



# San Diego Feets

Vol. 37, No. 8

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)

## August 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** 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

**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 at the transit center. Meet at north entrance of the footbridge (across from transit center) that crosses the river to a hotel. Rain cancels. **John N.** (619) 772-8855.

6:30 pm

**MISSION BAY SUNSETS.** Walk leaves promptly at 6:30. Rain (not mist) cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat but fairly fast-paced **moderate to moderate-plus** walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center. **Teri E.** (858) 483-0512 or **Jill F.** (858) 292-4231.

#### Pace Yourself

Casual — 2-3 miles per hour  
Moderate — 3 miles per hour  
Moderate-plus — 3 ½ miles per hour

#### WEDNESDAYS

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** Meet at Costa Verde Shopping Center in front of Bookstar, west of the UTC Mall between La Jolla Village Dr. and Nobel Dr. We will walk for about 1½ hours at a **moderate-plus** pace, heading in a different direction each week, exploring canyon trails and 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.

Note: refer to page 5 boxed item for Tall Ships & BYO Picnic Lunch on August 28.

## 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 old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. Meet at the coffee shop at 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

**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 at the transit center. Meet at north entrance of the footbridge (across from transit center) that crosses the river to a hotel. Rain cancels. **John N.** (619) 772-8855.

6:15 pm

**SATURDAY NIGHT LIVE IN THE PARK.** Come join us for a walk through Balboa Park for 90 minutes at a **moderate** pace. Meet at the northeast corner of President's Way and Park Blvd. Rain cancels. **Carol W.** (619) 303-7942 or **Donna & Jerry** (619) 559-5650.

### 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.

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

## 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
Aug 2	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Aug 6	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Aug 9	Bill: (619) 206-5809 or wa4lrm@gmail.com
Aug 13	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Aug 16	Bill: (619) 206-5809 or wa4lrm@gmail.com
Aug 20	Don: dpiller@cox.net or (760) 796-4007
Aug 23	Don: dpiller@cox.net or (760) 796-4007
Aug 27	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Aug 30	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com



### 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](mailto:walks@walkabout-int.org). If you e-mail more than one walk, please leave extra space between each walk.



You can e-mail your newsletter comments and suggestions to [publisher@walkabout-int.org](mailto:publisher@walkabout-int.org)



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, AUGUST 3

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, AUGUST 4

6:00 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.

### WEDNESDAY, AUGUST 6

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, AUGUST 7

6:00 am

**SUNRISE SERIES: RIVERWALK.** We'll meet at the restaurant on the corner of Pacific Hwy. and Rosecrans St. to walk along the river and hope that the landscape has been cut back and cleaned up since our last walk as we try to make it to Mission Valley. Terrain is flat and walk will be at a **moderate** pace for 1 hour. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

### SATURDAY, AUGUST 9

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.

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

### MONDAY, AUGUST 11

6:00 am

**SUNRISE SERIES: SDSU.** Here's our chance to get educated on what is happening at San Diego State University as we take a mostly flat walk for about 1 hour at a **moderate** pace exploring the old and the new. Afterward, we'll have an optional breakfast at a nearby restaurant. Meet in the church parking lot on Montezuma Rd. between College Ave., and Campanile Dr. **Pat K.** (619) 469-6223.

### TUESDAY, AUGUST 12

3:00 pm

**LA PLAYA PATHS.** Join us for one of the most scenic walks in San Diego as we pad along the path on the west side of Shelter Island Yacht Basin. We will see elegant homes of all styles, beautiful gardens, a picturesque boat harbor, and probably some boats out for a sail. This is why we live in San Diego! Meet at the corner of Talbot and Evergreen Sts., behind Cabrillo Elementary School, for a **moderate**, 1½ hour walk along beaches, paths, secret walkways, and some hills. Bus #28 stops at Rosecrans St. and Shelter Island Dr. **Evelyn K.** (619) 461-6095.

### WEDNESDAY, AUGUST 13

9:00 am

**MOUTH OF SAN DIEGO RIVER.** Join us for a **moderate** walk by the mouth of the river. We will start at the jetty separating the mouths of the San Diego River and Mission Bay and then walk along the river path for approximately 1 hour/3 mile round trip. Park just past the traffic circle at Hospitality Point Park at the end of Quivira Way (Thomas Guide pg. 1268). We will meet near the restrooms. Rain cancels. **John N.** (619) 772-8855.

### THURSDAY, AUGUST 14

6:00 am

**SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** Join **Edie** for a **moderate**, 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. (619) 222-4396.

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

## MONDAY, AUGUST 18

6:00 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. **John & Marilyn Bintz** (619) 840-5544.

6:15 pm

**SILENT MOVIES AT THE ORGAN PAVILION.** Join us before the annual silent movie starring Buster Keaton. We meet at the North-East entrance to the Organ Pavilion (by the Japanese Garden snack shop). We will use our blankets or cushions to claim our seats before a **casual**, flat walk along some little-known paths and then return for the 7:30 pm concert. Bring a snack or buy one there. Concert runs about 2-3 hours. Rain cancels. **Pat K.** (619) 469-6223.

## WEDNESDAY, AUGUST 20

9:00 am

**UNIVERSITY OF SAN DIEGO.** Join us for a **moderate** but challenging walk that includes the hills and staircases on the campus. We will start at the Moreno/Linda Vista Trolley Station and walk to the USD campus where we will enjoy the varied terrain and views. After a walk around (and up and down) the campus we will return to the trolley station, about 5 miles round-trip. Green line to Moreno/Linda Vista Trolley Station or #44 bus route. Parking is available at trolley station off of Friars Rd. Meet on north side of trolley platform. Rain cancels. **John N.** (619) 772-8855.

7:00 pm

**DELECTABLE LA JOLLA ICE CREAM SOCIAL AMBLE.** Time to dip into one of Walkabout's most delicious walks as we wander past -- and optionally into -- every single ice cream and frozen yogurt parlor in the lovely village of La Jolla! With the warm days of August upon us, enjoy a cool and comfortable 1.5-ish hour --depending upon the number of licks we get in-- **casual** walk over flat terrain. Look for **Larry and Joel** in front of the Museum of Contemporary Art at 700 Prospect St. by the corner of Draper Ave. with free street parking. Warning: BYOAppetite as most establishments are offering mouth-watering discounts tonight only for Walkabout! [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or (858) 755-1751 (evenings/weekends).

## THURSDAY, AUGUST 21

6:00 am

**SUNRISE SERIES: MISSION HILLS.** We'll discover what's new in one of San Diego's oldest neighborhood on this **moderate** 1-hour walk on flat terrain. Meet at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. **Connie** (619) 477-8628.

## SATURDAY, AUGUST 23

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.

7:45 am

**DONUT DAY AT DEL MAR.** Join us on our annual trek to the race track for a quick tour of the stands followed by free donuts, coffee and O.J. Then we'll watch the horses practice going through the starting gate and linger afterwards to watch the workouts and/or listen to the speakers about horse racing. FREE admission and parking. Meet at the parking lot entrance to the race track off of Jimmy Durante Blvd. **Pat K.**'s cell for that day is (619) 548-7232. Otherwise at home (619) 469-6223. Rain cancels.

9:15 am

**BEACHY KEEN -- FROM SOLANA BEACH TO TORREY PINES STATE BEACH.** If the heat's got you beat, then here's a cool treat: let's cool off by the ocean's edge from Solana Beach through Del Mar to Torrey Pines State Beach and back on a 3-hour, **moderate-plus** paced prance over mostly flat terrain as the waves caress the shore in an area that we adore. Want some more? Look for **Larry** in Solana Beach at the far western end of Via De La Valle by South Sierra Ave. (where free street parking abounds). [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or (858) 755-1751 (evenings/weekends).

## SUNDAY, AUGUST 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 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, AUGUST 25

6:00 am

**SUNRISE SERIES: BY THE BAY.** Today we'll hope for sunny skies, lots of birds and that any clouds are the fluffy kind for a more beautiful sunrise. Meet at the former Visitor Information Center just west of the I-5 at the Clairemont Dr. exit. We usually have two groups, **moderate** and **casual**, on this 1 hour flat walk. Bring money for an optional breakfast afterward at one of our favorite places. **Verna** (619) 276-3055.

## WEDNESDAY, AUGUST 27

9:00 am

**LET'S CLIMB THE HILL.** Join us for a **moderate** but challenging walk that includes the "Bachman Hill". We will start at the Fashion Valley Transit Center and walk to (and up) Bachman Pl. After a walk around part of the Hillcrest neighborhood we will return down Bachman Hill to the transit center, approximately 4 miles round-trip. Green trolley line and multiple bus routes stop at the Fashion Valley Transit Center or park at the transit center. Meet at north entrance of the footbridge (across from transit center) that crosses the river to a hotel. Rain cancels. **John N.** (619) 772-8855.

10:00 am

**BALBOA PARK NUTTY SQUIRREL WALK.** Join **Robert and Friends** for a 1-hour, half city, half park, **casual** stroll. All you bring is a smile, some cash if you eat afterward and maybe a few peanuts for you and the squirrels. Meet at 6th Ave. and Nutmeg St. There is free parking on Balboa Dr., which you enter at 6th Ave. and Upas St. Note: Do not park on the park side of 6th Ave. as no parking is allowed there on Wednesdays before 10:00 am. To use public transport, take the #3 bus north on 5th Ave. or south on 4th Ave., exit at Nutmeg St. at approximately 9:15, walk east to 6th & Nutmeg. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, AUGUST 28

6:00 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.

## SUNDAY, AUGUST 31

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's Pals** (619) 469-6223.

## TALL SHIPS & BYO PICNIC LUNCH

Thursday, August 28 10:00 am

The Shelter Island Walkabout group will be having a BYO picnic lunch following the regular walk on August 28th. At 12:30 pm, the Tall Ships begin coming into San Diego Bay to prepare for the annual Festival of Sail which runs over Labor Day weekend. Enjoy the beautiful and delicious air, escape the heat, meet Walkabouts, and catch a sneak preview of the flotilla of tall ships arriving from ports beyond. For more information about the Festival of Sail or to volunteer for the event, visit [www.sdmaritime.org/festival-of-sail](http://www.sdmaritime.org/festival-of-sail). If you have any questions, please call Sally R. at (619) 222-3800.

## FEATURED TRIPS

### SANTA BARBARA ACROSS FROM THE WATERFRONT

SEPTEMBER 26, 27, 28

The charm and gracious hospitality of the Dons still lives in romantic Santa Barbara. The price of this trip includes a 29-passenger bus with restroom and a professional driver for 3 full days (2 nights) at the beautiful Hyatt Parkside Inn on Cabrillo Blvd. across from the Pacific Ocean. The great Stearns Wharf is a 1-mile walk from the hotel along the waterfront. All rooms have Wi-Fi, cable TV, refrigerators, hairdryers, carpeted floors and tea/coffee making facilities. Activities include the Botanical Gardens, a tour in the town of Montecito at the famous Casa del Herrero, the most talked about Court House in the country, the Andree Clark Bird Refuge next to our hotel and the very beautiful Mission. Needless to say we will go across the street on Sunday to see the open air Art Show. Daily full breakfast at Hyatt and farewell dinner Saturday night at top Fish House Restaurant is included in package.

We are only taking 24 people on the bus to make sure 5 seats are available for luggage. Please specify if you want double occupancy at \$550 or a single room at \$675. The cost of this trip is \$200 less than other tour companies. Please mail a \$300 deposit to hold your spot on the trip. The balance will be due the first week of September, 2014. If there is a waiting list, refunds will be made as requested. The Hyatt waterfront Hotel is the drawing card and there probably will be a waiting list. Walkabout will pay for a secure gated parking lot Park & Ride near Old Town for anybody coming with a car. We do not recommend any unsecured parking.

Mail your \$300 deposit to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and include a business size envelope with a stamp for us to mail your itinerary. Your Leaders Rita Balliot, Walter Konopka, and Marilyn Buckley look forward to a first class trip to Santa Barbara and would enjoy seeing you.

## **GRIFFITH OBSERVATORY INCLUDING PLANETARIUM FOR ONLY \$45.00**

**THURSDAY, OCTOBER 9**

Rita & Marilyn B. are offering a wonderful deal in which "Centered in the Universe", a live presentation will be in the planetarium as part of the package at the observatory. We shall not only view exterior exhibits, but also see Wilder Hall of the Eye, Ahmanson Hall of the Sky, the Central Rotunda, Cosmic Connection and Gunther Depths of Space. Your ticket includes the sensational Samuel Oschin Planetarium, which seats 285 people featuring state of the art tech in an immersive environment designed to fabricate a real-looking night sky that is both incredible and awe inspiring. Note this is a first of a kind anywhere, using a Star Projector and a Laser Projector for color. If anyone wants to bring children along, we ask you to invite minimum age 13 and older. The trip includes a 50 passenger bus, driver gratuity, planetarium ticket, and water with snacks. Lunch is not included, however your choices in the café range from sandwiches, soups, salads or a hot meal from \$8 to \$10. The Observatory does not open until noon. We hope to be back in San Diego between 6:30 and 7:00 pm.

Please send a check for \$45.00 per person (no discount for youth) to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 with a self-addressed envelope with a stamp for us to mail your itinerary. Include your telephone number in case we need to contact you and indicate your pickup preference at our office in San Diego or if you prefer North County we shall stop at La Costa off of I-5. There will be no refunds unless there is a waiting list. If you have any questions, please call Rita at (619) 266-2555.

## **EXOTIC GARDENS IN FALLBROOK & MUSEUM OF MAKING MUSIC**

**SATURDAY, NOVEMBER 8**

Join Rita and Marilyn B. as we visit the "Grand Tradition Estate & Gardens" in Fallbrook. Once available for viewing only during private events, this lush botanical reserve is now open year-round as a public garden. As you journey along the winding pathways, you will be transported to a veritable Shangri-La of thematic gardens –from Victorian to Mediterranean to tropical. Experience 15 acres of densely planted gardens, profuse with exotic floral scents, sparkling waterfalls and award-winning displays of colorful botanicals. Escape to this secret garden paradise. We shall arrive at 10:30 am and walk for one hour. We shall take our bus to Carlsbad for a lunch break on your own. At 2:00 pm we are expected at the Museum of Making Music located in Carlsbad for a one-hour docent lead tour. Three years ago Walkabout had a tour of the Museum and it was highly successful. Expect to be back before 5:00 pm. The trip includes a 29 passenger bus with a bathroom and all entrance fees.

Please send a \$47.00 check to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 with a stamped, self-addressed envelope for us to mail your itinerary. Include your telephone number in case we need to contact you and indicate your pickup preference at our office in San Diego or North County Park & Ride off Hwy 15 at Mercy Road. There will be no refunds unless there is a waiting list. If you have any questions, please call Rita at (619) 266-2555.

## **SPACE SHUTTLE ENDEAVOUR & IMAX**

**SATURDAY, DECEMBER 13**

**COST: \$49.00 or POMPEII PKG \$65.00**

Rita and Walter invite you to the Science Center in Exposition Park, Los Angeles to see the Endeavour firsthand. Included in the package is the IMAX film. We shall depart from San Diego at 7:00 am and take I-5 to La Costa to pick up North County passengers. Since our 50 passenger bus has a restroom, we shall drive directly to the Science Center for a 10:00 am appointment at the IMAX. We have been told that a specific IMAX film has not been scheduled at this time. At 11:30 am you have a lunch break on your own. At 1:00 pm our group will enter the Endeavour Exhibit located in the Space Pavilion. Bring a camera. At 2:00 pm we have an appointment for the POMPEII Exhibit for those people who paid the additional \$16.00 for the trip. The Exhibit takes at least one hour to see and it will be ending in January, 2015 so this is your last chance to see it. At 3:30 pm we shall return to San Diego and hope to arrive by 6:30 pm.

Please mail \$49.00 for Endeavour & IMAX or \$65.00 for Endeavour, IMAX & POMPEII to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and note on the check "Space Shuttle", also include your phone number and preferred pickup location, either the Walkabout office in San Diego or La Costa off of I-5 for North County people. Please enclose a self-addressed envelope with a stamp for us to mail your itinerary. Note: we sold out our first trip last year and we hope to fill the bus this year. The price includes a 50 passenger bus, driver tip, IMAX ticket and the most delicious snacks and water. Our price is lower than our competitors. If you have any questions please call Rita at (619) 266-2555. The Walkabout Office will also answer any of your questions. We hope to see you aboard.

### **POTENTIAL FOR NEW WEEKLY WALK**

Carol B. would like to lead walks in North County on Wednesday mornings around 8 am beginning in September. She is looking to see how many people would be interested in joining her. The walk would be at a moderate pace for approximately 3 miles either in Rancho Bernardo, Poway, or Escondido.

If you are interested please call the Walkabout office at (619) 231-7463 and put your name, phone number, and preference of walking area on the list.

## AUGUST 2014 WALKS AT A GLANCE

**Bold** walk start times are those that repeat every week at the same location, day, and time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
					6 pm Mission Hills Meander	TBA Hike 9 am SD River 6:15 pm Sat Night Live
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
7:15 am Breakfast Spcl: Downtown  8:15 am Merry Go-Round	6 am Sunrise: Lake Murray  10 am Crown Point Area Beckons	9 am SD River  6:30 pm Mission Bay Sunsets	TBA Hike  10 am Coronado Beaching  6:15 pm Wed Night Workout	6 am Sunrise: Riverwalk  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa	6 pm Mission Hills Meander	TBA Hike  7:15 am Late Birds  9 am SD River  6:15 pm Sat Night Live
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
7:15 am Breakfast Spcl: Balboa Park  8:15 am Merry Go- Round	6 am Sunrise: SDSU  10 am Crown Point Area Beckons	9 am SD River  3 pm La Playa Paths  6:30 pm Mission Bay Sunsets	TBA Hike  9 am Mouth of San Diego River  6:15 pm Wed Night Workout	6 am Sunrise: Liberty Station  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa	6 pm Mission Hills Meander	TBA Hike  9 am SD River  6:15 pm Sat Night Live
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
7:15 am Breakfast Spcl: E. Mission Bay  8:15 am Merry Go Round	6 am Sunrise: Pacific Beach Boardwalk  10 am Crown Point Area Beckons  6:15 pm Silent Movies at Balboa Organ Pavilion	9 am SD River  6:30 pm Mission Bay Sunsets	TBA Hike  9 am University of San Diego  6:15 pm Wed Night Workout  7 pm Delectable La Jolla Ice Cream Social	6 am Sunrise: Mission Hills  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa	6 pm Mission Hills Meander	TBA Hike  7:15 am Late Birds  7:45 am Donut Day at Del Mar  9 am SD River  9:15 am Beachy Keen  6:15 pm Sat Night Live
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
7:15 am Breakfast Spcl: Pacific Beach  8:15 am Merry Go- Round	6 am Sunrise: By the Bay  10 am Crown Point Area Beckons	9 am SD River  6:30 pm Mission Bay Sunsets	TBA Hike  9 am Let's Climb  10 am Balboa Nutty Squirrel  6:15 pm Wed Night Workout	6 am Sunrise: Harbor Island  10 am Shelter Island (& ships) 10 am Mission Beach  10:15 am Balboa	6 pm Mission Hills Meander	TBA Hike  9 am SD River  6:15 pm Sat Night Live
<b>31</b>						
7:15 am Breakfast Spcl: Adams Ave  8:15 am Merry Go- Round						

## 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

Griffith Park Observatory	October 9
Fallbrook Estates & Gardens and Making Music Museum	November 8
Endeavor Shuttle	December 13
Indio Date Festival	February 19, 2015
Palm Springs Tramway	Spring 2015
Ramona Pageant	April/May 2015
Lake Arrowhead	September 2015
Huntington Library & Gardens	TBD
Joshua Tree National Park	TBD

### Overnight Trips

Boston/Salem, MA	September 2 - 9
Santa Barbara	September 26 - 28
Seattle/San Juan Islands	October 29 – Nov 5
San Antonio/Austin, TX	December 2 - 9
Sensational Switzerland	August 2015
Las Vegas/ Calico Ghost Town	September 2015
Beautiful Boise	October 2015
Cuba	TBD

### Events

Annual Meeting, Auction, Potluck Picnic & Walk	October 25
Thanksgiving Group Dinner	November 27
Christmas Brunch	December 25
Annual Walk Leader's Appreciation Luncheon	January 2015
Annual Volunteer's Appreciation Party	TBD



## VOLUNTEER!

### WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks/events below. If interested, please call the office (619) 231-7463. 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, August 15 at 11:30 am

The monthly meeting will be held at Serra Mesa-Kearny Mesa Branch Library, Sudberry Room, 9005 Aero Drive, San Diego, CA 92123



## BOARD MEMBERS

**President** (858) 571-7733  
Robert Buehler President@walkabout-int.org

**1st Vice President**  
Vacant

**2nd Vice President** (619)249-2446  
Dan Haslam danhaslam@walkabout-int.org

**3rd Vice President** (619) 222-3447  
Stan Follis Stanley@walkabout-int.org

**Recording Secretary** (619) 231-7463  
Donna Farris secretary@walkabout-int.org

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

### Directors

Marilyn Buckley (619) 231-7463  
pr@walkabout-int.org

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

John Nugent (619) 231-7463

Norman Vigeant (619) 231-7463  
ngfrenchy@hotmail.com

Bruce Herms Emeritus

Dick Hiatt Emeritus

## JOIN US ON MEETUP!

[www.meetup.com/Walkabout-International](http://www.meetup.com/Walkabout-International)



### OFFICE STAFF

Donna Farris, Marilyn Buckley, Eileen Frame, Susan Goodrich, Grace Greenalch, Pat Peterson, Charlotte Sedgwick

### NEWSLETTER STAFF

Rita Balliot, Stan Follis, Dan Haslam, Ann Leever, Lorraine Marshall, Kim Mills, Fran Whiteman

### MAILING CREW

Pat Peterson (Captain), Alice Berwert, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, 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      Shoe Fund amount \$ \_\_\_\_\_

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

### WHAT IS THE SHOE FUND?

Forrest Warren, a former S.D. Union reporter and columnist started the shoe fund in the 1930s to assist children who needed shoes in the depression era. The Ninth District PTA has been administering the Fund for more than 75 years. Vouchers for shoes are distributed through school nurses who fax the PTA when they have identified a student in need of shoes. Walkabout started many years ago through our Audrey Davis to request anybody in Walkabout to add a donation to their subscription renewal. Any monies received were mailed to the S.D. Union. This has been very successful until 2008, when we stopped.

We have decided to start again this year. We feel it is well worth asking our subscribers for any donation they wish to make. We thank you in advance for a very worthy cause. When you fill out your subscription form please state the amount of money you wish to add to your renewal check.



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

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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 INT'L IS PARTICIPATING IN "THE MOVE TO IMPROVE CHALLENGE 2014"**

**Saturday, August 9, 2014 from 10:00 am to 4:00 pm**

**Cabrillo National Monument in Point Loma at the Lighthouse (see [www.nps.gov/cabr](http://www.nps.gov/cabr))**

This event is a dynamic celebration to promote the individual and collective health and wellness within our communities in San Diego. This year's festival will feature an exhibitor fair, presentations, demonstrations, and entertainment. It will be fun for all ages. There will be a walk presented at the fair. We look forward to seeing you there.



**2013 La Jolla Walk & Ice Cream Social. See August 20 walk for this year's event!**