



# San Diego Feets

Vol. 37, No. 3

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](http://www.walkabout-int.org), e-mail: [info@walkabout-int.org](mailto:info@walkabout-int.org)

## March 2014

### WEEKLY REPEATING WALKS

These walks repeat every week this month at the same location, day, and time.

#### MONDAYS

10:00 am

**CROWN POINT AREA BECKONS.** Start out your week with beautiful scenic views of Mission Bay and nearby homes as a guest leader takes the group on a **moderate to moderate-plus** paced flat walk for about 2 hours with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont St., turn left on Lamont St., then right on Crown Point Dr. to meet at the west end of the parking lot by the park's southern end restrooms. To use public transport, take the trolley to Old Town and board the #9 bus at 9:10, get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. **Kathy L.** (858) 484-0349.

#### TUESDAYS

9:00 am \*\*\* **NEW WEEKLY WALK**\*\*\*

**SAN DIEGO RIVER PARK TRAIL.** Join us in Mission Valley for a **moderate** walk by the river along the north trail from the mall to Camino Del Este and returning via portions of the south and north trail for about 4 miles round trip. All walk surfaces are paved and mostly flat with some inclines. Green trolley line and multiple bus routes stop at the Fashion Valley Transit Center or park in the lot at the transit center (specified trolley parking areas only). Meet at north entrance of the bridge that crosses the river to a hotel. Optional gathering afterward in the mall food court. Rain cancels. **John N.** (619) 772-8855.

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.** (858) 483-0512 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week (rarely cancelled due to holiday or commitments).

#### WEDNESDAYS

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 1½ hour **moderate-plus** pace walk. We head in a different direction each week to explore Old Town, Hillcrest, Bankers Hill, or Mission Hills. Rain cancels. Come and have some fun! **Barbara N.** (619) 226-3024.

#### THURSDAYS

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.

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 for a few minutes. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai where there is ample free parking. Optional eats afterward. Rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

#### Pace Yourself

Casual — 2-3 miles per hour  
Moderate — 3 miles per hour  
Moderate/Plus — 3 ½ miles per hour  
Brisk — 4 miles per hour

## WEEKLY REPEATING WALKS (cont.)

### THURSDAYS

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. For public transport, use the #7 bus. Rain cancels. **Mary T.** (619) 291-1349.

### FRIDAYS

6:00 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 at night. **Pat P.** (619) 291-6162.

### SATURDAYS

9:00 am \*\*\* **NEW WEEKLY WALK\*\*\***

**SAN DIEGO RIVER PARK TRAIL.** Join us in Mission Valley for a **moderate** walk by the river along the north trail from the mall to Camino Del Este and returning via portions of the south and north trail for about 4 miles round trip. All walk surfaces are paved and mostly flat with some inclines. Green trolley line and multiple bus routes stop at the Fashion Valley Transit Center or park in the lot at the transit center (specified trolley parking areas only). Meet at north entrance of the bridge that crosses the river to a hotel. Optional gathering afterward in the mall food court. Rain cancels. **John N.** (619) 772-8855.

6:15 pm

**SATURDAY NIGHT LIVE.** Come join us for a walk along the harbor or through downtown for about 1½ hours at a **moderate** pace while we enjoy the bright lights and fresh breezes. Meet at the entrance to the ABM parking lot on the west side of Pacific Hwy. just north of Broadway – this lot has plenty of metered parking (free after 6:00 pm) before you enter the pay lot. Note: the ABM lot on the east side of Broadway is a pay lot. Optional dinner afterward. Rain cancels. **Carol W.** (619) 303-7942 or **Donna & Jerry** (619) 559-5650.



Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive 15 minutes prior to the start time.

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

### SUNDAYS

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 **moderate-plus** 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 transport, take the trolley to 3<sup>rd</sup> Ave. and C St. At 3<sup>rd</sup> 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.

## HIKE WEDNESDAYS & SATURDAYS

Time: TBA

**WILDERNESS HIKE.** Details e-mailed 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. 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 <http://www.walkabout hikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact the relevant hike leader as noted below.

Date	Contact Information
Mar 1	<b>Don:</b> dpiller@cox.net or (760) 796-4007
Mar 5	<b>Don:</b> dpiller@cox.net or (760) 796-4007
Mar 8	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Mar 12	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Mar 15	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Mar 19	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>
Mar 22	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>
Mar 26	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Mar 29	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>



Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.

# MORE GREAT WALKS THIS MONTH

## SUNDAY, MARCH 2

7:15 am

**BREAKFAST SPECIAL DOWNTOWN.** Let's explore the harbor north or south with a flat, **moderate**, 1-hour walk to see what changes are going on downtown and along the harbor. We will start from Ruocco Park at the intersection of Harbor Dr. and Pacific Hwy. (across from former police station). Meters are **free** on Sundays. All trolleys go to Amtrak station and then a 15-minute walk 1 block west to Pacific Hwy. And 4 blocks south to Harbor Dr. gets you there. Optional breakfast follows. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

## MONDAY, MARCH 3

6:30 am

**SUNRISE SERIES: LAKE MURRAY.** Walk **at your own pace** for 1 hour on a mostly flat path around the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet in the main parking lot on the left as you approach the lake. Optional breakfast follows. **Betty** (858) 248-3782.

10:30 am

**LYCEUM CONCERT WALK, LISTEN & LUNCH.** Meet at the Balboa Theater (4th & E) downtown for a **casual** 90-minute walk before we enter the Lyceum Theater at Horton Plaza to enjoy a brown bag (bring your own) noontime concert with a string trio. Bring a couple of bucks for the performers and validate Horton parking ticket at the theater for more hours than the Plaza machines. Rain cancels the walk, but not the concert. "Virtuoso **Dan**" (619) 249-9813.

## THURSDAY, MARCH 6

6:30 am

**SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** Join **Edie** for a **moderate**-paced, 1-hour walk on mostly paved, level paths. We'll meet in the parking area near the river at the south end of Womble St. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble St. is the next left turn. Optional breakfast follows. (619) 222-4396.



### IN MEMORIAM

**Kay Hughes**

January 27, 2014

## CENTRAL LIBRARY TOUR

Friday, March 14 at 11 am

### March 6 Deadline to Request Tour

The San Diego Public Library will offer a public tour of the new downtown library for up to 30 people from Walkabout International. The free tour is available on a first-come, first served basis.

Interested walkers may call the our office to have their name and email address placed on the reservation list if spots are still available after the interest list people have been notified and responded. Meeting and parking details will be emailed to those for whom the tour is available.

Tour participants will see the location of the Walkabout brick, purchased with a \$1000 donation from various supporters and an anonymous board member. Public tours have been sold out months in advance, and this is the first and only opportunity that Walkabout may have to offer a tour of the library.

Following the tour, participants may join in on a walk in the neighborhood and lunch at an inexpensive downtown eatery. Participants are encouraged to either carpool or use public transportation, #11 bus stops at the door and the blue and orange line trolleys stop a block away.

## FRIDAY, MARCH 7

11:00 am

**EXPLORE UNIVERSITY HEIGHTS.** Let's meet under the lighted UH sign near Madison Ave. and Park Blvd. For public transport, take #11 bus. We'll take in some Mission Valley views and visit a cottage condo complex from the 1920's with a 100+ year old dragon tree on a **casual** 90-minute walk. We'll drop by a neighborhood theater and walk through Trolley Barn Park. Optional lunch follows. Rain cancels. "In the Heights **Dan**" (619) 249-9813.

## SATURDAY, MARCH 8

7:15 am

**LATE BIRDS.** For those of us who can't get up in time for the Sunrise Series, **Anna T.** will lead a flat 1-hour walk **at your own pace** around Pacific Beach, followed by an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.



**SPRING AHEAD 1 HOUR!**  
**DAYLIGHT SAVINGS TIME BEGINS**  
**AT 2:00 AM.**

**SUNDAY, MARCH 9**

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 afterward (Greek?) is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

9:15 am

**SAUNTER THROUGH SANTA LUZ-CIOUS.** Just beyond the outskirts of Fairbanks Ranch lies some open countryside with remote trails offering serene vistas. The glistening realm of Santa Luz beckons! Enjoy a 3-hour, **moderate-plus** prance over very mixed up and downright hilly terrain. Look for **Larry** by the restrooms of the South Village Neighborhood Park (next to the Willow Grove Elementary School) on Via Azul just off of Camino Del Sur. Directions: Take CA-56 (Ted Williams Fwy.) to exit #6 at Camino Del Sur; go north on Camino Del Sur for about 3.5 miles until Via Azul; turn left and continue for about 1/10 mile until the parking lot on the right at South Village Neighborhood Park. BYOH2O. Rain Cancels. Larry@walkabout-int.org (858) 755-1751 (evenings and weekends).

**MONDAY, MARCH 10**

6:30 am

**SUNRISE SERIES: NORTH PARK.** Meet **Frances** at the restaurant at 3949 Ohio St. just north of University Ave., where there is plenty of parking, for this **casual** to **moderate** 1-hour walk on flat terrain. This neighborhood is a walker's paradise, where daily errands do not require a car. From I-805, exit at University Ave. and head west to Ohio St. Optional breakfast afterward. (619) 479-3962.

**TUESDAY, MARCH 11**

3:00 pm

**TREASURES OF UNIVERSITY HEIGHTS.** Stroll the quiet streets of what was once the site of the famous Mission Cliff Gardens, find the huge map of University Heights in the Trolley Barn Park, and discover California courts, an 1886 house, a log house, and some "secret" streets. Meet at the corner of Adams Ave. and the east end of Panorama Dr. (Louisiana St. to the south) for a **moderate**, 1-1/2 hour, flat walk. Bus #11 stops at Adams and Panorama. Rain cancels. **Evelyn K.** (619) 461-6095.

**37TH ANNIVERSARY CELEBRATION**

**Sunday, March 9 / Reserve by March 4**

Our anniversary celebration features a catered wine, soft drink, and cheese-type sundown reception from 3:00 - 5:00 p.m. at a beautiful private home overlooking the Pacific Ocean in Point Loma. Walkabout International will honor its treasurer, Rita Balliot, for thirty years of dedicated service to the organization as its treasurer, board member, and leader of numerous events, tours, and trips. Rita will be the first recipient of a Volunteer Extraordinaire award at the conclusion of the reception.

The free reception will be followed by a ticketed, catered BBQ dinner event at the same location. A limited number of tickets for the dinner are available. If you would like to attend, please mail \$15 per person to the Walkabout office and specify whether you would like a beef, chicken, or vegetarian entree. Side dishes, beverages, and dessert are included. An email address or a stamped, self-addressed envelope is required for a confirmation with details about the party location and directions. This event is first-paid, first-ticketed.

Reservations are required to attend either event. Telephone the office (619) 231-7463 **before March 4** and leave your name, phone number, and email address for a confirmatory return email with details about the party location and directions. Dress for both events is "western wear." Congratulatory notes and cards for Rita are welcome.

**WEDNESDAY, MARCH 12**

10:00 am

**CORONADO BEACHING.** Join **Robert and Friends** for approximately 1-hour on a beautiful, architecturally diverse **casual** stroll past dream homes. Refuel at a Coronado eatery afterward if you like. Meet at the corner of Ocean Blvd. and Marina Ave. To use public transport, take #901 bus ("Iris Trolley") from the 12th & Imperial Transit Center at 8:32. Exit at Orange Ave. and Park Pl.; walk .7 mile west to Ocean Blvd. and Marina Ave. Rain cancels. **Robert B.** (858) 414-6181.

**THURSDAY, MARCH 13**

6:30 am

**SUNRISE SERIES: CLAIREMONT.** Meet at Clairemont Dr. and Rappahannock Ave. by the CCSA Building as we explore for 1 hour the almost finished area with new landscaping, etc. As usual there will be 2 groups, **casual** and **moderate** paced. Watch the weather and dress accordingly. Bring money for optional breakfast afterward. **Verna** (619) 276-3055.

## FRIDAY, MARCH 14

10:30 am

**EAST VILLAGE OF FUTURE: RECONSTRUCTION.** Meet at the Park & Market trolley stop for a one-hour **casual** walk around East Village, visiting new construction sites and redevelopment areas around the new Central Library. We'll finish at the library by noon, where you'll have an hour to read or explore, then join back up and walk a few blocks for an inexpensive lunch at a Mexican eatery. Rain won't cancel. Take public transportation or plan to park in far East Village beyond the meters and walk in. "EV Dan" (619) 249-9813.

## SUNDAY, MARCH 16

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 on Mission Bay Dr. by the restrooms just south of Clairemont Dr. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

9:30 am

**37 IS HEAVEN FOR WALKABOUT.** Recreate the walk that launched thousands upon thousands of ships, err, walks since St. Patrick's Day of 1977, 37 years ago! Savor what the times were like back then and how Walkabout took its first baby steps. Explore some little known trails in the picturesque La Playa area of Point Loma on a 1.5-hour, **moderate** parade over mixed up and down terrain. Look for **Larry** at the "poetic" corner of Scott and Emerson Sts. (near Point Loma Seafoods). Directions: proceed south on Rosecrans St. three streets past North Harbor Dr., take a left on Emerson St. and then one block to Scott St. Rain cancels. Larry@walkabout-int.org or (858) 755-1751 (evenings/weekends).

## MONDAY, MARCH 17

6:30 a.m.

**SUNRISE SERIES: SUNSET CLIFFS.** We'll take a 1 hour, flat walk **at your own pace**. Take I-8 West toward Beaches. Turn left onto Sunset Cliffs Blvd, then slight right to stay on Sunset Cliffs Blvd for 1.7 miles to Point Loma Avenue, turn left and park on the street. Meeting place is Sunset Cliffs Blvd. and Point Loma Ave. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

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### NEWSLETTER DEADLINE NOTICE

All walks must be submitted by the **10th** 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 10th. You must e-mail your walks to walks@walkabout-int.org. If you e-mail more than one walk, please leave extra space between each walk.

## WEDNESDAY, MARCH 19

10:00 am

**SAN DIEGO ZOO SAFARI PARK.** Meet at the entrance for a very **casual** walk through the Safari Park (formerly known as the Wild Animal Park.) We will wander the African Plains Trail and also see if we can get up close and personal with a lemur in the brand new Lemur Walk exhibit. Optional lunch in the park. Rain cancels. Non-members may contact **Linda H.** to see if we can come up with a guest pass for you. hitney@juno.com.

10:30 am

**HISTORIC GOLDEN HILL.** To celebrate Walkabout's 37th anniversary, Lorraine will come out of retirement (for one day only) to walk the historic streets of Golden Hill. We'll see lovely Victorian mansions, carriage houses, and learn a little history of this old, once elegant area. Meet at the blue mail box at 25th and A Sts. Walk is **casual** while Lorraine pushes her wheeled walker. Walk is 1-1/2 hrs, flat & paved. Optional lunch follows. Only heavy rain cancels. (619) 583-7644.

## THURSDAY, MARCH 20

6:30 am

**SUNRISE SERIES: SOUTH SHORE.** Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we'll see some rabbits and the great sea birds there. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We'll meet at the restrooms at the boat launch. Optional breakfast follows this **moderate**, flat 1-hour walk. **Connie V.** (619) 477-8628.

## SATURDAY, MARCH 22

7:15 am

**LATE BIRDS.** For those of us who can't get up in time for the Sunrise Series, **Fusa and Friends** will lead a flat 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.

## SUNDAY, MARCH 23

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 Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps overlooking the ocean. **Pat's Pals** (619) 469-6223.

## MONDAY, MARCH 24

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. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. **Gloria** (619) 482-7677.

## THURSDAY, MARCH 27

6:30 am

**SUNRISE SERIES: SAN DIEGO RIVER.** Let's take a flat **moderate** walk along the San Diego River as we go west as far as we please and then return **at your own pace**. We can listen for the birds, admire the river and check out if any new stores have been built. Meet at the IHOP restaurant next to Mark Twain in the shopping center at Fenton Pkwy. south of Friar's Rd. Trolley stop is nearby. **Pat K.** (619) 469-6223.

## SATURDAY, MARCH 29

4:15 pm

**WALK, POTLUCK, & BONFIRE.** Join Bev for a late afternoon **casual** 1-hour walk for about two miles along Mission Bay Park as we walk on flat terrain through Paradise Point Resort, around the Model Yacht Pond, and along the perimeter of this "isle". Afterward, we'll enjoy an optional potluck and BBQ, and sit around the bonfire. Bring sun screen, hat, beach chair, beverages, and food to share/BBQ. Table service (plates, forks, etc.) provided. From I-8 west (others refer to Thomas Guide pg.1268), exit W. Mission Bay Drive, turn right at the traffic light onto Ingraham St., stay in the left lane to the second traffic light (about 1½ miles), turn left at West Vacation Road and IMMEDIATELY onto the first left (a frontage road that runs parallel to Ingraham St.). Follow this to the end parking lot where we'll be at a table on the left of the cement canopy as you face Mission Bay Channel. **Bev** (858) 268-8088, day of event call Henry (619) 857-7588.

## SUNDAY, MARCH 30

7:15 am

**BREAKFAST SPECIAL IN UNIVERSITY HEIGHTS/NORTH PARK.** Let's take a **moderate** flat walk along the valley rim either west or east to admire the views of the valley and the interesting homes along the rim. Optional breakfast follows. Meet at 30th and Adams Ave. (bus 2 or 11). Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

## MONDAY, MARCH 31

6:30 am

**SUNRISE SERIES: PACIFIC BEACH BOARDWALK.** Let's take a **moderate** 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. **Winnie** (858) 278-4003.



## BOARD STRUGGLES WITH BURN OUT; SEEKS YOUR HELP

For its nearly 37-year history Walkabout has been organized and run by volunteers. Administrative tasks such as office management, newsletter, public relations, finances, trips and events have been divided among the board of directors and other volunteers. Tuesdays at the office were abuzz with trip planning, event coordination, bill paying, etc. Today, however, the work once assigned to many, is being accomplished by just a few, and our mature organization needs your help. Tuesdays, nowadays, is a relatively quiet day at the office.

We have lost coordinators, proofreaders, and other volunteers to help Kim with our newsletter publication. Our day trips are managed by Rita Balliot, who also pays our bills, balances our books, and works on a myriad of committees. Donna Farris our corporate secretary, prepares a record of our board meetings (called "minutes" although the meetings run for hours) and also keeps the office staffed, orders supplies, leads walks, and works virtually every event. Nearly every board member is over tasked with multiple responsibilities. At some point, the house of cards will fall. Too few doing too much.

In addition, the office at Liberty Station is staffed for four hours per day, five days per week. In the past couple of years, many of these twenty hours --which used to have regular, permanent volunteers -- have had to be absorbed by six board members by jockeying their other duties with phone and mail duty, in order to keep the office open. It cannot go on this way. "It ain't right," wails Michael Turko from his KUSI television perch when he sees a San Diego injustice. With nearly 400 supporters in our organization, we should be able to ask for, and receive, volunteer assistance. Cheerfully. If you all want the organization to succeed -- indeed survive -- then answer the call to help, or don't complain when the doors close.

We need office volunteers and new board members. Either the lifeblood increases, or the patient will not survive. Which will it be?



## FEATURED TRIPS



### JOIN US FOR JAZZY NEW ORLEANS!

**March 18 - 25; \$1399+/-pp/do\***

Avoid Mardi Gras crowds but enjoy spring-like weather on this southern swing trip. We'll visit Bourbon Street, colonial Jackson Square, the Audubon Park, shop at the French Market, view sculptures in City Park and much, much more on our adventure to New Orleans. We'll sample gumbo, crayfish, and grits, and take a water boat on the river. This is an ideal city for walking, and we will do plenty! We may visit surrounding areas as well, including plantations, bayous and historic sites. We'll inspect post-hurricane progress and walk along the Mississippi River.

### SPRINGTIME IN SAN FRANCISCO!

**April 8 - 15; \$999+/-pp/do\***

We fly to SF and use public transportation around the city and bay and also our feet to get around. Our vintage hotel is in Chinatown, and our sights are set on tours to Alcatraz, Mission Dolores, Lombard Street, Haight-Ashbury, Golden Gate Park, Berkeley, Fisherman's Wharf, Cable Car Museum, Yerba Buena Gardens and so much more. Ideal trip for the SF novice or the person who wants to spend outdoor time exploring on foot, with visits to more outdoor sites than indoor museums. This trip involves considerable city walking on hilly terrain.

\*Each trip includes RT air, airport transfers, double occupancy hotel for 7 nights, 2 meals a day (typically a continental breakfast and lunch), select admissions, and services of tour leaders. Price also includes van expenses when used (only in New Orleans). Pricing is based on 11 travelers and the final trip dates and price is determined upon actual air/hotel bookings. Travel insurance is recommended, but not included (purchase after acceptance). Extras not included in the pricing are the odd meal, public transit fares, personal expenses, and optional attraction admissions.

To reserve a spot for either trip, send \$300 deposit (nonrefundable after you are accepted), to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Note on your check "SF2014" for SF trip, or "JAZZY N.O." for New Orleans trip. Include full legal name for air tickets and date of birth (M/D/Y) and provide email address for details and trip itinerary. Single supplement for SF is \$225; for New Orleans it is undetermined as yet, but probably around \$350. Trip is open until filled; first-come, first-served. Trips are open only to Walkabout subscribers and their immediate family members at same address. Questions about either trip should be directed to danielbhaslam111@yahoo.com (trip leader).

## PALM SPRINGS FOLLIES THE LAST HURRAH ENCORE

**Saturday, April 26**

**DEADLINE FOR MAILING CHECK: February 28**

Walkabout will return to Palm Springs for another performance of The Follies before the historic Plaza Theatre closes for good in May. The December show was fabulous with gorgeous dancers and all new costumes. Riff Markowitz, comedian and host, was wonderful and so too of course was Susan Anton. You will not want to miss the guest star, Rock & Roll Hall of Fame inductee Darlene Love, famous for "He's a Rebel." Wow – what a voice! The sound is remarkable in the historic Plaza Theatre.

Rain or shine this trip is a go. There are only 24 tickets available and 12 people have already expressed interest. Please hurry and mail in your check so you don't miss out again. Refunds for cancellations will be available only if we have a waiting list. This day trip includes the bus, professional driver and tip, water, snacks, and theater ticket; all for only \$105.00. We will arrive in Palm Springs in time for lunch on your own and a nice walk. Please mail your check and a self-addressed, stamped business-size envelope for the itinerary to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Note on the check your phone number and pickup location: San Diego or North County. If you have questions, please call Rita at (619) 266-2555.

## HUNTINGTON LIBRARY & BOTANICAL GARDENS

**Wednesday, April 30**

Join Rita and Marilyn B. for a very special visit to the Huntington Library & Botanical Gardens near Pasadena. Come see "The Blue Boy" by Gainsborough and "Pinkie" by Thomas Lawrence in the Thornton Portrait Gallery. You will not want to miss the temporary exhibition "Lost and Found: The Secrets of Archimedes." Stroll through 12 beautiful theme gardens including the renovated Japanese Garden, the breathtaking Rose Garden in full bloom, and the Desert Garden to name a few. Lunch is on your own at the Café or the more expensive Tea Room. Reservations are required for the Tea Room. The Huntington has asked us not to bring any food on the premises. We will leave San Diego in a comfortable 35-passenger bus at 8:30 am and pick up north county people off I-5 by 9:00 am. There will be a 30-minute rest stop at McDonald's in Laguna Niguel. We plan to arrive at the Huntington by noon and depart at 4:00 pm in order to be back in San Diego by 7:30 pm.

Please mail your \$65.00 check payable to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106; note your phone number and indicate either San Diego or N. County pickup. Enclose a self-addressed stamped envelope for your itinerary. We are unable to provide any refunds unless there is a waiting list. The first people to

reserve get their choice of preferred seating. The Huntington trip involves a moderate level of walking for the best experience; it is up to you how much you will do. If you have any questions please call Rita at (619) 266-2555.

## SANTA BARBARA & SOLVANG

May 16 - 18

The charm and gracious hospitality of the Dons still lives in romantic Santa Barbara while the Danish Village of Solvang offers an entirely different atmosphere. Price of this trip includes a 24-passenger bus with a professional driver, 3 full days with 2 nights at the wonderful "Solvang Inn & Cottages" with heated pool and spa, a group dinner at the famous Red Viking Restaurant, Solvang tours (planning in process), a home tour in Montecito of the famous "Casa del Herrero", the Mission in Santa Barbara, the Biltmore Hotel boardwalk, Andree Clark Bird Refuge, and the Sunday Art Show located along the Santa Barbara waterfront. Cost based on accommodation type:

		Total
Single Room	\$360 plus \$90 supplement	\$450
Double Occupancy	\$360 per person	\$360
2 Room Unit (share	\$330.00 1 large bed	\$330
1 bathroom)	\$300.00 2 beds	\$300

Note: most have microwave & refrigerator

Please mail your \$100.00 refundable deposit to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and include a self addressed business sized envelope. The balance will be due by February 28, 2014. Please specify "Single" \$450.00; "DBL Occ" \$360.00; or "2 RM" (and note 1 or 2 beds). Once the money is sent to Solvang Inn there will not be any refunds unless there is a waiting list. There will be a secure gated parking lot in San Diego for your car (at your expense) and a "Park & Ride" for the North County location (at no cost). Your leaders will be Rita Balliot, Wayne Walker, and Marilyn Buckley. We are offering you a chance to join the festivities at a price much below travel agencies. We look forward to seeing you on our trip. If you have any questions, please call Rita at (619) 266-2555.

## LA BREA TAR PITS & L.A. ART MUSEUM SPECIAL EXHIBIT

Saturday, June 14

You are invited to join Rita and Marilyn B. on a trip that you will love. We will visit the tar pits and enter into the Page Museum for a self-guided tour to see the latest finds. We shall then break for lunch (at your own expense) at the wonderful café located in the LACMA. We'll have tickets for the exhibit "Expressionism in Germany and France" which explores the connections that developed among artists including Vincent van Gogh, Paul Cézanne, Paul Gauguin, Paul Signac, Henri Matisse, Ernst Ludwig Kirchner, Franz Marc, and Wassily Kandinsky. This exhibition features numerous loans from major museums in the United States, France, Germany, Switzerland and the United Kingdom, and various private collections.

There will be a San Diego and a North County pickup location. We have hired a 50-passenger bus with a restroom from Sun Diego Charter. The cost of the trip includes the bus and professional driver, entrance fee for the Page Museum and LACMA including the special exhibit. The cafeteria is moderately priced and offers both inside and outside seating. Due to the tight time schedule and a restroom aboard the bus, we will not be stopping en route either way. Expect to return to San Diego by 7:30 pm. The trip involves a moderate walking requirement, therefore wheelchairs are not recommended.

Please mail your \$76.00 check and a self-addressed, stamped, business sized envelope to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 for your itinerary. Refunds for cancellation will be available up to April 15. After that, refunds will be available only if we have a waiting list. If you have any questions please call Rita at (619) 266-2555.

## WALKABOUT FETES WALK LEADERS AT ANNUAL LUNCHEON

On January 21, nearly 40 walk leaders were recognized for their continuing contributions to our organization at a seminar and luncheon in Old Town. The seminar focused on safety issues, feedback from walkers, and operating procedures in the event of emergencies which may occur on walks. Leaders participated in a multiple choice quiz about Walkabout operations, including numbers of walks, supporters, and financial information about our nonprofit organization. In addition, the group enjoyed a PowerPoint presentation with photos of walks, trips, our office and many of our people. A delicious Mexican buffet lunch followed, and a special cake honoring walk leaders made for a tasty dessert. Walkabout's publicity committee of Sally Rathbone and Marilyn Buckley and treasurer Rita Balliot organized the event, which was emceed by VP Dan Haslam. A short walk followed the luncheon, emphasizing the "dos" and "don'ts" of leading walks. Several walk leaders were specially recognized for long time commitments to Walkabout, and our Wednesday/Saturday wilderness team was singled out for its contribution to the organization.



Annual Luncheon for Walk Leaders



## MARCH 2014 WALKS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b>
						TBA Hike 9 am SD River 6:15 pm Sat Night Live
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go-Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons 10:30 Lyceum Concert Walk	9 am SD River 6:30 pm Above The Bay	TBA Hike 6:15 pm Wed Night Workout	6:30 am Sunrise: Liberty Station 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	11 am Explore University Hts. 6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 9 am SD River 6:15 pm Sat Night Live
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round 9:15 am Saunter thru Santa Luz	6:30 am Sunrise: North Park 10 am Crown Point Area Beckons	9 am SD River 3 pm Treasures of University Hts 6:30 pm Above The Bay	TBA Hike 10 am Coronado Beaching 6:15 pm Wed Night Workout	6:30 am Sunrise: Clairemont 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10:30 am East Village Future 6 pm Mission Hills Meander	TBA Hike 9 am SD River 6:15 pm Sat Night Live
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go Round 9:30 am 37 is Heaven Pt. Loma	6:30 am Sunrise: Sunset Cliffs 10 am Crown Point Area Beckons	9 am SD River 6:30 pm Above The Bay	TBA Hike 10 am SD Zoo Safari Park 10:30 am Historic Golden Hill 6:15 pm Wed Night Workout	6:30 am Sunrise: South Shore 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 9 am SD River 6:15 pm Sat Night Live
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go-Round	6:30 am Sunrise: Harbor Island 10 am Crown Point Area Beckons	9 am SD River 6:30 pm Above The Bay	TBA Hike 6:15 pm Wed Night Workout	6:30 am Sunrise: SD River 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6 pm Mission Hills Meander	TBA Hike 9 am SD River 4:15 pm Walk, Potluck, Bonfire 6:15 pm Sat Night Live
<b>30</b>	<b>31</b>					
7:15 am Breakfast Spcl: University Hts. 8:15 am Merry Go-Round	6:30 am Sunrise: PB Boardwalk 10 am Crown Point Area Beckons					

## UPCOMING WALKS, EVENTS & TRIPS

Please call our office (619) 231-7463 to put your name on the interest list for any of the following.

### Day Trips & Events

37 <sup>th</sup> Anniversary Celebration	March 9
Central Library Tour	March 14
Palm Springs Follies	April 26
Huntington Library & Gardens	April 30
La Brea tar pits/ LA art museum	June 14

### Overnight Trips

New Orleans	March 18-25
San Francisco/Oakland	April 8-15
Santa Barbara/Solvang	May 16-18
Poland Springs, ME	Summer 2014
Boston/Salem, MA	September
Seattle/San Juan Islands	October
Cuba	November
San Antonio/Austin, TX	December

### Trips – planned only if sufficient interest

Pasadena mansions tour	Spring 2014
Endeavor Shuttle	TBD
Huntington Library	TBD
Anza-Borrego wildflowers	TBD
Nethercutt Auto Museum	TBD

Look for details in future newsletters for the following.

### Walks/Events

Jerry Schad Memorial Trail / Balboa Park	TBD
Reuben Fleet / star gazing / Balboa Park	TBD
Spring Garden and Home Tours	2014



## VOLUNTEER!

### WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks and events below. Receive help with write-up, etc. And, please send in YOUR ideas!!

- Balboa Park w/ranger tour
- Coaster trip to Oceanside Pier/Cedros shopping
- Docent led tours of new central library
- Free Tuesdays at museums in Balboa Park
- Gem Institute of America/Carlsbad/ docent tour
- I Love A Clean San Diego beach cleanup
- Thanksgiving Dinner at restaurant
- New Year's Eve walk

### BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.

## WALKABOUT BOARD MEETING

Friday, March 14 at 1 pm

The monthly meeting will be held at the Walkabout office, 2650 Truxton Rd., Suite 110 green room (619) 231-7463.



## BOARD MEMBERS

<b>President</b>	(858) 571-7733
Robert Buehler	President@walkabout-int.org
<b>1st Vice President</b>	
Vacant	
<b>2nd Vice President</b>	(619)249-2446
Dan Haslam	danhaslam@walkabout-int.org
<b>3rd Vice President</b>	(619) 222-3447
Stan Follis	Stanley@walkabout-int.org
<b>Recording Secretary</b>	(619) 231-7463
Donna Farris	secretary@walkabout-int.org
<b>Treasurer</b>	(619) 266-2555
Rita Balliot	treasurer@walkabout-int.org
<b>Directors</b>	
Marilyn Buckley	(619) 231-7463 pr@walkabout-int.org
Larry Forman	(858) 755-1751 larry@walkabout-int.org
Walter Konopka	(619) 281-4958 wkonopka@sbcglobal.net
Kim Mills	(619) 231-7463 publisher@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Wayne Walker	(619) 231-7463
Bruce Herms	Emeritus
Dick Hiatt	Emeritus



### OFFICE STAFF

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

### NEWSLETTER STAFF

Rita Balliot, Stan Follis, Dan Haslam, Lorraine Marshall, Winnie McMains, Kim Mills, Fran Whiteman.

### MAILING CREW

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

## ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Walkabout is an all volunteer San Diego-based non-profit organization offering over 1,000 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 an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT depends in large part on your generous spirit to fund our yearly operating costs through your thoughtful, tax deductible donations. If you appreciate the value you receive from WALKABOUT, please contribute. All levels of support include a one-year subscription to our monthly newsletter.

Basic Level \$20     
  Tenderfoot \$25     
  Footprint \$100     
  Arch Supporter \$500  
 Twinkle Toes \$50     
  Kindred Sole \$250     
  Big Foot \$1000     
  Other: \$

Circle RENEW or NEW Subscriber/Supporter...How did you hear about us? \_\_\_\_\_

Please mail completed form (we do not share information): 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP+4 \_\_\_\_\_ - \_\_\_\_\_

PRIMARY PHONE ( ) \_\_\_\_\_ OTHER PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

PDF ALSO (available only if support greater than Basic Level)

PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

Call 619-231-SHOE (7463) to notify office promptly of any changes to your information; or to discuss WALKABOUT's charitable gifts, trusts, and memorials program; or to find out how you can donate some time to WALKABOUT. By coming on walks, bringing friends, helping out at the headquarters or at events - you sustain and spread the WALKABOUT spirit!

Walkabout is offering a buy-one, get-one-free subscription deal when you contribute at the \$25 level or above. Simply provide information for someone who has never had their own subscription and might like to subscribe:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP+4 \_\_\_\_\_ - \_\_\_\_\_

PRIMARY PHONE ( ) \_\_\_\_\_ OTHER PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_  PDF ONLY



Oh Kay, Anchors Aweigh! We bid you a fond farewell and happy trails.

On January 27<sup>th</sup>, with her loving family by her side at home, Kay Hughes took her final steps on a stairway to heaven just six weeks shy of her 98th birthday.

Over the past 35+ years, Kay dedicated so much of her efforts and energy to supporting and embracing our extended Walkabout family. From 1985 through 1997, Kay led a number of Walkabout trips with such names as "UK Capers", "Legendary Britain", "Kay's Ways Through England" and "Wonders and Wanders in Wales and the Lakes".

Her heart-felt devotion and warm, generous spirit call to mind the words of celebrated poet and walker Ralph Waldo Emerson who said "I think 't is the best of humanity that goes out to walk." Well, for all of us who knew her, we can readily attest that one of the best examples of humanity emerged in the soul and soles of Walkabout's beloved Kay Hughes.



2650 Truxtun Rd., Suite 110  
San Diego, CA 92106-6007  
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<http://www.walkabout-int.org>  
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### LABEL CODE REMINDER

Please check the expiration date on your label to renew beforehand. We don't want you to miss an issue!

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### WALKABOUT AT U-T SUCCESSFUL LIVING EXPO

Thanks to 24 wonderful volunteers, Walkabout was able to staff a booth all day at the 5th Annual U-T Successful Living Expo in February. This event was the largest that Walkabout has ever participated in. Marilyn B. and Sally R. of the Publicity Committee are on a roll and need more volunteers for future expos and health fairs.

Volunteering is a fun "job" ...two hour shifts ... talking about Walkabout, sharing your experiences, handing out newsletters, and chatting with those who drop by our booth...plus you get to visit other booths at the events.

Anyone interested in helping out at future events, please email Walkabout's Publicity Committee at [prwalkabout@yahoo.com](mailto:prwalkabout@yahoo.com). Also, please contact us if you know of any other senior expos or health fairs.