



San Diego Feets

Vol. 36

No.2

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.

February 2013

WALKABOUT CONTINUES QUEST FOR VOLUNTEER SERVICES

For more than 35 years, Walkabouts leaders have bragged about our small organization being staffed and run totally by volunteers, but those days may be coming to an end if supporters don't step forward to lend a helping hand.

Fran Whiteman, who has done the Walks Coordinating/Word Processing over the past several years, seeks to be relieved of her duties as soon as possible and has graciously extended her termination plans two times in the hope that someone would succeed her. Fran is willing to train her replacement if only one could be found. Over the past six months SDFeets has carried a boxed ad seeking someone to collect the monthly walks submitted by leaders, and process the information into a format useable by our publisher, Dick Hiatt. No takers. (EDITORS NOTE: As of this printing we have a volunteer who is willing and able to take over as Coordinator).

The Board of Directors is already overextended by not only running the organization, leading walks and trips, and staffing the office three out of five days. There are up to five vacancies on the board of directors, and current board members who serve in publishing and accounting positions have done so for decades, and sometime in the future will want to step down. For now, the board is shaking its collective head, wondering if the many positions it takes to operate as a nonprofit will have to be professionally staffed, and if so, how that will be paid for.

In addition, volunteers are needed to staff the office three days per week so that current board members (who are temporarily filling in) can focus on other responsibilities. Thursday volunteer, Marilyn Ralph, will train new volunteers, who typically offer one day a week (Monday, Tuesday or Friday) for just four hours per day, or 16 hours a month. Volunteers maintain the reception desk, answer the telephone, return calls, collect and process mail and assist with work projects. Typically, the office is very quiet during the "open" hours of 10 am to 2pm, and volunteers end up reading, checking personal email, using the computer or tidying up the office.

As Walkabout's numbers have declined and our subscribership has aged, obtaining volunteers has become more challenging. The need remains, but the available pool has seemingly evaporated. Either that or people are procrastinating about offering their service. In a national AARP survey conducted three years ago, 25% of adult

respondents think about volunteering daily, 37% think about it several times a month and 20% think about helping out once a year. 71% of respondents think that giving time as a volunteer is important to their community, while 17% think giving money is more valuable. Walkabout needs help more than money. If you're one of the 79% that only "think about" volunteering, we need you! Please contact our office volunteer with your name and number, and we'll put you to work.

FRIDAY, FEBRUARY 1

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.

SATURDAY, FEBRUARY 2

Time: TBA

SATURDAY 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.walkabout hikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, contact **Don** at dpiller@cox.net or (760) 796-4007.

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

1:00 pm

“MUST SEE” GREENWOOD CEMETERY. We'll view beautiful statues, stained glass, 2 ponds and 2 mausoleums, on this **casual** 2-hour walk with some rolling hills. Meet **Virginia** at Greenwood's entrance across from the shopping center on Imperial Ave. between the I-15 and 805 freeways. Rain cancels. (619) 231-7463.

6:15 pm

SATURDAY NIGHT LIVE. **Carol, Teri** or a substitute leader will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the **entrance** to the 5 Star parking lot on the **west** side of Pacific Hwy. just north of Broadway – this lot has lots of metered parking, which is free after 6:00 pm, before you enter the pay lot. (Note: the 5 Star lot on the east side of Broadway is a pay lot only.) 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. Often a group of walkers will break away for a casual dinner, so feel free to join them! Walk leaves promptly at 6:15. **Carol W.** (619) 303-7942, **Teri E.** (619) 584-8984.

SUNDAY, FEBRUARY 3

7:15 am

LA JOLLA BREAKFAST SPECIAL. Let's explore La Jolla's beautiful homes, interesting stores and ocean views. Maybe we'll spot some migrating whales again on this **moderately**-paced walk for about 60 minutes. Optional breakfast follows at a favorite restaurant. Meet at Girard Ave. and Pearl St. 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.

MONDAY, FEBRUARY 4

6:30 am

SUNRISE SERIES: NORTH PARK. Let's walk for 1 hour at a **moderate** pace with some mild hills through one of San Diego's first suburbs to the athletic side of Balboa Park. We'll see baseball fields, pools, Frisbee golf, horseshoes, bocce ball, and a velodrome. Meet on Ohio St. just north of University Ave. An optional breakfast follows. **Pat K.** (619) 469-6223.

Office Staff

Donna Farris, Marilyn Buckley, Grace Greenalch, Pat Peterson, Marilyn Ralph,

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 Dr. at 9:30. Walk 3 blocks east to the parking lot. Rain cancels. (858) 484-0349.

TUESDAY, FEBRUARY 5

10:00 am

TUESDAY WALKERS EXPLORE CORONADO. Winter brings snow back east, but in Coronado we can admire the flowers that brighten up the beautiful homes. It will be a flat walk for 90 minutes (shortcuts available) followed by an optional lunch (Taco Tuesday?). Meet at the library (which we will enter for 5 minutes, then go walking) on Orange Ave. between 7th and 8th streets. Rain cancels. **Pat K.** (619) 469-6223.

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, 1-hour plus, **moderate to moderate-plus** paced walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (619) 584-8984 or **Jill F.** (858) 292-4231 to make sure the walk is "on" for the week (rarely cancelled due to holiday or commitments).

WEDNESDAY, FEBRUARY 6

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.walkabout hikes.org for updates. See February 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or cbeckwith146@yahoo.com.

10:00 am

FASHION VALLEY WINDOW SHOPPING. Meet **Robert and Friends** for a 1-hour **casual** lookie-loo through the new, improved, up-see-down-daisy, multi-shop walkways into escalated euphoria. At the last store, we may view some retro restoration hardware. Optional tearoom visit follows. Meet in the mall in front of the east, ground level entrance of Nordstrom. Free parking. To use public transportation, take the green-line trolley marked "Green Santee" to arrive by 9:15 at the Fashion Valley station. Walk northeast to the meeting location. Rain cancels. **Robert B.** (858) 571-7733.

10:00 am

BRIDGES OF SAN DIEGO, PART 3. Join **Bev B.** to explore the Vermont Street Pedestrian Bridge as we conclude our series. This bridge spans a canyon and well-traveled Washington St. as well as connecting the two distinct communities of Hillcrest and University Heights. This bridge replaced a 1916 wooden trestle bridge and was awarded the 1995 Orchid Award. This is a **casual** stroll on winding roads with lovely homes overlooking the canyons. Meet at the corner of Vermont St. and Lincoln Ave (Thomas Guide 1269-B5), where there is plenty of on-street parking. Optional lunch follows. Rain cancels. (858) 268-8088 (call (619) 886-8086 the day of the walk).

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, FEBRUARY 7

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE/ EMBARCADERO MARINA PARKS NORTH & SOUTH. We'll start at Seaport Village and walk along San Diego Bay toward the Convention Center, exploring Marina Parks North and South, on this **moderately**-paced 1 hour flat walk. Join us for spectacular views of San Diego Bay, boats and ships on the bay, the Coronado Bay Bridge, Coronado, the marina, and downtown San Diego...and hopefully a beautiful sunrise. If we have time, we'll also visit the "The Kiss" site located next to the USS Midway Museum. Meet **Connie** at the south end of Pacific Hwy. and park by the Seaport Village Merry-Go-Round. Bring flashlight and money for an optional breakfast afterwards. (619) 477-8628.

10:00 am

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

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

Marvelous Monterey Bay – A Thanksgiving Treat in the Serenity of Asilomar

November 26 - 30, 2013

Explore Monterey Bay and the charm of Carmel, Cannery Row, Pacific Grove, Pebble Beach and the Monterey Bay Aquarium. Enjoy 5 days / 4 nights with all meals included in the bucolic environs of Asilomar Conference Grounds. Stroll with Rita and Diane. Or, stretch your legs with Larry and Walter. The choices abound for how you can enjoy the Thanksgiving week with the Walkabout family. Our comfortable chartered coach sweeps us up to and back from our Northern California hideaway. To tentatively reserve a spot, send your fully refundable \$100 deposit to Walkabout, accompanied by your name, address, phone number, email address and notation: **Marvelous Monterey Bay.** For more info, contact Larry at Larry@walkabout-int.org or (858) 755-1751 (evenings or weekends)

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 including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at east end of the island, to the right of the Bali Hai by the lamp post and hand rails, where we will stretch a few minutes. If you're late, drive down the island and join us along the way. After announcements, there will be an optional 30+-minute walk down Shelter Island Dr. to where the new sign is and to explore the recently opened promenade along America's Cup Harbor and continuing along the bay to the Navy installation. Take the #28 bus and walk approximately 3 blocks to the Bali Hai. Ample free parking. Optional eats after. 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.

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

**A HAPPY LUNAR NEW YEAR
CELEBRATION -- CHINESE STYLE**

SUNDAY FEBRUARY 24, 2013

**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 4711! Time to wiggle your way through the Year of the Snake! Officially starting on February 10th, the celebration continues for 15 days with Walkabout joining in the fun as usual. Look for Larry to start things off with a flat and casual appetite-awakening, anecdote-filled amble at 4 pm. At 5 PM, prepare to feast on delicious and delectable dishes in the most amazing assortment of culinary delights of any Walkabout event. Over 150 items include 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, telephone number AND number in your party) by Wednesday February 20 by calling the Walkabout Headquarters at (619) 231-7463. Otherwise, it's "snake-eyes" for you and the price hisses up to \$16 per person.

Be sure to bring your check(s) payable to WALKABOUT INTERNATIONAL to the restaurant by 5 pm on February 24th, 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 Avenue in Pacific Beach in the shopping center by the northwest corner of Garnet Avenue and Lamont Street. Any questions? Call Walkabout at (619) 231-7463. Gung Hay Fat Choy!

FRIDAY, FEBRUARY 8

10:00 am

WALKABOUT BOARD MEETING. The monthly meeting will be held in the Board Room of the NTC Command Center, 2640 Historic Decatur Rd. (619) 231-7463.

1:00 pm

CELEBRATE NATIONAL KITE FLYING DAY!
Today's the day for a **casual** walk around Liberty Station (meet at the Walkabout office) in search of the perfect kite-flying area. We'll all participate in the launch and operation of our Walkabout kite, so wear sun glasses, lawn shoes and a hat. Rain will cancel. "Higher-Than-A-Kite **Dan**" (619) 249-2446.

4:30 pm

MISSION HILLS MEANDER. See February 1.

SATURDAY, FEBRUARY 9

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.walkabout hikes.org for updates. See February 2 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 February 2.

SUNDAY, FEBRUARY 10

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 February 3.

MONDAY, FEBRUARY 11

6:30 am

SUNRISE SERIES: LAKE MURRAY. We'll meet at the Baltimore Dr. entrance to Lake Murray (5900 block, Thomas Guide 1250-G7) to walk **at your own pace** for 1 hour on a mostly flat path. An optional breakfast follows. Betty (858) 248-3782.

10:00 am

CROWN POINT AREA BECKONS. See February 4.

1:00 pm

CELEBRATE NATIONAL WHITE T-SHIRT DAY in style with a mini-parade on downtown sidewalks. You **MUST** wear a white T-shirt to join us at our starting point at 4th Ave. & E St. (Balboa Theater) for our **casual** stride over city sidewalks showing off our "wears." Heavy rain cancels. Take public transit or enjoy free validated 3-hr. parking at Horton Plaza garage. "D-Shirt **Dan**" (619) 249-2446.

TUESDAY, FEBRUARY 12

6:30 pm

ABOVE THE BAY. See February 5.

February 2013 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 4:30 pm Mission Hills	2 TBA-Hike 1:00 pm "Must See" Greenwood Cemetery 6:15 pm Sat Night Live
3 7:15 Breakfast Special 8:15 am Merry Go Round	4 6:30 am Sunrise Series: North Park 10 am Crown Point	5 10 am Tuesday Walkers Explore Coronado 6:30 pm Above the Bay	6 TBA-Hike 10 am Fashion Valley Window Shopping 10 am Bridges Of San Diego, Part 3 6:15 pm Wednesday Night Workout	7 6:30 am Sunrise Series 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	8 10:00 am Walkabout Board Meeting 1:00 pm Celebrate National Kite Flying Day! 4:30 pm Mission Hills	9 TBA-Hike 7:15 Late Birds 6:15 pm Sat Night Live
10 7:15 am Breakfast Special 8:15 am Merry Go Round	11 6:30 am Sunrise Series 10:00 am Crown Point 1:00 pm Celebrate National White T-Shirt Day	12 6:30 pm Above the Bay	13 TBA-Hike 6:15 pm Wednesday Night Workout	14 6:30 am Sunrise Series 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	15 1:00 pm Celebrate National Gum Drop Day 4:30 pm Mission Hills	16 TBA-Hike 11:00 am Celebrate National Do A Grouch A Favor 6:15 pm Sat Night
17 7:15 Breakfast Special 8:15 am Merry Go Round	18 6:30 am Sunrise Series 10 am Crown Point	19 1:00 pm National Chocolate Mint Day 3:00 pm Wild Animals Of University Heights 6:30 pm Above the Bay	20 Reservation Deadline For Chinese New Year Celebration TBA-Hike 10 am Robert 6:15 pm Wednesday Night Workout	21 6:30 am Sunrise Series 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	22 4:30 pm Mission Hills	23 TBA-Hike 7:15 Late Birds 11:00 am International Dog Biscuit Appreciation Day 6:15 pm Sat Night
24 7:15 Breakfast Special 8:15 am Merry Go Round 9:15 am NC A Rancho Santa Fe Prance 4:00 pm Lunar New Year Celebration	25 6:30 am Sunrise Series 10 am Crown Point	26 10:00 am Tuesday Walkers Going Down To South Park 6:30 pm Above the Bay	27 TBA-Hike 6:15 pm Wednesday Night Workout	28 6:30 am Sunrise Series 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park		

UPCOMING WALKS, EVENTS & TRIPS FOR 2013

We are recruiting walk leaders for some of the following walks that don't list a leader. If interested, please call the office (619) 231-7463 . Receive help w/write-up, etc. And, please send in YOUR ideas!! (Note Newsletter deadline dates).

FEBRUARY 2013

Chinese New Year Walk & Dinner Larry
 Seven Bridges of San Diego (Part 3) Bev B.& Linda H.
 Register NOW for Annual Coronado Bridge Walk in
 May..... Sally R. (619) 272-8851

MARCH 2013 (Deadline for newsletter: Feb. 3rd)

Walkabout's 36th Anniversary Walks.
 St .Patrick's Day Parade Walk.....Fran W.
 Happy Hour at Rooftop Bars in Downtown
 Coronado Garden Tour Walk..... Bob B.
 Kobey Swap Meet P/R Booth (Need Volunteers)
 "New" Kissing Sailor Statue/Harbor Walk..... Dan H.

APRIL 2013 (Deadline for newsletter: Mar 3rd)

Anza Borrego Day TripWalter K.
 Three Rose Gardens at Liberty Station.....Linda H.
 Japanese Garden/Balboa Park/Cherry Blossoms
 Jackie B/Sally R.

MAY 2013 (Deadline for newsletter: April 3rd)

Annual Coronado Bridge Walk Sally R.
 Memorial Day Walk
 Annual Port of San Diego Harbor Boat Tour + Bus Tour
 of behind the scenesFREE (May/June)

JUNE 2013 (Deadline for newsletter: May 3rd.)

Downtown Library Opening Evelyn K.
 Mainly Mozart Open Free Rehearsals,
 Balboa Theater: June 13, 15 & 20th, followed by Walk

OTHER SUGGESTED WALKS/EVENTS

Annual Walk Leaders Safety Meeting
 Annual Walk Leaders Appreciation Luncheon
 Airport Terminal Opening Summer 2013
 Balboa Park w/Ranger Tour
 Cabrillo Monument Ranger led Cabrillo trails.. Ellen Q.
 Coaster trip to Oceanside Pier/Cedros Shopping
 County Fair- June/early July
 Del Mar Race Track- July/Aug
 Free Tuesdays at Museums in Balboa Park
 Gemological Institute of America/Carlsbad Docent Led
 tour
 I Love A Clean San Diego - beach cleanup - Sept
 Jerry Schad Memorial Trail/Balboa Park
 La Mesa Oktoberfest- Sept
 Lambs Xmas Play-Dec
 Navy Fleet Week- Sept
 Neighborhood Holiday Light Viewing - Holidays
 Reuben Fleet/Star Gazing/Balboa Park - Ellen Q.
 San Diego River Walk/Docent Led - May
 Spring and Fall Garden and Home Tours
 Summer Pops
 Tijuana- Visit new San Diego Office in TJ May

2013 TRIPS: (Tentative Schedule)

Charleston, SC & Savannah, GA..... Apr 2-9
 Washington DC.....May 14-21
 SwitzerlandJun 23-Jul 7
 Poland Springs Inn/Maine.....Aug 13-20
 Cape Cod/Boston.....Sep 3-9
 Biltmore Estate/Ashville, NCSep 10-17
 New York City.....Sep 24-30
 Vermont..... Oct 1-8
 Boise, ID Oct 9-16
 Cuba.....Nov 5-12
 Asilomar/Monterey BayNov 26-30
 Northern CA Coast/Hwy 1.....Dec 3-10
 San FranciscoSummer
 New OrleansFall

2011-2012 Board Members

President
 Robert Buehler(858) 571-7733
President@walkabout-int.org
 1st Vice President
 Norman Vigeant ngfrenchy@hotmail.com
 2nd Vice President
 Dan Haslam(619)249-2446
danhaslam@walkabout-int.org
 Recording Secretary
 Donna Farris secretary@walkabout-int.org
 Treasurer
 Rita Balliot(619) 266-2555
treasurer@walkabout-int.org

Directors

Marilyn Buckleypr@walkabout-int.org
 Stan Follis.....(619) 222-3447
Stanley@walkabout-int.org
 Larry Forman.....(858) 755-1751
larry@walkabout-int.org
 Dick Hiattpublisher@walkabout-int.org
 Walter Konopka(619) 281-4958
wkonopka@sbcglobal.net
 Bruce Herms..... Emeritus



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.

WEDNESDAY, FEBRUARY 13

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.walkabout hikes.org for updates. See February 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 before 6:00 pm.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See February 6.

THURSDAY, FEBRUARY 14

6:30 am

SUNRISE SERIES: KEARNY MESA. Return to a familiar place as we walk on mostly flat terrain at a **moderate** pace for 1 hour. We'll meet in the parking lot of the restaurant at 3906 Convoy St. Maybe we can explore a different area this time, but also some familiar sites. An optional breakfast follows. Take the I-805, exit at Balboa Ave. turnoff, east to Convoy St. and turn right. **Winnie** (619) 278-4003.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See February 7.

10:00 am

MISSION BEACH NORTH & SOUTH. See February 7.

10:15 am

MORNING STROLL IN BALBOA PARK. See February 7.

FRIDAY, FEBRUARY 15

1:00 pm

CELEBRATE NATIONAL GUMDROP DAY with goodies on our sweet, **casual** downtown walk. Bring gumdrops to share the holiday and learn the history of the candy. We'll go in search of a candy fix for those who are gumdrop-less. Meet at 4th Ave. & E St. (Balboa Theater). Take the bus or trolley, or park for 3 free validated hours at Horton Plaza garage. Heavy rain cancels. "Gumdrop **Dan**" (619) 249-2446.

4:30 pm

MISSION HILLS MEANDER. See February 1.

SATURDAY, FEBRUARY 16

Time: TBA

SATURDAY 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.walkabout hikes.org for updates. See February 2 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

11:00 am

CELEBRATE NATIONAL DO A GROUCH A FAVOR DAY, so do us the favor of your presence on an un-grouchy walk downtown. We'll **casually** walk streets after meeting up at the Balboa Theater, 4th Ave. & E St., and we'll work out the kinks of lingering grouchiness. Take public transit or park free with validation at Horton Plaza garage. Heavy rain cancels. "Grouchless **Dan**" (619) 249-2446.

6:15 pm

SATURDAY NIGHT LIVE. See February 2.

SUNDAY, FEBRUARY 17

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 former 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 February 3.

MONDAY, FEBRUARY 18

6:30 am

SUNRISE SERIES: OCEAN BEACH. This will be a **moderate**, mostly flat 1-hour walk. We'll meet on Newport Ave. across from the old Strand Theater. Take the I-8 to its west end, turn left at Sunset Cliffs Blvd., after a few blocks turn right at Newport Blvd for a block and a half. If you plan to stay for breakfast, bring money. **Fusa** (619) 223-6947.

10:00 am

CROWN POINT AREA BECKONS. See February 4.

TUESDAY, FEBRUARY 19

1:00 pm

NATIONAL CHOCOLATE MINT DAY is calling, so meet **Dan** at Balboa Theater (4th Ave. and E St.) for a sweet treat followed by a **casually**-paced workout straight to the drug store for an ice cream cone of the same flavor (bring \$1.69). Then lick it off as we waddle through downtown streets in search of conviviality and exercise. Heavy rain cancels; heavy cream is enjoyable. "Chocoholic **Dan**" (619) 249-2446.

3:00 pm

WILD ANIMALS OF UNIVERSITY HEIGHTS. Come see hippos, a warthog, a gorilla, a dinosaur, a deer and even a mermaid. Meet **Evelyn K.** at the corner of Johnson and Lincoln avenues for a **moderate**, mostly flat 1-1/2 hour walk. Take the Washington St. exit from the 163 Freeway, go east 1 block to Lincoln Ave. and turn left. Bus #15 stops at Washington St. and Lincoln Ave. Rain cancels. (619) 461-6095.

6:30 pm

ABOVE THE BAY. See February 5.

WEDNESDAY, FEBRUARY 20

RESERVATION DEADLINE FOR CHINESE NEW YEAR CELEBRATION. Today is the last day to call Walkabout Headquarters at (619) 231-7463 to RSVP for the fabulous feets and feast this Sunday, February 24. Just indicate your name, phone number AND the number in your party. All-inclusive price is \$14 BUT, after today, the price goes up to \$16.

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.walkabout hikes.org for updates. See February 2 listing for IMPORTANT INFORMATION. If you have any questions, contact **Don** at dpiller@cox.net or (760) 796-4007.

10:00 am

RUDEST, NUDIST, BALBOA PARK. Join **Robert and Friends** for a **casual** stroll to see what the curious said during the double exposures of yesteryear. Large groups are welcome, provided they do not disrobe. Afterwards, we starving meanderers will eat at a nearby restaurant. Meet at the paved parking lot at Park Blvd. and Village Pl. near the fountain. To use public transportation, take the #7 bus north or south along Park Blvd and get off at Village Pl. at approximately 9:15. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See February 6.

THURSDAY, FEBRUARY 21

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE/ EMBARCADERO. We'll start at Seaport Village and walk along San Diego Bay toward the Convention Center before returning on this **moderately**-paced, 1 hour flat walk. Join us for spectacular views of San Diego Bay, boats and ships on the bay, the Coronado Bay Bridge, Coronado, the marina and downtown San Diego...and hopefully a beautiful sunrise. Meet **Frances** at the south end of Pacific Hwy. and park by the Seaport Village Merry-Go-Round. Bring flashlight and money for the optional breakfast afterwards. (619) 479-3962.

10:00 am

MISSION BEACH NORTH & SOUTH. See February 7.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See February 7.

10:15 am

MORNING STROLL IN BALBOA PARK. See February 7.

FRIDAY, FEBRUARY 22

4:30 pm

MISSION HILLS MEANDER. See February 1.

SATURDAY, FEBRUARY 23

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.walkabout hikes.org for updates. See February 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

7:15 am

LATE BIRDS. For those of us who can't get up for the Sunrise Series, **Fusa and Friends** will lead a 1-hour walk **at your own pace** around Shelter Island, followed by an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (619) 223-6947.

11:00 am

TODAY IS "INTERNATIONAL DOG BISCUIT APPRECIATION DAY," so bring a few as we meet up at the Morena Trolley Stop for a walk to the Humane Society to drop our load of biscuits on unsuspecting pooches. Our **casually**-paced walkie may have a hill or two, and bring an appetite if you like to munch new treats while sitting up. Dog-and-cat downpours cancel walk. "Doggie **Dan**" (619) 249-2446.

6:15 pm

SATURDAY NIGHT LIVE. See February 2.

SUNDAY, FEBRUARY 24

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 February 3.



NEWSLETTER STAFF: Diane Altona, Verna Bain, Rita Balliot, Dick Hiatt, Stan Follis, Lorraine Marshall, Marilyn Ralph, Fran Whiteman.

MAILING CREW: Pat Peterson (Captain), Alice Berwert, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Fusa Shimizu, Judy Vandruff.

9:15 am **NC**

A RANCHO SANTA FE PRANCE. Prance along some pulchritudinous pathways in this pristine non-pedestrian promise land perfect for our pedestrian pursuits. Pow! Explore some little-known trails in this remarkable realm on a 3-hour, **moderate-plus** paced parade over mixed up and down terrain. Look for **Larry** in front of the Rancho Santa Fe Library at 17040 Avenida De Acacias near the corner of La Granada (route S-9) (Thomas Guide 1168-D3). BYO water, but rainwater cancels. Larry@walkabout-int.org or (858) 755-1751 (evenings/weekends).

4:00 pm

LUNAR NEW YEAR CELEBRATION. See Box on page 4.

MONDAY, FEBRUARY 25

6:30 am

SUNRISE SERIES: HARBOR ISLAND. We'll have a quiet walk for 1 hour at a **moderate** pace on flat terrain around this beautiful area so close to downtown. We should have a beautiful view of downtown and find out what happened to the Reuben E. Lee. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring a flashlight and money for optional breakfast after. **Gloria** (619) 482-7677.

10:00 am

CROWN POINT AREA BECKONS. See February 4.

TUESDAY, FEBRUARY 26

10:00 am

TUESDAY WALKERS GOING DOWN TO SOUTH PARK. See San Diego's answer to what's south of North Park on this **moderate** 90-minute, occasionally hilly walk. If we're lucky, we'll get a quick tour through one of the area's many historical homes. Meet at the corner of 30th St. and Grape St. (don't be alarmed when 30th St. turns into Fern St. and back - just watch for directional signs; the streets are only a block apart). Optional lunch follows at a unique local favorite. Rain cancels. **Fran W.** (619) 271-7107.

6:30 pm

ABOVE THE BAY. See February 5.

WEDNESDAY, FEBRUARY 27

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.walkabout-hikes.org for updates. See February 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 before 6:00 pm.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See February 6.

DESERT WILDFLOWERS, SCULPTURES AND OTHER TREASURES

THURSDAY, APRIL 4th

If you love wildflowers and other treasures, this is the trip for you! With our recent rains, there should be a number of wildflowers in bloom. Join Walter, master of the native plant and flower world, for a series of several nature walks on our way to the Anza-Borrego Desert as well as Ricardo Breceda's fantastic metal sculptures. Bring your camera, lunch, water and sunscreen. We will be carpooling from the Grossmont Center Park & Ride, across from Walmart and the Red Lobster Restaurant, leaving promptly at 8:30 am. Call the office to sign up either as a passenger or driver (indicate the number of passengers you can take) 619-231-7463. Rain cancels.

Cost: Expect to chip in for gas money if you are a passenger.) All participants are encouraged to contribute \$1 towards the Walkabout office fund. Call Bev at 858-268-8088 with questions. The day of the event call Bev at 619-886-8086 (cell).

THURSDAY, FEBRUARY 28

6:30 am

SUNRISE SERIES: HILLCREST. Join **Marilyn** as we find out what's new in Hillcrest on this **moderate** walk (**or at your own pace**) on flat terrain for 1 hour. An optional breakfast follows. From the I-5, take Washington St. to the top of the hill and turn left on Goldfinch St. to Ft. Stockton Dr. (619) 294-8308.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See February 7.

10:00 am

MISSION BEACH NORTH & SOUTH. See February 7.

10:15 am

MORNING STROLL IN BALBOA PARK. See February 7.

North County Walkers

An e-mail group affiliated with WALKABOUT that meets weekly for walks and hikes in San Diego's North County. The emphasis is on fitness-paced walks 6+ miles long which take an average of 2 hours. Traffic is avoided as much as possible. If there are hills, they will be mentioned in the e-mail you receive mid-week before the hike or either Saturday or Sunday. During hot summers, walks are on the coast only. You will be notified of North County fitness-paced hikes by e-mail only so send an e-mail to Jim Taylor at jtaylor1000@mail.com to get on the NC Walkers e-mail list. Be sure and set your Mail Options to filter any message with NC Walkers in the subject line to your inbox. This will ensure that NC Walkers e-mail is not sorted as spam.

EIGHT REASONS TO SUPPORT WALKABOUT IN 2013!

While Walkabout International doesn't have "members" like a country club, payments made by individuals support the overall operations of our nonprofit organization. Walkabout's expenses include office rent and utilities, insurance, equipment, supplies and our monthly newsletter. Please tell your friends about us and brag to them about the following "friends with benefits" offered by Walkabout:

1. Great, free monthly walks. Walkabout offers more than 1,000 free walks throughout each year, conducted by dedicated volunteer walk leaders.
2. Printed monthly newsletter. Our catalogue of walks and articles keeps everyone informed of our walks and activities. It is written, typed, organized and laid out by volunteers on a regular basis, month after month for your enjoyment.
3. Periodic "email" blasts to supporters with email. About half of our supporters have supplied the office with an email address. Our lists are never sold or loaned, so your privacy is protected. But if we hear of a last-minute event we think you'll want to know about, you'll receive an email when the advance deadline required for the newsletter simply won't work to get the word out. If you have not supplied the office with your email address, you should do so, and you won't miss out on updates to Walkabout events.
4. A lending travel library! You've probably read about the numerous travel offerings that Walkabout produces throughout the year, but did you know that the office retains travel brochures and tour books from its adventures? These are maintained at the office and can be provided to you for your personal trips.
5. Access to Walkabout International's day trips and tours throughout the year. Only Walkabout subscribers are eligible to participate in its tours which last longer than a day. Our tours are offered at hundreds or thousands of dollars less than for-profit tour companies since our tours are organized and led by experienced tour leaders and co-leaders. We don't spend money on expensive hotels which you won't have time to enjoy since on our tours your primary mission is to enjoy the experience on foot. We include many meals and admissions on our tours, so you don't have to constantly reach for your wallet. And most of our tours are small-group tours (6-12 people) so that there's a family feel when traveling.
6. Personal Travel Planning. Are you going to take a trip and want to know that you're getting the best price for airlines, hotels, rental cars? Want help on planning an itinerary? You can make an appointment with our office and our trip planners will help you plan your personal trip at no charge to you. The savings will be substantial, and you'll enjoy the experience of knowing you have gotten your vacation for the best price possible. This service is available only to Walkabout subscribers for their personal use.
7. Volunteer Opportunities With Benefits. All of our staff volunteers have access to the use of our office equipment. Throughout the year Walkabout offers volunteer luncheons and parties in appreciation of their efforts. Our walk leaders enjoy an annual Walk Leader Safety Seminar with luncheon. As an all-volunteer organization we need your help!
8. It all starts with Walkabout International, and branches out from there! If you enjoy hiking, we have a hiking group. Over the years there have been off-shoot subgroups like TWEEBs (Tuesday Walking Ethnic Eating Bunch) and WOW (Women of Walkabout). Our early-bird walkers are a pre-sunrise friendly bunch. There are card groups, birthday clubs and other groups that have started because people have socialized through Walkabout International. You won't know about it if you don't belong!



Seventeen people turned out on Dan's Barrio Logan walk on 12/28 to visit the refurbished murals beneath the Coronado Bridge, visit the new Mercado, and shop for produce in the Barrio



Photo by Michele Addington

About Walkabout, San Diego's Premier Social Network Afoot

Walkabout is an all volunteer San Diego-based non-profit organization offering over 1000 free local walks each year along with parties, picnics, potlucks, holiday celebrations and other activities including national and international travel, all with a walking component. Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places.



Walkabout Newsletter Subscription/Supporter Form

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 deductible 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.

All levels below include subscriptions to the monthly newsletter containing all events for one year:

___ Basic Level (Newsletter Subscription) \$20
 ___ Tenderfoot \$25 ___ Footprint \$100 ___ Arch Supporter \$500
 ___ Twinkletoes \$50 ___ Kindred Sole \$250 ___ Big Foot \$1000 ___ Other: _____

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___ Also e-mail me a PDF copy of the Newsletter ___ PDF only, fully tax deductible.

Please notify office promptly of change of address or phone. Call 619-231-SHOE (7463)

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

___ Please contact me/us to discuss ways I/we can donate some time to WALKABOUT

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! Your suggestions are welcome.



Photos by Carol Weiss



2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007
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breakfasts and 14 dinners. 15-day Swiss Pass and the services of Walkabout's own leader, Larry, who personally has conducted over a dozen walking tours of Switzerland. To get on the WAIT-LIST, contact Larry at Larry@walkabout-int.org or (858) 755-1751 (evenings or weekends).