



San Diego Feets

Vol. 40, No. 2

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

February 2017

40th Anniversary Year!

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

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** walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week. Rarely, we cancel due to holidays or commitments during this busy season.

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.

THURSDAYS (CONT.)

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 3rd Ave. and C St. At 3rd Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** 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.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.

Date	Contact Information
Feb 1	Don: dpiller@cox.net or (760) 796-4007
Feb 4	Bob R: (760) 728-8232 --Santa Margarita docent led hike
Feb 8	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Feb 11	Bill: (619) 206-5809 or wa4lrm@gmail.com
Feb 15	Mike L. (858) 455-0738
Feb 18	Bill: (619) 206-5809 or wa4lrm@gmail.com
Feb 22	Rita C: (619) 482-0052
Feb 25	Don: dpiller@cox.net or (760) 796-4007



IN MEMORIAM

Yoshie Davis, aged 98
golfer, walker, traveler

MORE GREAT WALKS THIS MONTH

THURSDAY, FEBRUARY 2

6:30 am

SUNRISE SERIES: MISSION HILLS. We'll discover what's new in one of San Diego's oldest neighborhoods 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.

FRIDAY, FEBRUARY 3

10:00 am

HILLCREST CANYON EXPLORATION. You don't have to go to the mountains for canyon exploration. We'll do some on this **casual** 2-mile, 2-hour walk in canyon lands, gravel paths (some small hills), and city sidewalks running through Hillcrest. We'll be amongst nature in the big city. Met Dan and Roger for the latter's maiden walk leader's walk at Ralph's grocery store in Hillcrest (off of University and Vermont Aves.). Wear good walking shoes and carry a big walking stick if needed; we'll stop for an optional, modestly-priced Mexican lunch afterward. Street parking in neighboring areas or observe shopping center parking regulations. Buses #11, 10, and 1 will drop you practically at the door. Rain cancels. **Dan H.** (619) 318-4870.

SATURDAY, FEBRUARY 4

9:15 am

7 GREAT WALKS OF MISSION BAY. This 3rd of the series is a 4.4 mile **moderate** walk around the entire west side of Vacation Isle, across the Ingraham St. bridge and around Sail Bay to the Catamaran Hotel. Meet at the Old Town Transit Center (OTTC) at the platform for bus 9. We'll take the 9:33 bus to our starting point near Vacation Isle. At the end of the walk, we'll enjoy an optional lunch and then take bus 8 back to OTTC. Heavy rain cancels. Email **Dan D.** at ddobbs48@gmail.com and he will reply with details or phone (858) 722-3002.

SUNDAY, FEBRUARY 5

7:15 am

BREAKFAST SPECIAL DOWNTOWN. Let's take a **casual** walk along the harbor and back through the town to see what's new. Meet at the Ruocco Park, corner of Pacific Hwy. and Harbor Dr. Optional breakfast afterward at a new place. **Pat K.** (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.

HONORING WALKABOUT'S ELEVEN PRESIDENTS

Noon on Monday, February 20

Walkabout International will honor the eleven presidents who have served at the helm of our organization as part of our 40th year celebration. Remarkably -- and perhaps in part to the benefits of walking -- nine of our presidents survive and we hope will attend to accept our thanks.

Our celebration will include a light sandwich luncheon in our Green Room at our Dance Place office building in Liberty Station. Each of our presidents will be invited to make remarks about Walkabout and their involvement over the years. Attendees are invited to bring photographs of Walkabout activities through the years, especially those of our leaders. Our presidential line-up includes: Larry Forman, Gale Fox Forman, Lorraine Marshall (deceased), Verna Bain, Audrey Davis (deceased), Pat Bogue, Bruce Herms, Andy Garcia, Stan Follis, Dan Haslam, and Bob Buehler. There is no charge to attend the reception and luncheon, but please **RSVP to the office (619) 231-7463 by 2 pm Friday, Feb. 17** so that sufficient refreshments are available.



MONDAY, FEBRUARY 6

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.

TUESDAY, FEBRUARY 7

10:00 am

SCULPTURES AND SNAKES. Meet **Stella** at the tables in front of the Art Museum for a 1-hour casual walk followed by an optional visit to the History Center where the 100th year of the San Diego Zoo is being featured. The exhibit includes a photograph of a very large snake famous for needing to be restrained by several strong men to force-feed. Despite his eating disorder, the snake thrived and lived longer than all other snakes at the time. Our walk includes the Sculpture Garden, Rose Garden, and Spanish Village and will be followed by a break at the Senior Lounge for coffee or tea before those of us who wish continue to the History Center. (619) 232-3756.



Sunday walkers visited Balboa Park Christmas Tree



WEDNESDAY, FEBRUARY 8

RESERVATION DEADLINE FOR HAPPY LUNAR NEW YEAR -- CHINESE STYLE. Today is the last day to make your RSVP phone call to Walkabout (619) 231-7463 for this tantalizing February 11th luncheon event for only \$13. After today, the price flies up to \$15. See last page ad for details.

THURSDAY, FEBRUARY 9

6:30 am

SUNRISE SERIES: SHELTER ISLAND. Let's take a **casual** walk along a beautiful mostly-flat area by the bay. Option to climb uphill for very scenic view. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

FRIDAY, FEBRUARY 10

2:00 pm

WHAT'S COOKIN' IN BARRIO LOGAN? Meet at the Barrio Logan trolley stop at Harbor Dr. and Cesar Chavez Pkwy. for a 90-minute **casual** walk through the local park, murals under the Coronado Bridge, shopping in the neighborhood, and a walk to see the neighborhood big box store nearby. There are some great fruit and veggie markets en route so bring a shopping bag for the return trip. We'll enjoy an optional Mexican snack at the interesting grocery in redevelopment lands. Rain cancels. Barrio **Dan H.** (619) 318-4870.

SATURDAY, FEBRUARY 11

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, FEBRUARY 12

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

SANTA LUZ-CIOUS SAUNTER. Just beyond Fairbanks Ranch beckons bucolic vistas along remote trails glistening Santa Luz! 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. 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, where you turn left for about 1/10 mile until the parking lot on the right at South Village Neighborhood Park. BYOH2O. H2O from the sky cancels. Larry@walkabout-int.org (858) 755-1751 (evenings and weekends).

WALKABOUT'S 40TH ANNIVERSARY BUS TOUR IS SET TO ROLL!

9 am sharp on Saturday, February 25

Join Walkabouts from over the years on a day-long narrated bus tour and luncheon to help celebrate our 40-year anniversary. Our bus tour leaves promptly from the Walkabout office. It's good to come early to park, use the restroom, and check in.

We'll be touring all over San Diego County, with brief walk and restroom stops throughout the day. We'll do drive-bys of former Walkabout offices, favorite walking sites and important places in Walkabout's history. We'll celebrate long-time walk leaders and enjoy a restaurant lunch as part of our celebration (included).

Tickets are \$40 per person, and are available from the office. Note "bus tour" on your check and include a self-addressed stamped envelope if you want written confirmation. Otherwise, include your email address for electronic confirmation. This event is suitable for all age groups and walking levels. If you have purchased a \$40-for-40 pass, this event is included in your payment, and you'll get a reminder/confirmation from the office. Tickets are first-come, first-served.



MONDAY, FEBRUARY 13

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.

THURSDAY, FEBRUARY 16

6:30 am

SUNRISE SERIES: PT. LOMA NAZARENE. This week we will try a new venue to explore parts of a beautiful, historic campus on a **casual** walk (one hill) with a view of the bay and of the ocean. Park in the lot near our starting point at the corner of Cañon St. and Catalina Blvd. Optional breakfast afterward. **Pat K.** (619) 469-6223.



FRIDAY, FEBRUARY 17

10:00 am

TROTting IN TALMADGE AND ENVIRONS. This 90-minute **casual** walk 12 blocks to our half-way point, and the same back has everything, with visits to 2 city parks, a neighborhood with nice houses, a library, and a transition to thrift shops in neighboring City Heights! We'll have a chance to check out some new stores and upgraded areas with an optional lunch afterward. Parking may be limited, but the #11 bus gets you in the heart of the action. Meet at the Kensington Library on Adams Ave between Kensington and Marlborough Aves. just east of I-15. Rain cancels. Adventurous **Dan H.** (619) 318-4870.

SUNDAY, FEBRUARY 19

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.



40TH ANNIVERSARY OPEN HOUSE

4 - 6 pm, SATURDAY, MARCH 4...GO "FORTH" AND JOIN US! (No admission charge)

Come join us to enjoy Walkabout International's 40th Anniversary Open House in our Walkabout Office Green Room. There's parking nearby or you can take the #28 bus from Old Town or Pt. Loma if so inclined. We'll celebrate with a hosted assortment of wines, soft drinks, cheeses, hors d'oeuvres, other snacks, photos, and mementos from our 40 years in San Diego. We'll also read official proclamations about Walkabout International and fete our Volunteer Extraordinaire of the Year! Dress is casual, and there is no admission charge.

You may bring a guest, but please **RSVP to the office (619) 231-7463 by 2 pm on Wednesday, March 1** so that we have enough goodies for everyone! Bring along your photos for sharing!

WALKABOUT INTERNATIONAL'S 40TH ANNIVERSARY TEA

1 pm MONDAY, MARCH 13 (\$10 for single tickets, for those who did not pay "\$40 for 40" promotion)

It's "lucky 13" and you're invited to a delightful occasion in our Green Room at 2650 Truxtun Road, just down the hall from our office. We've moved out the furniture and rolled up the carpets for this event, which will feature a classical ensemble of instrumentalists to entertain us with waltzes and other dances, so dance we will!

Our high tea features savory sandwiches, sweets, fruits, nuts, and exotic teas served to you by the men of Walkabout. We start at 1 pm, so plan on a late lunch with the gang, and dress to impress (hats are welcomed). Tickets are \$10 each unless you have pre-enrolled in the "\$40 for 40" promotion (in which case the Tea is included in your package!)

You must reserve and purchase tickets for this event **by March 1**, so mail \$10 to the Walkabout office and note "Tea" on your check. Include your email address for confirmation. We need prompt RSVPs so that we know much food to prepare, chairs and tables to rent, and party favors to make! Bring a camera to this one!



MONDAY, FEBRUARY 20

6:30 am

SUNRISE SERIES IN UNIVERSITY HEIGHTS. It's Presidents Day! Let's think presidential thoughts as we take a **casual** walk to find some of their names on the streets. Meet at the corner of Adams and 30th in front of the restaurant that serves large portions. Bring a short sentence on a president you like to share with the group. **Edie** (619) 222-4396.

THURSDAY, FEBRUARY 23

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.



FRIDAY, FEBRUARY 24

10:00 am

AN OASIS IN LA MESA. You may not have heard, but there's a new "oasis" at the Grossmont Center Mall, and we're going to pay a visit. Meet at the Grossmont Trolley MTS station where the trolley comes in, and we'll take the stairs or elevator for a **casual** walk to the mall. There is a food court where we'll enjoy an optional lunch during the walk (or you can shop). Parking is easy at the northwest corner of the mall lot (near Bank of America) to walk to the trolley station and walk back with the group. Rain cancels. Mall **Dan H.** (619) 318-4870.

SATURDAY, FEBRUARY 25

9:45 am

7 GREAT WALKS OF MISSION BAY. This 4th of the series is a 4.4 mile **moderate** walk from Campland, across the new walking bridge southeast along the bicycle path, past De Anza Cove and the Visitor's Center to the Hilton Resort, and on to Fiesta Island Rd. Meet at the Old Town Transit Center (OTTC) at the platform for bus 30 on the parking side of the station. We'll take the 10:00 bus to our starting point at Olney St. At the end of the walk, we'll enjoy an optional lunch and then travel a unique path to take bus 105 back to OTTC. Heavy rain cancels. Email **Dan D.** at ddobbs48@gmail.com and he will reply with details or phone (858) 722-3002.

SUNDAY, FEBRUARY 26

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, FEBRUARY 27

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE/ EMBARCADERO. We'll start at Seaport Village and walk along the bay toward the Convention Center, exploring Marina Park, on this **moderate** 1-hour flat walk. Join us for spectacular views of the bay, Coronado Bridge, Coronado, and downtown San Diego. If we have time, we'll also visit the "The Kiss" located next to the USS Midway Museum. Meet at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. **John & Marilyn** (619) 840-5544.

NO FOOLIN' AROUND, IT'S OUR 40TH ANNIVERSARY HOME AND GARDEN TOUR! (\$10 PER PERSON)

1 – 4 pm SATURDAY, APRIL 1

This tour is nothing short of home-grown; tour five homes occupied by your fellow Walkabouters. Refreshments will be served in each home, and you'll have an opportunity to see magnificent gardens, architect-designed homes, tiny urban dwellings and more on this one-of-a-kind event. One condominium home is on Cortez Hill and features spectacular roof top views of the city; another is a "tiny" cottage condo in University Heights with a hundred+ year-old dragon tree; another is a canyon home in Bay Park with terrific landscaped gardens; another is a spectacular glass and terraced home with strategically placed gardens in Bay Park; and another is a suburban ranch home in Clairemont beautifully decorated with unusual garden spaces.

If you are participating in the "\$40 for 40" promotion, you'll automatically receive your "map to the stars" homes via email, and the \$10 tour price is included; single tickets for this event are \$10 per person and payment must be received by Walkabout prior to **April 1**. You can visit the homes in any order you wish, and you have 3 hours to visit 5 homes on your self-drive tour. Since parking can be busy on Cortez Hill, plan to bring some quarters for a meter, or carpool. Your email guide describes each home and how to get there, where to park, and what to note while on your tour. Printed guides will also be available in each home, as well. Docents and/or the host will be available at each location. See how the other half lives! (**Hint:** bring an extra pair of socks or slippers in case you need to remove your shoes!)



Five brave walkers enjoyed a rainy Resolution Walk

FEBRUARY 2017 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
			1	2	3	4
			TBA Hike	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Hillcrest Cyn Exploration 4 pm Mission Hills Meander	TBA Hike 9:15 am The 7 Great Walks of Mission Bay
5	6	7	8	9	10	11
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 am Sculptures and Snakes 6:30 pm Above the Bay	TBA Hike	6:30 am Sunrise: Shelter Island 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	2 pm What's Cookin' in Barrio Logan 4 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds
12	13	14	15	16	17	18
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round 9:15 am Santa Luz Saunter	6:30 am Sunrise: North Park 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike	6:30 am Sunrise: Pt. Loma Nazarene 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Trotting in Talmadge and Environs 4 pm Mission Hills Meander	TBA Hike
19	20	21	22	23	24	25
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: University Hts. 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike	6:30 am Sunrise: PB Boardwalk 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am An Oasis in La Mesa 4 pm Mission Hills Meander	TBA Hike 9:45 am The 7 Great Walks of Mission Bay
26	27	28				
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Seaport Village/ Embarcadero 10 am Crown Point Area Beckons	6:30 pm Above the Bay				

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

Florida Everglades & Keys	3/21 – 3/28
California Gold Rush	4/4 – 4/11
Bermuda Cruise from Boston	5/11 – 5/19
Montreal & Quebec	Early June
Resplendent Rambles in the Alluring Swiss Alps	June 25 - July 9, 2017
Louisiana	Late September
SE New Mexico	Late October
San Antonio Riverwalk	Early December

Events/Walks

Chinese New Year Walk/Dinner	February 11
President's Day Reception	February 20
40 th Anniversary Tour & Lunch	February 25
40 th Anniversary Open House	March 4
40 th Anniversary Tea	March 13
40 th Anniversary Re-Creation	March 17
40 th Anniversary Home & Garden	April 1
40 th Anniversary Boat Tour	November
40 th Anniversary Trip Reunion	December

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

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. 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



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, February 10 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

President	(858) 571-7733
Robert Buehler	President@walkabout-int.org
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2nd Vice President	(619) 318-4870
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Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus

JOIN US ON MEETUP!

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 \$ _____

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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:

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RESPLENDENT RAMBLES IN THE ALLURING SWISS ALPS

June 25 - July 9, 2017

\$3,895 (single supplement \$425) includes everything except lunches and airfare. The trip is full, but a waiting list is open. To join the waiting list, please send a fully refundable \$200 check (note "Switzerland" in the memo) to Walkabout International, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 Questions? Larry@walkabout-int.org or call 858.755.1751 (evenings/weekends)



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A HAPPY LUNAR NEW YEAR CELEBRATION - CHINESE STYLE

SATURDAY, FEBRUARY 11



10:45 am "Feet" Gather outside the Great Plaza Buffet in Pacific Beach at 1840 Garnet Avenue

Noon Feast Gather outside the restaurant entrance to pay Walkabout AND receive your admission ticket

Happy 4715! Time to crow with Walkabout about the start of the Lunar New Year...of the Fire Rooster! Officially beginning January 28th, this age-old celebration continues for 15 days with Walkabout joining in the fun on February 11th. Look for Larry to start things off on this festive Walkabout tradition with a flat and casual appetite-awaking, anecdote-filled amble at 10:45 am.

At noon, prepare to feast on over 150 (!) delectable dishes including many traditional Chinese delicacies. Savor a tantalizing assortment of crab, shrimp, beef, chicken, pork and fish items -- and don't forget to eat your veggies, too -- along with desserts galore!

Enjoy the fabulous feast for the all-inclusive price of \$13 per person for the all-you-can-eat buffet, beverage (non-alcoholic) plus tax and tip. If you are cock-sure about attending, then simply **RSVP by Wednesday February 8** to the Walkabout Office at (619) 231-7463 AND indicate and number and names of the people in your party. After February 8th, the price flies up to \$15 per person, if space is available. Plan to bring a check payable to Walkabout International in the correct amount per person in your group . . . Alas, no refunds for cancellations or chickening out.

Our captivating venue is the Great Plaza Buffet at 1840 Garnet Avenue by the corner of Lamont Street in Pacific Beach with ample parking. Gung Hay Fat Choy!