



# San Diego Feets

Vol. 39, No. 10

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. Summer office hours: 10:00 am to 2:00 pm, Mon., Wed., Fri. Internet: [www.walkabout-int.org](http://www.walkabout-int.org), e-mail: [info@walkabout-int.org](mailto:info@walkabout-int.org)

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.

Pace Yourself	miles	minutes
	per hour	per mile
Casual	2.5	25
Moderate	3	20
Moderate-plus	3.5	17

## October 2016

### 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 transit, 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

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) 560-0446 or **Jill F.** (858) 292-4231.

#### WEDNESDAYS

3:00 pm *\*\*\*Note new location and time\*\*\**

**WEDNESDAY 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** 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 of Mission Blvd. To use public transit, ride the trolley to Old Town, and then 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.** Join Sandra, Sally and Friends for a **casual+** walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60-70 minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to sea lions. Meet new friends 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. Ample free parking. 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, Optional eats afterward. Heavy rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

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

## FRIDAYS

4:00 pm

**MISSION HILLS MEANDER.** Join us for great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. We will enjoy the late afternoon views. Meet at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

## 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** walk 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 transit, 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** in the parking lot near 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.walkaboutthikes.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.

Date	Contact Information
Oct 1	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Oct 5	<b>Bob R:</b> (760) 728-8232
Oct 8	(fall potluck) <b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Oct 12	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Oct 15	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Oct 19	<b>Rita C:</b> (619) 482-0052
Oct 22	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>
Oct 26	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Oct 29	<b>Bob R:</b> (760) 728-8232

## MORE GREAT WALKS THIS MONTH

### SUNDAY, OCTOBER 2

7:15 am

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

### MONDAY OCTOBER 3

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.

### THURSDAY, OCTOBER 6

6:30 am

**SUNRISE SERIES: UPTOWN/UNIVERSITY HEIGHTS.** Let's walk over the bridge and wander past these historic homes and modern drought resistant gardens for 1 hour at a **moderate** pace on mostly flat terrain. We'll meet by the entrance to the pedestrian bridge behind Trader Joe's. Turn north off University Ave. at Vermont St. into the parking lot. **Pat K.** (619) 469-6223.

### SATURDAY, OCTOBER 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.

### SUNDAY, OCTOBER 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.

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.

## MONDAY, OCTOBER 10

6:30 am

**SUNRISE SERIES: ALLIED GARDENS.** We'll begin our 1-hour **casual** mostly flat walk along Waring Rd. and then venture onto the pleasant side streets beginning at the bank parking lot at the intersection of Waring Rd. and Zion. Take the Waring Rd. exit off of I-8. Bring money for an optional breakfast afterward. **Betty** (858) 248-3782.

## TUESDAY, OCTOBER 11

2:00 pm

**DRYDEN DISTRICT.** Come see some of the best examples of Arts and Crafts houses by architect David Owen Dryden. We may also discover an 8-sided house, a brick house, a house where a movie was filmed, a purple tree, a "secret" street, a miniature train, and Bird Park. Meet at the North Park Dryden Historical District entry gate at 28th and Upas Sts. for a 1.5-hour **casual-to-moderate** walk with some hills. Bus #7 stops at University and Utah St. Rain cancels. **Evelyn K.** (619) 461-6095.

## THURSDAY, OCTOBER 13

6:30 am

**SUNRISE SERIES: NORTH PARK/NORMAL HEIGHTS.** We'll meet at the corner of Kansas St. and El Cajon Blvd to explore these eclectic neighborhoods. Park behind the restaurant at 2900 El Cajon Blvd. for this **casual to moderate** 1-hour walk on flat terrain. Bring money for an optional breakfast afterward. From the south, take I-805 to the El Cajon Blvd. exit and turn left. From the north, turn right onto El Cajon Blvd. until you come to Kansas St. **Frances** (619) 479-3962.

## SUNDAY, OCTOBER 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. If the road/parking lot is closed for an event, meet in the restaurant parking lot at Pacific Hwy. and Rosecrans St. to walk along the river or Old Town. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

4:00 pm

**BALBOA PARK STROLL.** Meet **Stella** at 6<sup>th</sup> and Upas to start a **casual** walk from the Marston House gardens toward the center of the park through the Trees for Health garden where we'll check the medicinal properties of various trees and shrubs, continuing past the statue of Kate Sessions to view the recently installed sculptures in the central plaza outside the Art Museum, returning via the Alcazar Garden. The park is usually a little less crowded by late afternoon with parking available along Balboa Dr. or 6th Ave. (619) 232-3756.

## MONDAY, OCTOBER 17

6:30 am

**SUNRISE SERIES: SUNSET CLIFFS.** We'll take a 1 hour, flat walk **at your own pace.** Take I-8 West toward the beach. 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.

## THURSDAY, OCTOBER 20

6:30 am

**SUNRISE SERIES: MISSION BAY BACKWARDS.** Let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed on this **moderate** 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge, park at the second entrance to the small parking lot on your left. Optional breakfast afterward. **Eddie** (619) 222-4396.

## SATURDAY, OCTOBER 22

11:00 am

**REMEMBERING RITA.** Meet **Dan** Haslam at the Walkabout office for a **casual** one-hour walk around Liberty Station, after which we will regroup in the Green Room for a remembrance of Rita Balliot. Bring photos and stories to share about Rita and bring a sandwich for lunch. Dessert and beverages will be provided. Rain will cancel the walk, but not the lunch/remembrance. (619) 318-4870.

## SUNDAY, OCTOBER 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, OCTOBER 24

6:30 am

**SUNRISE SERIES: LIBERTY STATION.** Meet **Connie** at Womble St. and Truxtun Rd. for a 1-hour **casual to moderate** walk on flat, paved terrain. We'll walk the arcades to see what new businesses and attractions are being added to this historic location. We'll see such diverse attractions as Historic North Chapel, our own Walkabout office, and numerous art galleries and dance studios. Bring money for an optional breakfast afterward. (619) 477-8628.

## THURSDAY, OCTOBER 27

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. **John & Marilyn** (619) 840-5544.

## THURSDAY, OCTOBER 27 (CONT.)

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** Rob K. will provide a history discussion of San Diego Bay as he leads us on a 1.5 hour **casual** walk. Meet at the east end of Shelter Island to the right of the Bali Hai by the lamp post and hand rails. Ample free parking. (619) 972-2819 Rain cancels.

## SATURDAY, OCTOBER 29

11:00 am

**SEND OFF FOR RITA BALLIOT.** As part of our annual meeting/picnic/auction celebration, let's honor Rita with a floral send off into the bay. Her wishes were to have her ashes scattered in the ocean, and perhaps our offerings will find their way with special thoughts on our **casual** walk from our picnic sight to the water. This walk is in conjunction with the annual festivities; see details on the back page of this newsletter. (619) 318-4870.

## SUNDAY, OCTOBER 30

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.

9:15 am

**CALM IN THE CARMEL VALLEY CALDRON.** The caldron of construction in Carmel Valley continues to heat up, but there still remain some secluded canyons of calm unbeknownst to the casual passer-by. Don't pass by this chance to saunter serenely through one such canyon on a 3-hour, **moderate-plus** prance over very mixed-up and -down terrain. Look for **Larry** in front of Torrey Pines High School outside the parking lot by the signal at 3710 Del Mar Heights Road and Torrey Ridge Drive, about one mile east of the Del Mar Heights exit off of I-5. Rain cancels. Larry@walkabout-int.org (858) 755-1751 (evenings/weekends).



## MONDAY, OCTOBER 31

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.



## RITA BALLIOT REMEMBRANCE

by Dan Haslam

On September 3, Rita passed away quietly at her board and care hospice in Bonita, where she had lived for the past 8 months. Her quick onset Alzheimer's disease robbed her of the mental acuity which she was known for in serving for 35 years as Walkabout's treasurer. She went placidly into an euphoric state, remembering people until the end, but seemingly oblivious of matters in the world around her. Most uncharacteristic for Rita, who was known for being direct -- even bombastic -- but intensely loyal to her friends, and unflinchingly devoted to Walkabout International.

Rita was raised in the L.A. area, by the distinguished Tapper family, including a brother who rose to be assistant attorney general for California. She was widowed by Bill Balliot, who she remembered fondly. Rita was always involved in finance, including serving for

decades as comptroller for San Diego's Clean Team, a small business on Pacific Highway. Between her work and Walkabout, Rita found tremendous fulfillment in her life. She ruled Walkabout's financial sphere with an iron hand, insisting that trip accountings balance, bills were paid on time, and budgets met. This was not without its curiosities, however; for years she insisted that no expenditures be made in late March so that she could get an accurate picture of expenses and income as it existed at the end of March, before April brought a new fiscal year. She resisted replacing outmoded balance sheet categories on computer reports. And yet every year she got the job done for us in a Rita-sort-of-way.

Rita lived in a mobile home overlooking SR 94 near La Mesa. She was proud of owning her own 3BR home after years of renting, although she really lived in about 2 rooms -- her office which overflowed with Walkabout records and her bedroom, which she shared with a succession of beloved cats. Her car looked like a mobile Walkabout office. For a professed "walker," she drove everywhere. Years ago, when joining up with a Walkabout trip to Chicago, Rita rented a car so she wouldn't have to walk to the commuter train station with the group. She showed up on the tour about twice -- for an opening reception and a going away dinner...but she swore she had a "fabulous" tour with us. Even when she led her famous and detailed day-long bus tours and the bus burned up (once) and terminally broke down (at least once), she pronounced the trip "fabulous" and moved on.

Rita loved to shop catalogs and was perpetually buying imprinted giveaways with Walkabout logos to hand out to prospective and current members and anyone who needed another flyswatter, luggage tag, flashlight or pen of the month. When Rita retired from her "real" job, she staked a claim for a desk in the Walkabout office, plopped down and became a fixture. She tried to herd the office volunteers into servitude and then spent the day chatting with anyone who happened by in our one-room office. She haggled over the phone with vendors, credit card companies and restaurateurs over menus which she seemed to memorize with total gastronomic recall. She spent years with Weight Watchers losing the weight and putting it back on with an enthusiasm that out-Oprahed Oprah.

Rita travelled like a star with other tour companies and on her own. On a recent self-designed trip to DC, Rita and Christine Shelton booked a suite of rooms in a classy Georgetown hotel and went everywhere in cabs. She was a champagne girl on a diet-soda budget. She didn't do this often, but she did it well. In 2014 Rita was the first to receive a brand new Walkabout award "Volunteer Extraordinaire" for her exemplary service to Walkabout. She deserved the award and the BBQ dinner that went with it, and it was a timely honor given her untimely end.

If Rita could have "Walkabout" tattooed on her, it's likely she would have done so. Her email address had the word in it. One of her last wishes was to donate \$1000 to Walkabout, and with the grace of Theresa Hawkins,

Rita's professional power of attorney, she made it happen. Each one of us has a debt to be paid to Rita -- for keeping our financial ship upright in good times and bad. For all her rough edges, she was still a diamond at heart, and I'll miss her.

Please join us for a memorial walk. Refer to the walk listing on Saturday, October 22.

## FEATURED TRIPS



### RESPLENDENT RAMBLES IN THE ALLURING SWISS ALPS

June 25 - July 9, 2017

Since our last Swiss trip (in 2015), a growing interest has arisen for Walkabout to return to that fabled land. Finally, Larry has succumbed to leading yet another walking tour in Switzerland. Continuing our Swiss tradition, once again we will experience an itinerary totally different from any of our previous trips there. This time we go behind-the-scenes to a new series of fascinating and far away villages that abound in absolutely stunning alpine scenery.

We will visit four remote areas of Switzerland: Arosa in the east (3 nights), Weggis in the central region (4 nights on the lake of Lucerne), Lenk in the west (3 nights) and world renowned Zermatt -- home of the majestic Matterhorn -- in the south (4 nights).

Our adventures bring us to three hotels nestled in distant valleys surrounded by alluring alpine vistas and reached only by our taking trains to their final, end-of-the-line destinations. One lakeside hotel, not accessible by train, entreats us to arrive by boat, where nearby we will soar high atop a favorite alp of celebrated rambler, Mark Twain.

Our trip includes 15 days/ 14 nights of 3- and 4-star accommodations, 14 breakfasts, 14 dinners, a 15-day Swiss Travel Pass (for unlimited train, bus and boat transport), admissions to countless museums and cultural events, all-the-chocolate-you-can-eat, a host of daily walks to savor breath-taking alpine beauty, comprehensive services of Walkabout leader, Larry (who has led dozens of walking tours of Switzerland). The

land-only cost is \$3,895 (per person, double-occupancy) with \$425 single-supplement, pending 2017 pricing for Swiss Travel Pass and Swiss-US Dollar exchange rate.

Interested? Send a fully refundable deposit of \$200 per person (before November 15) to join the "Serious Interest List". Your "seat" on the trip becomes "confirmed" with an additional deposit by November 15 of \$1300/\$1500 per person for double/single occupancy. Canceling the trip after November 15 is subject to any non-recoverable expenses plus a minimum charge of \$500 per person. Make your check payable to Walkabout International with a notation, "Switzerland 2017" and mail to: Walkabout International, 2650 Truxtun Road, Suite #110, San Diego, CA 92106-6007. Separately, please include your name(s), mailing address, phone numbers and email address AND email Larry@walkabout-int.org that your "check is in the mail"! Yodel lay he hoo!



## SAN JUAN CAPISTRANO, SAN CLEMENTE, AND DANA POINT

Wednesday & Thursday, October 19 & 20

Meet **Dan D.** at Old Town Transit Center at 8:15 am on Wednesday for a fun filled 2-day **casual to moderate** walking adventure of some the best beach walks in San Juan Capistrano, San Clemente, and Dana Point over our two days together. Start with a beautiful Amtrak train ride to San Juan Capistrano, where we will enjoy brunch and visit the historic San Juan Capistrano Mission, known for the "return of the swallows" each year. Then we'll take a Metrolink train to San Clemente, where our hotel is located, and walk along the beach to the San Clemente Pier and the downtown area.

The second day includes a truly scenic 3.9 mile walk along the beach to Dana Point for lunch, before returning to San Clemente for a final visit and to catch the train back to San Diego. Cost for everything, including hotel is \$123 or \$141, depending on room preference. Email Dan Dobbs at [ddobbs48@gmail.com](mailto:ddobbs48@gmail.com) for complete written details or phone (858) 722-3002.



## POSSIBLE DAY TRIP

A historic Spa south of Riverside with multiple hot springs, pools and a mud treatment grotto. There are both outdoor and indoor areas in which to relax and rejuvenate. November 2016 or Spring 2017 trip, depending on interest shown. If you are interested, please call the Walkabout office (619) 231-7463 to add your name to the interest list.

## HYANNIS FEDERATED CHURCH AND WALKABOUT SHARE TRIP

On the hottest day of the summer, five church members from Hyannis Federated Church set off for a Walkabout Cape Cod tour of the whaling city of New Bedford, MA. Because of the 90-plus degree heat and humidity, serious walking wasn't an option, but touring around in an air conditioned minivan proved the most comfortable option.

Our group left HFC first thing in the morning and drove along historic Route 6A, the "King's Highway," so named because it was the colonial road along Cape Cod's northern shore long before this was the United States. Tour leader Dan Haslam pointed out some significant sites in Barnstable; for example the Olde Colonial Courthouse, where in 1773 1500 locals barred the crown-appointed judges from taking their judicial seats in the first-ever act of rebellion in the colonies. The site was later used as a town mustering point for colonial soldiers to march to join in the war for independence.

In West Barnstable, our group visited a community farm and the oldest Congregational church in the US, where the congregation started in 1616 in London, after the founder was released from the "clink," then Clink Prison. We made a coffee stop outside Sandwich for a quick gander at the Riverside School thrift shop, and then another stop in historic Sandwich to visit St. John's new thrift shop. We kept to the old roads after passing over the Sagamore Bridge, which connects the Cape to the mainland, and enjoyed the changes to Route 6--- the road before the highways. We stopped for a satisfying lunch in Fair Haven before crossing the river into New Bedford, the whaling capital of the world.

In New Bedford, we visited the historic sites by car including the home in which Frederick Douglass, former slave and abolitionist, lived. Many of the large New Bedford mansions built from whaling profits are now offices, and our group drove through the city park and enjoyed its architecture. Tour day was selected because of a monthly evening festival called "Aha!" in which downtown streets turn into concert venues, farmers markets and dance scenes. Our day was the centennial celebration of the National Park Service, which operates a large visitor center and several blocks of cobbled street neighborhoods. We took an hour-long walking tour which included whaling history, abolitionist stories, and of course, the red light district (always a hit!). The NPS gave out bubble making equipment, cupcakes, drinks and had a great sea shanty chorus concert in the afternoon heat.

Our group visited an oyster museum and the famous Whaling Museum's art galleries, and we had a picnic supper on the museum's outdoor plaza before heading back to Hyannis and home. Those on the trip were Betsy Hendricks, Carol Beckloff, Georgie Childs, Pam Hammond and Dan Haslam. The trip was a joint venture between Hyannis Federated Church and Walkabout International Cape Cod.

## WALKABOUT TAKES SUMMER CAMP IN MAINE TO NEW LEVELS

Ten Walkabouters enjoyed a week at the Poland Spring Resort in late August in perfect weather. Met by trip leader Dan Haslam at Boston's Logan Airport, our group spread out among two of the five inns that comprise the resort. Most stayed at the Victorian Presidential Inn, a former lodging for rich tourists' servants. This manse had creaky floors, large rooms and was a five-minute walk to the Maine Inn, where meals were enjoyed.

Others stayed at the Lodge, a familiar hostelry where Walkabout has stayed on its three previous visits. The resort sits on 800 acres and includes an 18-hole golf course, huge unheated pool, numerous restaurants and 8 miles of wooded trails, including one that takes in The Source, where the famous water burbles out. Poland Spring water is famous in the eastern US. The resort offered unique evening entertainment, which started with happy hour instrumentalists, the \$2.50 drink of the day and 99-cent beers. The rocking chairs on the porch were an excellent way to pass the time "stress free," which is a motto of the resort. Early bird walks were scarcely attended as most wanted to stock up on breakfast goodies each day.

In the evening there were movies in the Presidential's basement, concerts in the dining room-turned night club, or musicals in the adjacent chapel. Our group took all of this in, plus some time at the newish state-run casino, 7 miles up the highway. Lobsters are pervasive in Maine, and some inhaled lobster rolls (even McDonald's offers them!). The resort offered an optional lobster dinner in addition to its buffet breakfasts and dinners of home cooked goodies. Butter sauce rolled off of us like water.

During the day, our group took in several day trips -- including a day at Sabbathday Lake, the last Shaker community in the world. Our guide invited us back for Sunday "meeting," and that was a highlight for most on our trip, and a chance to meet the Shakers. We also visited Bates and Bowdoin colleges and their museums, took a walk along the Androscoggin River adjoining Lewiston and Auburn, ME, followed by lunch at the original "red hots" diner, a day trip to the shops at Freeport, and sightseeing around Sebago Lake, where Naida delighted us by doing handstands during her solo swim. We toured the Maine Wild Animal Park for an encounter with a moose. En route back to the heavy Boston traffic we took in Kennebunkport and looked for the Bush family.

This was no summer camp -- it was much better! Those travelling included Bob Buehler and his wife Virginia, Charlotte Sedgwick and Beverly Stebbins, Judith Anderson, Jim "got the brick" Miller, Naida Hindert, Ginger Thaler, and Jennifer Nickles.



Walkabouters stop in the middle of nowhere in Maine, but in the center of everything!



Shelter Island Walkers with new Scripps Research Vessel (in background) named for astronaut Sally Ride.





Walkabouts enjoy Donut Day at Del Mar Races



Maine group enjoys a lobster dinner at the Inn at Poland Spring.



## OCTOBER 2016 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>
						TBA Hike
<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: Shelter Island  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Pacific Beach Boardwalk  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>3:00 pm</b> Wednesday Workout	6:30 am Sunrise: Uptown/Univ Hts  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4 pm</b> Mission Hills Meander	TBA Hike  7:15 am Late Birds
<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  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Allied Gardens  <b>10 am</b> Crown Point Area Beckons	2 pm Dryden District  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>3:00 pm</b> Wednesday Workout	6:30 am Sunrise: North Park/ Normal Hts  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4 pm</b> Mission Hills Meander	TBA Hike
<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  <b>8:15 am</b> Merry Go- Round  4 pm Balboa Park Stroll	6:30 am Sunrise: Sunset Cliffs  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>3:00 pm</b> Wednesday Workout	6:30 am Sunrise: Mission Bay  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4 pm</b> Mission Hills Meander	TBA Hike  11 am Remembering Rita
<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  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Liberty Station  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>3:00 pm</b> Wednesday Workout	6:30 am Sunrise: Pacific Beach Boardwalk  <b>10 am</b> Shelter Island ( <b>w/talk</b> ) <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4 pm</b> Mission Hills Meander	TBA Hike  11 am Send Off for Rita Balliot
<b>30</b>	<b>31</b>					
7:15 am Breakfast Spcl: Adams Ave  <b>8:15 am</b> Merry Go- Round  9:15 am Calm in Carmel Valley	6:30 am Sunrise: Clairemont  <b>10 am</b> Crown Point Area Beckons					

## UPCOMING WALKS, EVENTS & TRIPS

Please call our office (619) 231-7463 for details about any of the following.

### Overnight Trips (all dates are tentative)

North Carolina and the Biltmore	October 4 - 11
San Juan Capistrano, San Clemente, and Dana Point	October 19 & 20
Resplendent Rambles in the Alluring Swiss Alps	June 25 - July 9, 2017

### Events/Walks

Annual Meeting Potluck & Auction	October 29
Thanksgiving Restaurant Dinner	November 24
Thanksgiving Shelter Island Walk	November 24
Christmas Brunch; Gift Exchange	December 25



## VOLUNTEER!

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

### WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks below. If interested, please call the office (619) 231-7463. Receive help with write-up, etc. And, contact us with YOUR ideas for walks!!

- Balboa Park with ranger tour
- Free Tuesdays at museums in Balboa Park

### BOARD SEEKS YOUR HELP

We need office volunteers and new board members.



### 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.

## WALKABOUT BOARD MEETING

Friday, October 21 at 11:00 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

<b>President</b> Robert Buehler	(858) 571-7733 President@walkabout-int.org
<b>1st Vice President</b> Dan Dobbs	(858) 722-3002 ddobbs48@gmail.com
<b>2nd Vice President</b> Dan Haslam	(619) 318-4870 danhaslam@walkabout-int.org
<b>3rd Vice President</b> Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
<b>Recording Secretary</b> Donna Farris	(619) 231-7463 secretary@walkabout-int.org
<b>Treasurer</b> Vacant	(619) 231-7463 treasurer@walkabout-int.org
<b>Directors</b>	
Elaine Berger	(858) 560-9003
Marilyn Buckley	(619) 231-7463 prwalkabout@yahoo.com
Larry Forman	(858) 755-1751 larry@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus

## JOIN US ON MEETUP!

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



### OFFICE STAFF

Elaine Berger, Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Grace Greenalch, Dan Haslam, Charlotte Sedgwick

### NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

### MAILING CREW

Charlotte Sedgwick & Beverly Stebbins (Captains), Alice Berwert, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Judy Vandruff

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

Walkabout is an all volunteer San Diego-based non-profit organization offering more than 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 Contribution 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)
- Subscribe to the email list for Wilderness Hikes

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



SON OF A BEACH –  
"A "TORREY-DE-  
FORCE" in August



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

Nonprofit Org  
U. S. Postage  
PAID  
San Diego, CA  
Permit # 1946

---

## **ANNUAL MEETING/AUCTION/PICNIC**

### **SATURDAY, OCTOBER 29**

### **11 AM TO 2 PM**

Mark your calendars now for Walkabout International 's annual potluck picnic and auction to be held at East Mission Bay Park (same location as last year).

We need each person to bring three things:

1. Food to share for the potluck (usually 40+ attendees)
2. Contributions/donations for the auction
3. Your checkbook or cash to pay for someone else's donated treasure at the auction

The park is located on East Mission Bay Drive just west of the I-5, use Exit #22 Clairemont Drive. We will be in the Playa II cover shelter (gazebo), south of the former visitors center, north of the Hilton Hotel. Look for our bright blue banners & signs. There is plenty of free parking in nearby lots. Walkabout will provide beverages, ice, cutlery, napkins, cups, and plates. You can bring your family, friends and neighbors: all are welcome (just be sure to bring plenty food to share).

We will start off with a casual to moderate walk along the bay before lunch. There will be a short meeting about Walkabout's operations presented by our President, Bob Buehler before the auction. As usual our cheerful auctioneer, Dan Haslam will entertain us with his fast talking as he tries his best to move all those treasures to new homes. Auction favorites include plants, homemade baked goods, gift certificates (restaurants, hair salons, movie tickets, etc.) books, gifts you want to "re-gift". Prefer things that can be consumed rather than stored on a shelf. Things to avoid donating to the auction: artwork, clothing, electronics (unless in excellent working condition), anything not in good condition.

Come on down for an entertaining fun afternoon for good food and great company!

Call the office (619) 231-7463 to sign up on the potluck interest list with your name, how many in your party and food contribution. Main dishes preferred.