently moved to San Diego, who wished to discover the tucked-away nooks and crannies as well as the more well-known picturesque places in the urban, suburban and rural environs of San Diego; to walk just for the health of it in the evening after work – and throughout the year – because of the very accommodating weather here; and to meet others with similar interests afoot who would share their favorite pathways.

Walkabout has been featured on local radio and television and in articles appearing in virtually every newspaper and magazine published in San Diego County, as well as in *The Los Angeles Times* and the nationally prominent *Prevention Magazine*. Even celebrated travel guru, Arthur Frommer, has praised us for the quality of our unique, behind-the-scenes walking tours. Walkabout has been recognized by the Save Our Heritage Organization (SOHO), the San Diego Historical Association, and the La Jolla Historical Association for our innovative efforts in promoting walking to raise people's consciousness about local history, architectural preservation, and the rich cultural diversity within our communities. The City of San Diego, with the blessings of many mayors, has honored us by proclaiming Walkabout San Diego Day on March 4th. Why this date? Because it is the only day of the year that is an exhortation to walk – to march forth!

Walkabout also has received a distinguished award from the National Endowment for the Humanities. We obtained a special grant to work with San Diego State University and the University of San Diego to research the historical, sociological and cultural development of Hillcrest. This resulted in our conducting a series of walking tours for the public in conjunction with professors from SDSU and USD to highlight the transformation of Hillcrest from a pedestrian-centered community to an automobile-based one and to identify the ensuing detrimental consequences of this shift. Perhaps, this is one of the reasons that shortly after our project concluded, the City of San Diego undertook the development of a walker-friendly Hillcrest, which has led to the flourishing and vibrant community Hillcrest is today.

Not unlike the Sierra Club, but with an urban accent, Walkabout's encounters offer a rich assortment of flair and flavor. When San Diego celebrated America's Finest City Week in August, Walkabout annually hosted the La Jolla Ice Cream Social Amble, where we stopped to sample treats at every ice cream and frozen yogurt parlor. The Scenic Drive Endurance Walk during America's Finest City Week saw hundreds parade along the 62-mile, signposted route from Sea World through Old Town, Balboa Park, Downtown, the Gaslamp Quarter, Harbor and Shelter Islands, Sunset Cliffs, Pacific Beach, Mount Soledad, UCSD, Scripps Institution of Oceanography, La Jolla Cove, Mission Beach and back to Sea World, typically 17 hours later. During the Christmas season, other special walks have included saunters through neighborhoods in Clairemont and Chula Vista known for their exuberant display of lights and decorations. "In the footsteps of" was a series of walks focusing on notable San Diegans. One that always hit a homerun was "In the footsteps of Ted Williams" as we meandered through Ted's North Park neighborhood where he cultivated his remarkable Hall-of-Fame prowess for hitting a baseball. Walkabout often has made history with our historical walks, like our "Talmadge Tales" in Kensington. On this wander, Walkabout revealed the surprising Hollywood connection with this cozy quiet community and capped it off by renting the Ken Cinema to showcase the movies of the famous stars of the silent screen, the Talmadge Sisters, who sparked real estate development in the area. And, of course, Walkabout has led multitudes astray in the Gaslamp Quarter, especially through the legendary exploits of revered leader, Downtown Sam.

Ralph Waldo Emerson, renowned American poet from New England and avid walker himself, remarked in a speech from 1858, "'tis the best of humanity that goes out to walk." Reflecting on Walkabout's astounding accomplishments, illustrious leaders and faithful followers, one can attest to the truth of Emerson's words simply by coming on a one of Walkabout's nearly one-hundred free walks each month in San Diego and beyond.

Tennessee Walkers Spend Halloween in South

Sixteen Walkabouters enjoyed a week-long trip to Nashville in late October, just in time for the jack-o'-lanterns to be carved and the frost to appear. Our group enjoyed guided tours through Andrew Jackson's estate, The Hermitage, Cheekwood Gardens, and Bellemeade Plantation, as well as a special backstage tour of the Grand Ol' Opry and a rare, private tour of Governor Bill Haslam's official residence. We dodged the snow that hit the Atlantic but braved some cold, rainy weather.

Walkabouters enjoyed a side trip to Lynchburg and Jack Daniel's Distillery as well as a wooded walk at the Old Stone Fort State Park, a native American ceremonial ground going back 2000 years. Downtown Nashville walks included Music Row Gulch where the likes of Elvis cut records, Entertainment Row (much like our Gaslamp Quarter), the Tennessee State Museum, the capitol and a BBQ from famous Jack's. We also sampled Hatch's posters, country music and grits.

We had picnics in fine weather and Chinese, pizza and masquerade cocktail hours on Halloween at our hotel outside the city. Our Halloween costumes were quite original considering our limited luggage space in this age of carry-ons. Our early bird walks froze up in cold southern air, so we made up footsteps throughout the days in our travels.

Tour leader Dan Haslam and co-leader Walter Konopka kept the group fed, organized and on-time to such events as Saturday night at the Grand Ol' Opry (Charlie Daniel's 75th birthday). We had wonderful walks through the farmer's market, Vanderbilt University and Centennial Park. While we were away the World Series was completed (we watched) and the Chargers went down in flames (we cringed).

Anyone who would like to duplicate our trip can borrow the tour brochures from the office and enjoy "Gracious! Tennessee" as we all did.

Our creative Walkabout women at our Halloween costume party in Nashville.

A bigger than life guitar someone hung on a bigger than life statue at the end of Music Row in Nashville

$UPPORTER$

By donating your time to WALKABOUT — coming on walks, bringing friends, helping out at the Headquarters or at events — you sustain and spread the WALKABOUT Spirit! You are the heart and "soles" of a unique, all-volunteer, nonprofit organization — that feels more like an extended family — as it raises walking far above a pedestrian pursuit.

We have no "members" or "dues", as such. However, we do have expenses, such as rent, utilities, insurance, office equipment and printing costs. WALKABOUT depends in part on your generous spirit to fund our yearly operating costs as we annually conduct over 1000 free walks in and around the San Diego area.

An important way to support WALKABOUT is through your thoughtful, tax-free donations. WALKABOUT values you and your participation. If you appreciate the good value you receive from WALKABOUT, please consider one of the following`levels of support below for individuals or families. Each category includes the monthly newsletter by mail for 12-months.

___ Please contact me/us to discuss WALKABOUT's Charitable Gifts, Trusts and Memorials Program.

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Call 619-231-SHOE (7463)

Nashville co-leader Walter Konopka belts out "Mc Phearson's Lament" to the stunned audience at a less-than-full house at the Grand Ole Opry.

Nashville leader Dan Haslam brings his Walkabout friends to visit cousin Bill at the Governor's Mansion. (Gov. Bill Haslam was busy, but sent a former staffer to give us a tour.)

2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007
(619)231-7463
http://www.walkabout-int.org

January 2012

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MYSTERY! WHODUNIT???

The Shelter Island Thursday Walkers found two bricks inscribed “Walkabout International,” among those in the 1998 Hubbell “Pearl of the Pacific” Public Artwork. Who in Walkabout was the donor?

Your help is needed to determine whodunit? A reward will be given at the March Walkabout 35th Anniversary Celebration to a person with concrete evidence. Contact Bev at 858-268-8088.