



# San Diego Feets

Vol. 35

No.2

**WALKABOUT INTERNATIONAL** is a non-profit educational group that promotes neighborhood walking in urban, suburban, and rural environments throughout the world. Walkabout publishes a monthly schedule of events; for one complimentary issue call the Walkabout office, located at 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007, (619) 231-SHOE (7463), FAX (619) 231-9246. Office hours: 10:00 am to 2:00 pm, Monday through Friday. Internet: [www.walkabout-int.org](http://www.walkabout-int.org), e-mail: [info@walkabout-int.org](mailto:info@walkabout-int.org).

## February 2012

### Walkabout to Celebrate 35th Anniversary with Dozens of Events and Walks

Walkabout International, San Diego's longest-running, all volunteer walking organization will observe its 35th anniversary by offering several major events and numerous special anniversary walks during the entire month of March 2012.

Major highlights of the month include a day-long narrated bus tour and buffet lunch of "Walkabout Memories," a trip on Saturday, March 10 throughout San Diego county, visiting sites of special walks and historical interest, such as scenes from Downtown Sam's famous walks, piers and parks. There will be short, leg-stretching walks throughout the tour, and a buffet lunch is included in Clairemont-Mesa. Participants will receive special commemorative gifts, and enjoy a champagne and strawberry reception at the end of the tour. (See boxed item for sign up information.)

On Friday, March 2, Board Member Marilyn Buckley will organize Walkabout's participation in the free monthly walk through shops and offices at Liberty Station in the early evening, with refreshments and an open house at our office.

On Tuesday, March 6, Dan Haslam will speak at Centre City Development Corporation's Downtown Information Center (Horton Plaza above the old Longs Drugstore, now CVS) at noon at a brown-bag luncheon. His free talk is entitled, "35 Years of Walkabout International in Downtown San Diego," and will include vignettes of some of the best walks conducted in downtown. No RSVP required.

On Monday, March 19, Walkabout's President Stan Follis will lead a walk in Ocean Beach, which folds into a complimentary, hosted cocktail party (sneakers OK) at a beautiful designer home in the area. On Sunday, March 25, at 2 p.m., an invitation-only, fund-raising high tea will be served at a North Park residential building, with valet parking, special gifts and surprises, according to creator Beverly Bruff.

Finally, on Saturday, March 31, in the early afternoon, walk leaders will set out from various points near downtown San Diego and "converge" or join together at 4th and Island, the pocket park where Downtown Sam's memorial bench resides. Walkers can choose whether to walk from Little Italy, Balboa Park, East Village or the Waterfront for a complimentary reception which will include refreshments.

In addition to specific activities, each walk leader has prepared a special anniversary walk. One anniversary walk will be presented each day of the month and will be highlighted in SD Feets. For example, you might enjoy a Kate Sessions walk on Friday, March 16, or a reduced-price tour of the Star of India by long-walking docent Elizabeth Schlappi on Friday, March 23 at 9 a.m. Many walk leaders have arranged refreshments as part of their celebration. One walk, "Beautiful Stranger," traces the last days of Kate Morgan, who now haunts the Hotel Del Coronado, and occurs over a half day, using buses, trains and boats in addition to feet.

So make plans to save the entire month of March to walk on other people's walks as well as your own. The March issue of SD Feets will contain specific details of how to enjoy each anniversary walk as well as the other walks which occur on a daily basis. Come support our volunteers who will work hard to present a memorable anniversary celebration for all of us.

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### WEDNESDAY, FEBRUARY 1

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today's hike will be an e-mail hike with details sent out a day or two before. **IMPORTANT HIKE INFO:** Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. "First timers" must call the leader. Also call in case of bad weather conditions. All participants must be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers must be able to keep pace with the group. Check the hikes at <http://www.walkabout-hikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, contact **Don** at [dpiller@cox.net](mailto:dpiller@cox.net) or (760) 796-4007.



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

## Walkabouts 35th Anniversary Bus Tour, “Memories,” Rolls Out March 10!

**\$35 per person, includes narrated bus tour, buffet  
lunch, all gratuities**

**Limited space, First-come, first-served**

Enjoy a day traveling on a comfortable 49-passenger bus throughout San Diego County, visiting sites that have been part of Walkabout’s history over 35 years! Sample pier and park walks to stretch your legs, and share your memories of our unique organization. This tour is narrated, and is intended to accommodate walkers of all skill levels, and will include a video-slide show of photos collected from our history. Free parking while on the tour is provided. There will be a special tribute paid to Downtown Sam, and we’ll all enjoy a buffet lunch at a restaurant in the Clairemont Mesa area. At the end of our tour, we’ll receive a special commemorative gift, sample fresh strawberries and sip a champagne toast to the next years of Walkabout International.

To participate in this event, send in payment of \$35 per person payable to “Walkabout International” and include a stamped, self-addressed stamped envelope for further hard copy details, or your email address for emailed details. Space is limited on this tour, so act quickly. Mark “35th bus tour” on your payment check. If you cannot participate in the tour, but want to join us for lunch, send a \$10 payment check marked “35th buffet lunch,” along with your SASE, and we’ll send details on where and when to join us.

10:00 am

No Robert & Friends walk today.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** Join us at Pioneer Park in Mission Hills next to Grant School at Washington Pl. and Randolph St. for a **moderate-plus** to **brisk**-paced, 1½ hour walk. We head in a different direction each week to explore Old Town, Hillcrest, Bankers Hill or Mission Hills. Come and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.

## THURSDAY, FEBRUARY 2

6:30 am

**SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** Join **Edie** for a **moderate**-paced, 1-hour walk on mostly paved, level paths. We’ll meet at the parking area at the south end of Womble St. near the river. 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 Market on your left – Womble St. is the next left turn. Optional breakfast follows. (619) 222-4396.

10:00 am

**MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee at the end of this **moderate**-paced walk. Meet at the Belmont Park ticket booth off Mission Blvd. To use public transport, take the trolley to Old Town. Take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54. 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). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to seashore wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at the east end of the island, about 100 paces to the right of the entrance to the Bali Hai by the lamp post and hand rails, where we will stretch a few minutes and leave promptly at 10:03 am. If you’re late, drive down the island and join us along the way. Optional: re-walk the island to the pier for additional mileage. Bring a pedometer if you have one. For public transportation, take the #28 bus and walk approximately 3 blocks to the Bali Hai. Ample free parking. Rain cancels. Join us – just for the health of it!! Walk repeats every Thursday. **Sally R.** (619) 272-8851.

10:15 am

**MORNING STROLL IN BALBOA PARK.** Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park. Terrain is flat and mostly paved. Stay after for optional coffee and cookies. Rain cancels. **Mary T.** (619) 291-1349.

## FRIDAY, FEBRUARY 3

10:00 am

### **SPORTS WALK - NORTH PARK/MORLEY FIELD.**

Meet **Dan** at the swimming pool parking lot at Morley Field (south of Upas St., east of Alabama St.). We’ll walk the eastern section of Balboa Park at a **casual** pace (some inclines) for 90 minutes or so and explore some sports venues you may not frequent – the velodrome, frisbee course, Bird Park. Bring a picnic lunch with you (with something to share), and we’ll enjoy it together when we return to the parking lot. Rain cancels. Questions? Email: [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com).

4:30 pm

**MISSION HILLS MEANDER.** Come see the great views and picturesque homes and gardens of this homey old neighborhood on a 1-hour, **moderate**-paced walk on flat terrain. Meet at Espresso Mio, 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white or light colors for safety’s sake. **Pat P.** (619) 291-6162.

# February 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> TBA-Hike-Don 10 am-No Robert walk 6:15 pm Workout	<b>2</b> 6:30 am Sunrise Series-Liberty Station 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>3</b> 10 am-North Park/ Morley Field-Dan 4:30 pm Mission Hills	<b>4</b> TBA-Hike-Kathy 1 pm-La Jolla Woods 6:15 pm Sat Night
<b>5</b> 7:15 Breakfast Special -Shelter Island 8:15 am Merry Go Round	<b>6</b> 6:30 am Sunrise Series-Lake Murray 10 am Crown Point	<b>7</b> 10 am Tweebs-Bay 2 pm-Board Meeting 6:30 pm Above the Bay	<b>8</b> TBA-Hike-Stan 10 am Robert-San Diego River 6:15 pm Workout	<b>9</b> 6:30 am Sunrise Series- Marina Village 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>10</b> 10 am-City Heights- Dan 4:30 pm Mission Hills	<b>11</b> TBA-Hike-Bill 7:15 am Late Birds 6:15 pm Sat Night
<b>12</b> 7:15 Breakfast Special - La Jolla 8:15 am Merry Go Round	<b>13</b> 6:30 am Sunrise Series-Downtown 10 am Crown Point	<b>14</b> 10 am Tweebs- North Park 6:30 pm Above the Bay	<b>15</b> TBA-Hike-Don 10 am-No Robert walk 6:15 pm Workout	<b>16</b> 6:30 am Sunrise Series-Balboa Park 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>17</b> 10 am-Hillcrest-Dan 4:30 pm Mission Hills	<b>18</b> TBA-Hike-Bill 6:15 pm Sat Night
<b>19</b> 7:15 Breakfast Special -East Mission Bay 8:15 am Merry Go Round	<b>20</b> 6:30 am Sunrise Series-Downtown 10 am Crown Point	<b>21</b> 10 am Tweebs- Spanish Landing 6:30 pm Above the Bay	<b>22</b> TBA-Hike-Stan 10 am Robert-Shelter Island 6:15 pm Workout	<b>23</b> 6:30 am Sunrise Series-Mission Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>24</b> 4:30 pm Mission Hills	<b>25</b> TBA-Hike-Candy 7:15 am Late Birds 6:15 pm Sat Night
<b>26</b> 7:15 Breakfast Special -Pacific Beach 8:15 am Merry Go Round 9:15 am-Santa Luz- Larry	<b>27</b> 6:30 am Sunrise Series-University Heights 10 am Crown Point	<b>28</b> 10 am Tweebs-Lake Murray 3 pm-La Mesa-Evelyn 6:30 pm Above the Bay	<b>29</b> TBA-Hike-Candy 10 am-No Robert walk 6:15 pm Workout			

## UPCOMING EVENTS 2012

### FEBRUARY

Nominating Committee will be appointed

### MARCH

10 Walkabout 35<sup>th</sup> Anniversary Celebration

### APRIL

5 Hawaii Cruise ..... Dan  
 3 Anza Borrego Day Trip ..... Bev & Walter  
 Board Member Retreat ..... Election of Officers  
 Baltimore/Penn Dutch Trip March/April ..... Dan

### MAY

Mystery Trip Overnight ..... Dan & Rita  
 12 Huntington Library Day Trip ..... Walter & Rita  
 London/Paris Trip May/June ..... Dan

### JUNE

Twilight in the Park ..... Julie  
 Balboa Island Day Trip ..... Rita & Marilyn B  
 Annual Walk Leaders' Appreciation Luncheon

### JULY

Laguna Beach Pageant of the Masters ..... Rita & Bev  
 4<sup>th</sup> of July

### AUGUST

Nixon Library ..... Rita & Bev

### SEPTEMBER

4 Rhode Island/Cape Cod Trip ..... Dan  
 Palm Springs Day Trip ..... Rita & Bev  
 Catalina Overnight ..... Rita & Bev

### OCTOBER

Annual Picnic/Meeting/Auction  
 Julian Lodge Overnight ..... Rita & Walter

### NOVEMBER

Thanksgiving Dinner

### DECEMBER

California Missions ..... Dan

Additional trips will be available in 2012. Walkabout supporters who are interested in learning more about these trips should contact the office and have their names (with email addresses/ phone number) placed on the interest list for each trip.

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### NEWSLETTER DEADLINE NOTICE

All walks must be in the office by the 3<sup>rd</sup> 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 3<sup>rd</sup>.) You can e-mail your walks to [walks@walkabout-int.org](mailto:walks@walkabout-int.org), or mail them to Walkabout, 2650 Truxtun Rd. Suite 110, San Diego, CA 92106-6007. If you mail them, please use the walk information form available in our office, on our website at [www.walkabout-int.org](http://www.walkabout-int.org), or send a SEPARATE 8 x 11 sheet for each walk. If you e-mail more than one walk, please leave extra space between each walk.

### Walkabout raffle prizes

Sally R. is seeking raffle prize donations from Walkabouts for distribution during our 35<sup>th</sup> anniversary celebrations in March. Do you have a service, product or donation that you could contribute? All raffle prizes will be posted on the WI website, giving your business/service/product publicity for your donation. Your personal donation (movie tickets, gift cards, etc.) would also be greatly appreciated.

We hope to acquire Liberty Station restaurant gift certificates, books, services, supermarket certificates, etc, in addition to donations from our multi-talented Walkabouts. Please contact Sally about your donation, or if you'd like to help contact businesses or have any suggestions, please contact her at [xyz333@cox.net](mailto:xyz333@cox.net).

### 2011-2012 Board Members

President  
 Stan Follis .....(619) 222-3447  
[president@walkabout-int.org](mailto:president@walkabout-int.org)

1st Vice President  
 Norman Vigeant ..... [ngfrenchy@hotmail.com](mailto:ngfrenchy@hotmail.com)

2nd Vice President  
 Beverly Bruff..... (619)-886-8086  
[bbruff1@san.rr.com](mailto:bbruff1@san.rr.com)

Recording Secretary  
 Donna Farris ..... [secretary@walkabout-int.org](mailto:secretary@walkabout-int.org)

Treasurer  
 Rita Balliot .....(619) 266-2555  
[treasurer@walkabout-int.org](mailto:treasurer@walkabout-int.org)

### Directors

Marilyn Buckley ..... [pr@walkabout-int.org](mailto:pr@walkabout-int.org)

Robert Buehler .....(858) 571-7733  
[robo9@ix.netcom.com](mailto:robo9@ix.netcom.com)

Larry Forman .....(858) 755-1751  
[larry@walkabout-int.org](mailto:larry@walkabout-int.org)

Dan Haslam .....(619) 249-2446  
[danhaslam@walkabout-int.org](mailto:danhaslam@walkabout-int.org)

Dick Hiatt .....[publisher@walkabout-int.org](mailto:publisher@walkabout-int.org)

Walter Konopka .....(619) 281-4958  
[wkonopka@sbcglobal.net](mailto:wkonopka@sbcglobal.net)

Bruce Herms ..... Emeritus



### Pace Yourself

Half Speed	—	1-2 miles per hour
Casual	—	2-3 miles per hour
Moderate	—	3 miles per hour
Moderate/Plus	—	3 1/2 miles per hour
Brisk	—	4 miles per hour
Very Brisk	—	over 4 miles per hour

## SATURDAY, FEBRUARY 4

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See February 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Kathy** at [kpiller@cox.net](mailto:kpiller@cox.net) or (760) 796-4007.

1:00 pm

**LA JOLLA WOODS.** Meet **Virginia** at N. Torrey Pines Rd. and Muir College Dr. (Muir College parking is free weekends) for a **casual** 2-hour walk through the UTC-area woods to see if we can spot any early spring plants. Rain cancels. (619) 231-7463.

6:15 pm

**SATURDAY NIGHT LIVE.** Carol, Donna or Teri will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the statue on the Harbor Dr. side of the County Administration Center building between Ash and Grape Sts. The pace is **moderate to moderate-plus** for about 1½ hours. Rain cancels. We encourage anyone to lead a slower version of this walk any Saturday. Walk leaves promptly at 6:15. **Carol W.** (619) 303-7942, **Donna F.** (619) 443-6131, **Teri E.** (619) 584-8984.

## SUNDAY, FEBRUARY 5

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 area is served by the 6:45 #28 bus to Shelter Island Dr. and Anchorage Ln. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **brisk** pace encompasses the harbor, downtown, Bankers Hill and bridges depending on size of group and mood. Allow 3 hours, which includes a coffee break. To use public transportation, take the trolley to 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.



It is an official WALKABOUT policy that anyone who passes the leader is no longer a participant on the walk, unless otherwise stated by the leader.

## Fundraising High Tea for Walkabout Will Feature "The Men of Walkabout"

Walkabout International will host a high tea on Sunday, March 25 at 2:00 p.m. at a residence in North Park. The men of Walkabout will offer valet parking, escort you to the tea hall, serve the tea and provide many of the goodies and pastries that you will enjoy. The tea will also feature a musicale and a reprise of an art exhibit which was displayed at a downtown museum several years ago, entitled "The Art of My Grandmothers," featuring an astounding display of Tole painting. Attire for the tea is "dress to impress," and hats are encouraged for women, according to creator Beverly Bruff. The host facility is handicapped-accessible.

Attendance at the tea is by invitation only, and if you would like to receive an invitation, you may contact the office to leave your name and number, or telephone Beverly at (858) 268-8088. While the tea is complimentary, a silver bowl and discreet envelopes will be present to accept gifts to Walkabout International to help defray the costs of producing numerous events for the 35th Anniversary celebrations.

This event will undoubtedly be the talk of the social season for Walkabout International, and a commemorative gift from the event will be provided to each guest at the conclusion of the tea.

## MONDAY, FEBRUARY 6

6:30 am

**SUNRISE SERIES: LAKE MURRAY.** We'll meet at the Baltimore Dr. entrance to the lake, off Lake Murray Blvd. (Thomas Guide 1250-G7) for a mostly flat (one short hill) 1-hour walk **at your own pace.** Optional breakfast follows, so bring money. May need a flashlight. **Gloria** (619) 482-7677.

10:00 am

**CROWN POINT AREA BECKONS.** Start out your week with a beautiful scenic view of Mission Bay and homes nearby. **Kathy L.** leads a **moderate**-paced walking group and pauses for coffee at a Pacific Beach coffee shop. Rain cancels. Take I-5 to Grand Ave. and go west to Lamont St. Turn left on Lamont St. then right on Crown Point Dr. Meet at the west end of the parking lot near the restrooms. To use public transportation, take the trolley to Old Town. Take the #9 bus at 9:10, get off at La Cima at 9:30. Walk 3 blocks east to the parking lot. Rain cancels. (858) 484-0349.

**NEWSLETTER STAFF:** Diane Altona, Verna Bain, Bob Buehler, Dick Hiatt, Stan Follis, Lorraine Marshall, Marilyn Ralph, Fran Whiteman.

**MAILING CREW:** Pat Peterson (Captain), Alice Berwert, Barbara Miller, Sharon Nelson, Donna O'Donnell, Joanne Paul, Fusa Shimizu, Judy Vandruff.

## TUESDAY, FEBRUARY 7

10:00 am

**TWEEDS (TUESDAY WALKING ETHNIC EATING BUNCH) ALONG THE BAY.** Let's take a **moderate**, flat walk along our beautiful bay for about 90 minutes. We'll start at Dana Landing, which is off Ingraham St. or Mission Bay Dr. just west of Sea World signal. We'll also walk along the river looking for our visiting snow birds. Optional lunch follows. Rain cancels. **Pat K.** (619) 469-6223.

2:00 pm

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

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, one hour plus, **moderate to moderate-plus** paced walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (619) 584-8984, **Jill F.** (858) 292-4231 or **Donna O.** (858) 279-7016 to make sure the walk is "on" for the week (rarely cancelled due to holiday or commitments).

## WEDNESDAY, FEBRUARY 8

10:00 am Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See February 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** before 4:30 pm at (619) 448-1668 or email [shunt92071@yahoo.com](mailto:shunt92071@yahoo.com).

10:00 am

**A BOATLESS RIVER EXCURSION.** Join **Robert and Friends** for a 1-hour, paved, **casual** walk overlooking the San Diego River. Water wings not required. Optional restaurant stop afterwards. Meet in the parking lot of Mimi's on Mission Center Rd. at Camino de la Reina. To use public transport, take the Green Line Trolley marked "Green Santee," exit at Mission Valley Station, walk southwest to 5180 Mission Center Rd. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See February 1.



### Office Staff

Donna Farris, Marilyn Buckley, Pat Peterson, Marilyn Ralph, Anna Terkelsen.

## THURSDAY, FEBRUARY 9

6:30 am

**SUNRISE SERIES: MARINA VILLAGE.** This will be a 1-hour **moderate** walk in Marina Village, which is very flat. This area is very beautiful with many sport fishing boats moored there. Take the I-8 west to its end, turn left on Sunset Cliffs Blvd., right on West Pt. Loma Blvd., then right on Bacon St. (stop sign) and park near the restrooms at Robb Field. Bring money for optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See February 2.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See February 2.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See February 2.

## FRIDAY, FEBRUARY 10

10:00 am

**CITY HEIGHTS BECKONS!** Meet **Dan** at the southwest corner of 33rd St. off El Cajon Blvd. (parking lot of Pancho Villa Supermarket) for a **casually-paced** jaunt through this interesting neighborhood, which includes a gander at a tortilla factory and a chance to shop for some farmer-market quality veggies. Some alley diving for scroungers. Rain cancels. Questions? Email: [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com).

4:30 pm

**MISSION HILLS MEANDER.** See February 3.

## SATURDAY, FEBRUARY 11

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See February 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

7:15 am

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

6:15 pm

**SATURDAY NIGHT LIVE.** See February 4.

## SUNDAY, FEBRUARY 12

7:15 am

**BREAKFAST SPECIAL IN LA JOLLA.** We'll be looking for migrating whales on this **moderate**, fairly-flat walk along the ocean, which is a Walkabout favorite. The crashing waves are always a pleasure. Optional breakfast follows. Meet at Girard Ave. and Pearl St. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See February 5.

## MONDAY, FEBRUARY 13

6:30 am

**SUNRISE SERIES: DOWNTOWN.** Let's take a **moderate** flat 1-hour walk to view transit changes at America Plaza, the beautiful murals next to the train station and then along the harbor back to our cars. Optional breakfast follows at our usual place, if it's still there. Meet by the merry-go-round at Seaport Village at the south end of Pacific Hwy. **Pat K.** (619) 469-6223.

10:00 am

**CROWN POINT AREA BECKONS.** See February 6.

## TUESDAY, FEBRUARY 14

10:00 am

**NORTH PARK TWEEB'S LOVERS' VALENTINE'S DAY WALK.** Meet **Dan** at Albertson's on University Ave. at Texas St. in North Park (#7 or 10 bus) – plenty of parking on street. We'll walk the friendly streets of the neighborhood at a **casual** pace and end at my nearby condo for lunch. If you let me know you're coming 48 hours in advance, I'll make my Valentine's lunch; otherwise brown bag it. Rain won't cancel – love does not get rained out. Questions? Email: [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com).

6:30 pm

**ABOVE THE BAY.** See February 7.

## WEDNESDAY, FEBRUARY 15

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See February 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Don** at [dpiller@cox.net](mailto:dpiller@cox.net) or (760) 796-4007.

10:00 am

**No Robert & Friends** walk today.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See February 1.

## DESERT WILDFLOWERS, SCULPTURES AND OTHER TREASURES

Tuesday, April 3rd

If you love wildflowers, this is the trip for you! Join **Walter**, master of the native plant and flower world, for a series of several nature walks on our way to the Anza-Borrego Desert as well as other treasures he has in store for us. Bring your camera, lunch, water and sun screen.

We will be carpooling from the Grossmont Center Park & Ride, across from Walmart and the Red Lobster Restaurant, leaving promptly at 8:30 am. Be prepared to either be a driver or a passenger (expect to chip in for gas money). Call the office to sign up as a passenger or a driver (indicate number of passengers you can take) 619-231-7463. Rain cancels. Call Bev at 858-268-8088 if you have any questions.

## THURSDAY, FEBRUARY 16

6:30 am

**SUNRISE SERIES: BALBOA PARK.** There's always something in bloom and maybe we'll see some furred and feathered friends on this flat, 1-hour walk **at your own pace**. Meet **Marilyn M.** at 5<sup>th</sup> Ave. and Spruce St. An optional breakfast follows. (619) 294-8308.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See February 2.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See February 2.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See February 2.

## FRIDAY, FEBRUARY 17

10:00 am

**HILLCREST HIGHTAIL.** Let's check out a fairly new consignment shop, tour a church and the LGBT Center in our walking quest on a **casually-paced** walk. Optional lunch follows. Rain cancels. Meet **Dan** at the Post Office on Cleveland Ave., near Vermont St. and the DMV. Parking on street; near #1, 10, 11, 7 bus stops. Questions? Email: [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com).

4:30 pm

**MISSION HILLS MEANDER.** See February 3.



Remember to wear comfortable, supportive shoes with good soles for your soles' sake.

## SATURDAY, FEBRUARY 18

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See February 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

6:15 pm

**SATURDAY NIGHT LIVE.** See February 4.

## 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 at the Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See February 5.

## MONDAY, FEBRUARY 20

6:30 am

**SUNRISE SERIES: DOWNTOWN.** We'll walk along the Embarcadero for 1 hour at a **moderate** pace on flat terrain to see if any of the proposed development has started, such as Veterans Park with its "Wings of Freedom" sculpture. Meet **Frances B.** in the parking lot of the restaurant on the corner of Pacific Hwy. and Hawthorn St. Bring a flashlight and money for an optional breakfast after. (619) 479-3962.

10:00 am

**CROWN POINT AREA BECKONS.** See February 6.

## TUESDAY, FEBRUARY 21

10:00 am

**TWEEDS EXPLORES SPANISH LANDING** where the first ships landed in 1542 (or thereabouts). Let's see what progress they are making on recreating the original ship on this flat, **moderate** walk for about 90 minutes, and then we'll walk over to Harbor Island, with optional cut-off points. Meet at Spanish Landing Park entrance across from Lindbergh Field at the traffic signal closest to the west end of the airport. Look for **Pat K.** by the signal. Optional lunch follows. Rain cancels. (619) 469-6223.

6:30 pm

**ABOVE THE BAY.** See February 7.

## WEDNESDAY, FEBRUARY 22

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See February 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** before 4:30 pm at (619) 448-1668 or email [shunt92071@yahoo.com](mailto:shunt92071@yahoo.com).

10:00 am

**SOUTH SHELTER ISLAND STROLL.** Join **Robert and Friends** for a **casual** walk. We will see the tuna fishermen memorial, talk to the fishermen on the pier and wave to the pelicans. After the 1-hour walk, we will enjoy an optional restaurant cuisine. Meet at the Friendship Bell/Harbor Police Station parking lot on Shelter Island. To use public transportation, take bus #28 marked "28 Shelter Island" anywhere on Rosecrans St. heading southwest. Get off at Shelter Island Dr. and Anchorage Ln. at approximately 9:09, walk approximately 0.6 miles southeast, turn right on Shelter Island. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See February 1.

## THURSDAY, FEBRUARY 23

6:30 am

**SUNRISE SERIES: SOUTH SHORES SAUNTER.** Meet **Winnie** at the South Shores boat launch just east of Sea World on Mission Bay. Hopefully, we'll see some of the water birds that visit San Diego. Take the I-5 to Sea World Dr., go west to the South Shores sign. An optional breakfast follows this 1 hour, flat **moderately**-paced walk. (858) 278-4003.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See February 2.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See February 2.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See February 2.

## FRIDAY, FEBRUARY 24

4:30 pm

**MISSION HILLS MEANDER.** See February 3.



Even when not mentioned, flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen.

## SATURDAY, FEBRUARY 25

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See February 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

7:15 am

**LATE BIRDS.** For those of us who can't get up for the Sunrise Series, **Dick and the Divas** will lead a 1-hour walk **at your own pace** around Shelter Island. After the walk, we'll have an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (858) 558-1442.

6:15 pm

**SATURDAY NIGHT LIVE.** See February 4.

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

8:15 am

**MERRY GO-ROUND.** See February 5.

9:15 am NC

**SHEDDING SOME LIGHT ON SANTA LUZ.** The outskirts of the Fairbanks Ranch environs still offer fairly open countryside with remote trails from which you can bank on finding tantalizing vistas. This is the realm surrounding Santa Luz. No, not the one in Brazil, but the breathtaking beauty will be almost as appealing on our 3-hour, **moderate-plus** prance over very mixed up and downright hilly terrain. Look for **Larry** at the South Village Neighborhood Park (near Willow Grove Elementary School) on Via Azul just off Camino Del Sur. Take Route 56 (Ted Williams Freeway) to the Camino Del Sur exit (#6), go north for about 3.5 miles until you reach Via Azul and look for the parking lot around the bend on Via Azul. BYOH<sub>2</sub>O, but H<sub>2</sub>O from the sky cancels the walk. [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or (858) 755-1751.



## MONDAY, FEBRUARY 27

6:30 am

**SUNRISE SERIES: UNIVERSITY HEIGHTS.** Let's take a stroll down Adams and Madison Avenues to New York St. Join us for a **casual** 1-hour, mostly flat walk. From I-805, take the El Cajon Blvd. exit, go west, turn right on 30th St. and left on Adams Ave. to find street parking near Idaho St. and Adams Ave., where we'll meet. An optional breakfast follows. **Betty** (858) 248-3782.

10:00 am

**CROWN POINT AREA BECKONS.** See February 6.

## TUESDAY, FEBRUARY 28

10:00 am

**TWEEBS** will saunter around beautiful Lake Murray **at our own pace** for about 90 minutes or as far as you want to go on almost-flat terrain. An optional lunch follows at a favorite nearby deli. Take the I-8 to the Lake Murray Blvd. exit, go north up the hill to Kiowa Dr. (Starbucks on corner), turn left into the park and meet near the restrooms. Rain cancels. **Fran W.** (619) 271-7107.

3:00 pm

**LA MESA – JEWEL OF THE HILLS.** Come celebrate La Mesa's centennial month (100 years as an incorporated city) with a **moderate**, somewhat hilly 1.5-hour walk through the residential streets of old La Mesa, where we'll see 100-year-old historic houses, hidden cul-de-sacs and horse rings in the sidewalk. Meet at the corner of Date St. and Lemon St. You can take the #1, 7, 851 or 855 bus, or the Orange Line trolley. Rain cancels. **Evelyn K.** (619) 461-6095.

6:30 pm

**ABOVE THE BAY.** See February 7.

## WEDNESDAY, FEBRUARY 29

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See February 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact Candy at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

10:00 am

No **Robert & Friends** walk today.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See February 1.



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

**\*\* NOTICE \*\***

Walkabout trips are not tax deductible.

## How Did Walkabout Come About? A “Sole”-Searching Perspective

Larry Forman

Over our past 35 years, Walkabout International has enhanced the “soles” of tens of thousands as we conduct over 1000 free walks in San Diego each year entirely through the munificent efforts of our unpaid but much appreciated volunteers. In fact, Walkabout never has had a paid employee in all these 35 years and survives and thrives on the generosity of our volunteers and kindness of our financial supporters. In our minds, we still are in the early stages of our growth as we excitedly look forward to a vibrant future with all of you putting your best foot forward.

No doubt, many of you seasoned saunterers have enjoyed the same kind of encounter on a walk as I often have: I'll be talking with someone – often new to Walkabout – who inevitably asks: “How long have you been in Walkabout?” My typical response is: “For years!” Sometimes the question arises: “How did you get involved with Walkabout?” My usual reply is: “I wanted to meet like-minded ‘soles’ who enjoy the pleasures of putting one foot in front of the other for fun, fitness, discovery and convivial conversations.” Occasionally someone overhears the exchange and jumps in – much to my embarrassment – with: “Why, Larry is the founding father of Walkabout!” And then someone will follow up with, “How did you start Walkabout?” As we approach Walkabout's 35<sup>th</sup> birthday celebration, I'd like to share the saga of how Walkabout began. My perspective reflects my best recollection of the details of the chronology of events. No doubt I will omit some key and essential tidbits that would unlock many fascinating tales of yesteryear. I apologize in advance for this and for whatever cloudy lens I unconsciously use to view the early days of Walkabout.

Let us harken back to the winter of 1977. Just a few years earlier, I had moved to San Diego and wished to: discover the tucked away nooks and crannies as well as the more well-known picturesque places in the urban, suburban and rural environs of San Diego; walk just for the health of it in the evening after work – and throughout the year – because of the very accommodating weather here; and meet others with similar interests afoot who would share their own favorite pathways. I put notices in a relatively new and non-traditional weekly publication to see if any San Diegans might be interested in a night-walking experience.

The free personals section of *The Reader*, an alternate publication, attracted an audience seeking items and activities that were fascinating and sometimes a bit quirky. “Midnight amblers! Night crawlers! . . .” was how I started the notices that eventually would frequent those *Reader* personals every Thursday. I wanted to entice any hidden night-walkers in the community to show their faces and feet. And I sought to get a feel about how many might be interested in this apparently bizarre enterprise. I say “bizarre” because the myriad marathon runners, casual joggers and avid amblers who nowadays roam around San Diego throughout the day and night were nowhere to be seen back in 1977. The “fitness” craze had not yet erupted. The idea of engaging in evening pursuits on foot in the dark of night had ominous overtones in 1977.

Naturally, embarking on any daring adventure relies on a cast of heroic characters. And “heroic” and “characters” are very appropriate words. Many partners-in-crime contributed to cultivating the early development of Walkabout International. Of singular import is Gale Barlow (nee Fox). She knew a group needed a powerful and protective name to ward off potential dangers from our walking on the streets of San Diego in the dark of night. Through this founding mother's creative flair, our pedestrian enterprise became known as . . . The Pack! A “pack” was a fitting image to capture the spirit and infectious enthusiasm that soon emerged on our walks. But, first things first!

As a research associate at Scripps Institution of Oceanography, I often bicycled for fun and to work (from Point Loma where I lived in 1977). I was a member of American Youth Hostels, which at that time promoted bicycling activities almost exclusively. Toward the end of winter in 1977, I contacted Aileen Elliot, the resourceful director of AYH, about this crazy “Pack” idea. I wondered if she and AYH might like to work – and walk – together. Aileen encouraged me to contact another AYH member who recently had a cycling injury and currently was confined to walking. Imagine my surprise and delight when I called Bruce Herms for the first time and spoke with him literally for hours about walking.

A kindred “sole,” Bruce worked for the City of San Diego as a transportation engineer with a focus on issues of pedestrian safety and related concerns. Bruce would become one of Walkabout's most ardent supporters, walk leaders, and board members, as well as the repository of everything historical and architectural abounding in San Diego and beyond. On his legendary walks in San Diego, San Francisco and you name it, he generously shared his insights, recollections and research as he made history come alive underfoot. The launch of the first Pack walk was going to occur on one of two very meaningful days: March 15<sup>th</sup> or March 17<sup>th</sup>. Either the Ides of March or Saint Patrick's Day would commemorate our first gathering. My preference was for the latter. But I wanted to see which memorable day was better for Bruce. Well, Bruce definitely was not available on the 15<sup>th</sup> but might be free on the 17<sup>th</sup> (which, alas, turned out not to be the case). So it was settled. The first walk of The Pack would be appropriately on Saint “Pack”-tric's Day, March 17, 1977, in Point Loma, not too far from our current Walkabout Headquarters in Liberty Station (which came about through the Herculean efforts of our current Walkabout President and Point Loma resident, Stan Follis).



## \$UPPORTERS\$

By donating your time to WALKABOUT — coming on walks, bringing friends, helping out at the Headquarters or at events — you sustain and spread the WALKABOUT Spirit! You are the heart and “soles” of a unique, all-volunteer, nonprofit organization — that feels more like an extended family — as it raises walking far above a pedestrian pursuit.

We have no “members” or “dues”, as such. However, we do have expenses, such as rent, utilities, insurance, office equipment and printing costs. WALKABOUT depends in part on your generous spirit to fund our yearly operating costs as we annually conduct over 1000 free walks in and around the San Diego area.

An important way to support WALKABOUT is through your thoughtful, tax-free donations. WALKABOUT values you and your participation. If you appreciate the good value you receive from WALKABOUT, please consider one of the following levels of support below for individuals or families. Each category includes the monthly newsletter by mail for 12-months.

\_\_\_ Please contact me/us to discuss WALKABOUT’s Charitable Gifts, Trusts and Memorials Program.

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

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On the corner of two streets named after celebrated poets – Scott and Emerson – outside of the famous Point Loma Seafoods’ establishment, a motley crew of about a dozen people appeared around 7 p.m. What has become a Walkabout tradition took root that evening: everyone wrote their names on an impromptu sign-in sheet. Additionally, everyone provided their phone numbers – work and home. No, cell phones were not available in 1977. The group was almost entirely composed of young men in their 20s (and for a long time I wondered and worried if this demographic would define too narrowly the composition of our group – a rather amusing thought now, 35 years later). We wandered along a scenic route through the Roseville and La Playa areas, soon venturing onto some hidden and secret pathways at and above the water’s edge in an exclusive Point Loma neighborhood. In retrospect, it is not surprising to see how Walkabout has evolved into its position as the premiere social network on foot. By the time we were halfway through the walk, everyone was talking with one another – about virtually anything and everything. The mere act of putting one foot in front of the other made it so easy to open up and chat with others. And not just with small talk. Some deep discussions arose with people who moments earlier had been perfect strangers.

Soon, we stopped in the middle of a street above Rosecrans with that famous, picture-postcard view of Shelter Island, Downtown and Coronado in the distance below. At this moment, I simply asked: “Who wants to lead next month’s walk?” After a pregnant pause, someone actually volunteered. Alas, his name is lost in the annals of history. But what is not lost is the pivotal impact of his decision to lead a walk. The April date and destination were identified right then and there. Tourmaline Beach and Surfing Park in Pacific Beach was this now anonymous leader’s choice for the second walk of a newly formed night-walking group known as The Pack. After concluding this business of the where and when of our next walk, we resumed our meander in Point Loma before returning to the poetic start of our walk at Scott and Emerson and reluctantly bid adieu to one another.

What especially surprised me was the feeling of joy, exhilaration, and excitement that followed the walk. Yes, it was refreshing to exercise under the night’s glow. Yes, it was thrilling to share pathways that were new and delightful to others. But it also was surprising how much energy and enjoyment sparked from our peripatetic conversations. Unbeknownst to us at the time, we all were experiencing the “walker’s high.” And we wanted to feast on it again.

Continued next month



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### Walkabout “Floats” to Pasadena’s Post-Parade

Because New Year’s Day fell on a Sunday this year, the customary New Year’s Day Rose Parade in Pasadena was a day late, and Walkabout arrived even later. On Jan. 3 our van pulled into the post-parade float park in nearly 90-degree weather and trudded around the floats while the “bloom was still on the rose.” We had 13 intrepid travelers, and the sunny 3-mile trek was followed by rest period in our motel near the LA Arboretum.

Following a rest we enjoyed a combination sit down and buffet dinner in downtown Pasadena and ghost stories in our pajamas back at the motel. The next morning co-leader Walter

Konopka led an early bird walk in our neighborhood complete with peacocks which had escaped over the wall from the Arboretum. Leader Dan Haslam led a morning walk through Pasadena’s Old Town, Theater District and downtown, and after lunch the group met up at the Norton Simon art museum for a couple of hours of culture before the ride back to San Diego.

